



3 April – Gathering of ten Seniors at David Pattiselanno's house for lunch.
(David, seated third from left)



Catchup with Amy Koh.



Lunch gathering at Margaret Long's house after Mass for the sick and elderly.

July 2022

May God always provide you the most precious thing in life: health, love, joy, peace and prosperity.

Happy Birthday

Elizabeth Ling, Veronica Lum, James Wong



Twilight enters its thirteenth year by Teresa Koh

On 1 June, St Mary's Seniors gathered for Mass to give thanks for our monthly newsletter entering into its thirteenth year.

A sumptuous lunch followed at a nearby coffeeshop. It was well attended by 36 Seniors and our three Friars and three Religious Sisters whom we have known.

It was indeed the biggest group catchup since January 2020 when the Covid-19 kicked in. What a great day!



Top picture: Friar Michael D'cruz (3rd left), Sr Geraldine Ee (right) with the Seniors.



Sr Eucharia (left) with the Seniors.



Friar Gerard Victor (seated right), Sr Margaret Goh (standing, 3rd left) with Seniors.



21 March at Clementi Swensen (left to right) Teresa Koh, Tan Kim Suan, Nelly Chan.



30 March coffeeshop lunch, Margaret Long, Barna Koh Doreen Kong and Margaret Koh (left to right).



Friar Esmond Chua (3rd left in green shirt) with Seniors.

Photos courtesy of: Raymond Ruan , Patricia Chua



22 March lunch at coffeeshop with Joyce Seow, Doreen Kong and Margaret Long.



27 April – 10 Seniors lunching at West Mall Pot Addiction to celebrate the no quota group size at eateries.

Stepping Out of the Covid-19 Cage Syndrome by Teresa Koh

I have earlier shared that I had a prompting that I should get out of the cage (home) and catch up with relatives, friends and of course with St Mary's Seniors whenever I am off my grandma's duties or medical appointments.

Looking back (from 17 March to 27 April), I am happy that I had managed to arrange a dozen catchups of which nine were with my Senior friends.

Am I crazy when I should be taking things easy especially now with all my medical appointments? God knows! I just follow that push to arrange these gatherings and get myself and my senior friends to step out of this 2-year Covid-19 Cage Syndrome. It was actually good therapy for all. While we may have let our hair down, we continued to observe the prevailing Covid safety measures. In spite of the recent spate of catchups, the Seniors didn't seem to have enough and are asking for more. I took the chance to urge them to initiate such gatherings as well. **So, Seniors, please step forward. You will have my support.**



18 April - Getting to know Jeanette Yeo (red scarf) with James and Audrey.



24 April - A gathering of Seniors at the Divine Mercy Feast Day celebration in St. Clare Hall.

Continued