

Some Seniors enjoyed cuddling the house cats and even the rooster.



Mission Statement
To promote a purposeful, productive, healthy and happy lifestyle
14th Year - August 2023

Peranakan Food Trip By Patrick Tay



It was a great afternoon catching up with the three friars. To express our appreciation and support, a love offering was presented to Friar Francisco, the Guardian of the friary, before we bade goodbye.



Sixteen of us from St Mary's Seniors were excited to see and taste the variety of famous Singapore Peranakan dishes laid out before us. We were at Concorde Hotel, Orchard Road, on 15 June for our "makan" meet-up.
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A Visit to Greccio Friary

By Teresa Koh

St Mary's Seniors have long been asking to visit the Greccio Friary in Chestnut Drive to catch up with some friars.

So on 22 June, about twenty Seniors made their way there by car, cab or public bus.

Seminarian, Brother Marcus Chew, waited at the bus stop to lead some Seniors to the friary. Being the youngest, he was also quick to attend to our needs, and helped Friar Francisco, Friar Gerard and Brother Vernon to extend hospitality to us.



The spread was extensive. Some of the Peranakan food like itek kepiting, ayam buah keluak, durian pengyet, nyonya laksa, kueh pie tee, popiah, udang petai, and chendol brought out many oohs! and aahs!



We ate heartily and laughed.
What a lovely way to end an afternoon outing!

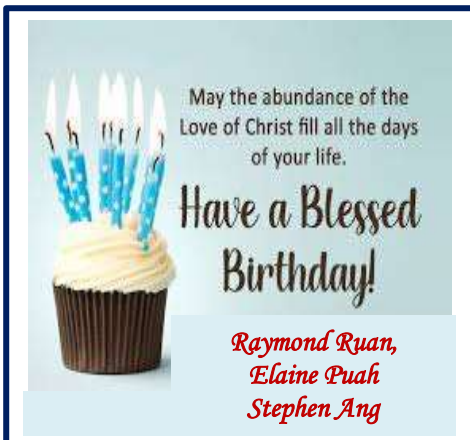
Photos:
Courtesy of Janet Nathan.
Above, left.



Brother Marcus Chew, smiling gives a thumbs-up!

For lunch, we had packed roast pork and char siew rice. There were side dishes like beef rendang, pig trotters, chap chye, potato cutlets prepared by Christine Wong, Stephen Ang and Valerie Seow respectively.

Margaret Long brought a big spread of fruits while Margaret Tan came with some dumpling jellies.



But before lunch, to whet our appetite, brother Vernon (holding the long pole) took us around his garden and even plucked some avocado fruits for us.

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