

The Rummy enthusiasts receiving tokens from Margaret Tan – right, in red.



The Silverlight Ukulele Group with Roselind Tan in yellow.



David Pattiselanno on his harmonica.

The Silverlight Ukulele members then performed a repertoire of English, Mandarin, Hokkien and Cantonese songs. A shout out was given to Roselind Tan for being pioneer member. David Pattiselanno gave a solo performance on his harmonica to the delight of all present. After a rousing sing-a-long Seniors quietened down for Advent reflection led by Audrey Yip. As Audrey commenced the readings from Scripture there was a sudden cry that David Pattiselanno was feeling unwell. Seniors rushed to his assistance and Tan Kim Suan called an ambulance. David was taken to hospital where he was warded in ICU (Intensive Care Unit). Seniors are fervently praying in solidarity for David.

We thank God every day for every small blessing and grace He sends to our Seniors at St Mary of the Angels. Witnessing ordeal after ordeal throughout the year, it would be easy to become despondent. Yet our Seniors stand rooted in faith and trust God who sees them through every struggle. They remain joyful and hopeful through adversity by reaching out to one another and by spreading the love of God within and outside the group.

A big Thank You to all those that helped with food, drinks and facilitation. Thanks to God for all our Seniors. May they be abundantly blessed in their onward journey and may they be an inspiration to others.

Mind Your Movement Course 12, 19, 26 October 2023



Margaret Tan

Thirteen Seniors attended the above course held in Gubbio by Fei Yue Active Ageing Centre Gym Tonic IG. Though the fee was \$183.70, Seniors needed only to pay \$47.60 (after subsidy from National Silver Academy) and using their skilled Future Credits.



Seniors with the Trainer and Demonstrator.

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The programme included:

- Understanding the Human Anatomy.
- Physiological Adaptations in Ageing and how it affects movement.
- Enhance Exercise Skills. Minimize accidents and bodily injuries.

At the end of this course Seniors understood the principles of Human Movement and applying this knowledge to complement an active lifestyle and minimize accidents at home and beyond, thereby maintaining a high quality of life in their silver years.

Sharing their feedback is:

Keith Harland: It was informative, useful and educational. Now it's up to us to follow through with exercises to help us with movement, mobility and safety.

Alice Wong: Course was enlightening and informative. Trainer Robert Ho and his demonstrator Mr Ng Bee Kia showed the exercises, and participants tried them out too. It did help us to see the correct posture of the body movement thus taking safety measures when exercising.

Lilian Lim: We learnt what are safe exercises for seniors and also to walk and climb stairs safely.

Joe Yeo: Course content is good. I feel it's good for those who are not active.



Joe Yeo
at Fei
Yue
Centre
Gym.

Stimulating Our Minds with Rummy Games



Patrick Tay



On a rainy afternoon on 9 November, a group of St Mary's Seniors sat huddled together. Not because they were feeling cold. Their heads were down – deep in concentrated thought. In the silence, after peering hard, someone let out "Aiyah, you took my card, I wanted that card!"

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What exactly was happening? The answer my friends - the Seniors were playing Rummy-O - a game they've started playing since August this year. The game hopes to improve the memory, stimulate the brain and cultivate skills to manipulate the cards to win the game. The Seniors enjoyed themselves thoroughly. They closed each afternoon praying the Rosary for peace in the world and especially for the Hamas-Israeli war to end quickly.

At the end of three consecutive Rummy sessions, Lillian Tay emerged with the most wins (6) with Valerie Seow runner-up with 4 wins. Well done, Seniors keep on playing!

St Mary's Seniors Give Thanks



Audrey Yip

As we come to the end of the Liturgical year, Seniors from St Mary of the Angels celebrated Thanksgiving on 23 November with a simple lunch and activities. On the programme was a Nasi Lemak lunch (arranged and delivered by Tan Kim Suan), Praise and Thanksgiving in song, Rummy-O appreciation, a performance by the Silverlight Ukulele Group, ending with a short Advent reflection as we enter the season of Advent in preparation for Jesus's coming.

It has been a year filled with challenges for our Seniors some of whom experienced falls, surgery and other ordeals. Through it all our Seniors found silver linings through the storm clouds. There was no stopping them from celebrating this year's Thanksgiving and fellowship. Unfortunately leader Teresa Koh was absent due to having to recuperate from knee surgery.



Enjoying Nasi Lemak lunch.

To kick off the Thanksgiving and Praise activity Tan Kim Suan led the singing of three songs after which Kim Suan, Elizabeth Ling, Catherine Yuen, Christine Wong, Margaret Tan and James Wong gave Thanksgiving testimonies. There was no mistaking the gratitude for God's intervention even in the worst circumstances.



Tan Kim Suan (left) leading the Thanksgiving. Elizabeth Ling (centre),

James Wong (right).

During the year some Seniors had been engaged in the game of Rummy-O led by Margaret Tan who awarded prizes to those who achieved the highest Rummy-O scores. Top scorer was Lilian Tay followed by Valerie Seow along with other players (see pictures, page 4).

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