

## Gradual Resumption of Another Activity for the Seniors' Group by Margaret Tan

Our Seniors' Silverlight Ukulele group has resumed fellowship and ukulele practice as of Friday 9 September 2022. The session will be on every Friday from 2.00 pm to 4.00 pm in Room B4.

Many members' ukuleles have been collecting dust in the two-and-a-half year hiatus of Covid-19.

Emily's continual encouragement and motivation reignited our passion for ukulele playing.

Our members, aged 60-90 years, are slowly strumming and singing with confidence once again.

The practices have been filled with joy and merriment. Our member Roseline Tan, 88 years old, is a testimony of "Never too old to learn new skills!"

That's the way to go Seniors.  Keep it up!



Roseline Tan (front row)

Friday practice session in Room B4.



## Catchup Lunch with Friar Joe Lee by Teresa Koh



Friar Joseph Lee, (above, second from left) one of our previous Spiritual Directors, was in Singapore for a short visit. Some Seniors arranged to meet him over lunch at Kiseki Japanese Restaurant in Orchard Central on 23 August. It was an enjoyable and relaxing meet up over a wide variety of food with great ambience and service.

As we have not met up for almost three years (due to the Covid-19 cross border restrictions), we chit-chatted till past closing time and even skipped many other dishes. At our age, bonding takes priority over food.

Joining us for the first time, was Edwin Tay, a 77 year-old man (right) who is interested in joining us in our activities.

**Welcome Edwin!**



## Use It or Lose It By Audrey Yip



### Acknowledgement of thanks

(L-R) Shan (presenter), Audrey Yip (organiser), Elizabeth Ling (hostess), Melanie Wee (photographer).

With Covid-19 restrictions lifted, our Seniors are beginning to return to the routines they have been used to. However, many Seniors found themselves weaker than before and some falling ill and others experiencing falls. How can Seniors keep healthy and increase their participation in physical activities?

On 25 August fourteen Seniors gathered in the beautiful home of Elizabeth Ling for a talk on fitness. Elizabeth had generously offered her living room as the venue for the talk titled: **Active Aging: Going Beyond 150 minutes per week.** The talk was presented by Fitness Trainer Shan.

Shan began with an introduction to the condition called **Sarcopenia**, characterised by the loss of skeletal muscle mass and function. Not using our muscles decreases the quality of life and affects day to day functions such as picking up grandchildren and grocery shopping. Shan also introduced Seniors to the concept of health span within lifespan for prolonging health throughout life with regular use of our muscles. The current national standards would have us engage in 150-300 minutes of moderate intensity aerobic exercises a week, These should include muscle-strengthening and functional balance at least two to three times a week. Many wondered if this was achievable with so many daily chores and tasks to deal with deleting.



Trying out exercises.



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After a self assessment of fitness levels, Seniors had a fun time trying out the various exercises for warm-ups, flexibility, strengthening, balancing and cool-downs. We learned to use the Exercise Intensity Scale to manage our own tolerance when doing physical activities. This was followed by Shan's tips on how we can add exercise to our daily routines based on frequency, intensity, time and type (FITT). Rounding up, Shan shared her approach for helping Seniors form good exercise habits. These include starting small, exercising with friends, having a coach for accountability, signing up for a class and measuring improvements or setback.

No Seniors gathering would be complete without food and we had plenty. Elizabeth and Kim Suan treated us to an array of teatime snacks. The conversation and catchups flowed and the day ended with a tour of Elizabeth's beautiful home. Our sincere thanks to Shan and Elizabeth for making the talk possible. Seniors remember: ***If you don't use it, you will lose it.*** So hit those squats now.



At the roof of Elizabeth's penthouse.

### Feedback from participants



Rita Shio

Thank you Elizabeth for hosting us. We can't thank you enough for the amazing generosity with high tea snacks. Also give thanks to Suan for always ever ready to provide additional yummy home cooked kueh pai tee. Also give thanks to Teresa and Audrey for arranging and making it possible. May we make a point to exercise to keep us healthy and have a quality life as we age together. God bless us to keep fit to achieve a healthy body.



Mildred Phua

Thank you Teresa and Audrey for organising this talk and also thank you Elizabeth for hosting the talk in your place and the awesome pulloh hitam, soon kuay, and ang ku kuay not forgetting Suan for her yummy kueh pai tee and also for sending me home. I really appreciate it. Thanks to all Seniors.

We really had a happy and joyful time bonding today.

Emily Roysliki, an associate professor of Cognitive Neurology at Northwestern's Feinberg School of Medicine suggests that there are things we can all do to stay sharp as we age. This includes getting regular exercise, maintaining strong bonds with friends and family, quitting or not smoking and making the effort to learn new things. ***(This sounds like St Mary's Seniors motto.)***