

Hi Everyone,

'Salam Bulan Ramadhan' to all our Muslim friends, followers and colleagues. We are all eagerly waiting for 'Hari Raya' so we can enjoy the festivities and all the nice goodies that come with it.

We started the new year with our 1st activity in MBSA's first car free Sunday on the 15th January 2023. WSFFM presented Stick2stix exercise from 8.00am - 8.30am. Adilla, Datin Ros and Ally went on to the stage to lead the exercise. There was a dragon dance performance to welcome the mood for Chinese New Year. Several MBSA's officials had a cake cutting ceremony to celebrate Shah Alam's 7th year for holding the 'Car Free Sunday' events.

WSFFM worked with Ikram Klang to produce Sit 'N' Move, Anytime, Anywhere, an exercise produced by our president Puan Sri To' Puan Datuk Dr.Shariffa Sabrina Syed Akil. This exercise is suitable for all ages and more so for the elderly and people with less mobility. Datin Rosmawati from WSFFM led the exercise. This 'JomFitJomSihat' exercise program was broadcast live on 25th February at platform of FB WSFFM, FB Wanita Ikram Klang.

22nd March 2023 saw the signing of Mou between WSFFM and UITM/ Faculty of Sports & Recreation. The aim of this collaboration is to bring together people and groups with different experiences and skills to improve the way the teams work together. This will lead to increased communication, learning potential and increased productivity.

Our walkathon, fun walk in collaboration with 'Kocherah' is scheduled for August. It will be held at Dataran Kemerdekaan. Bowling will be after Hari Raya. Netball will resume in November/December.

It has been a while we have not had a get together. On 6th – 8th March 2023 we went to Penang. The weather was scorching but that did not stop us from having a fabulous caring and sharing time together. The sunset at Batu Ferringhi was awesome. We tried all the famous food in Penang like nasi kandar, rojak, assam laksa and many more. Bukit Bendera had a massive crowd due to the school holiday season. A few of us went up by cable car and for the adventurous ones...they hiked up.

Our president Puan Sri To' Puan Datuk Dr.Shariffa Sabrina Syed Akil invited us to Tanah Aina Fahad where she hosted an open dialogue for tourist agents and nature lovers to promote all the tourist spots around Ulu Dong. Sumptuous food was served in abundance for all the guests.

Kee Poh Siew
Editor

Events in January, February and March 2023



1st Car Free Sunday at 'Dataran Kemerdekaan' Shah Alam.

WSFFM presented Stick2stix exercise from 8.00am - 8.30am. Adilla, Datin Ros and Ally went on to the stage to lead the audience.

To celebrate the approaching Chinese New Year there was a dragon dance performance.



'JomFitJomSihat' exercise program broadcast live on 25th February at platform of FB WSFFM, FB Wanita Ikram Klang.

Sit 'N' Move, Anytime, Anywhere was featured on the program. The teacher was Datin Rosmawati from WSFFM.



22nd March 2023 - Signing of Mou between Women Sports and UITM/ Faculty of Sports & Recreation





Team building trip to Penang from 6th to 8th of March.



Invitation by our president, Puan Sri To' Puan Datuk Dr.Shariffa Sabrina Syed Akil to visit Tanah Aina Fahad where there was an open dialogue for all nature lovers and for all tourist resort owners around Ulu Dong and nearby.

