

SGX Bull Charge Cares: M&C celebrates CNY with the elderly from AWWA

On Monday 16 Feb 2015, volunteers from the SGX Marketing & Communications (M&C) team paid a visit to the Senior Activity Centre (SAC) for an early Chinese New Year Celebration with the elderly folks from the Asian Women's Welfare Association (AWWA). At the SAC, recreational and social activities are provided for senior citizens who live around Block 123, Ang Mo Kio Avenue 6.

The team prepared a fun-filled afternoon of activities for the elderly. First up on the activities list was lunch! Lunch boxes were given out to the elderly at SAC and ReadyCare Rehab Centre where they enjoyed having lunch together with their friends and volunteers.

In the spirit of Chinese New Year, the traditional Lo Hei session was not to be missed out on!



Our volunteers prepared plates of yusheng, together with well wishes of good health and longevity for the elderly in this Lunar New Year. The elderly had fun tossing the yusheng!



After feasting on the yusheng, the celebration continued with some of the elderly's favourite activities such as Bingo and a karaoke session.



The elderly enjoyed the game, shouting Bingo with joy whenever they had a row of 5 numbers. Many of them walked away with prizes and big smiles on their faces!

The karaoke session was also a lively one, where many of the elderly sang their favourite songs together with their friends and volunteers.



At the end of the session, goodie bags containing basic necessities such as rice, canned food, milk, chicken essence, soap and more were distributed with angpao contributed by the M&C team to the stay-in elderly. They were delighted to receive the items and we hope that our gifts will serve them well!

The volunteers also visited the elderly, distributing the items at rented flats to the elderly that were unable to join the others at the SAC downstairs being frail and less mobile. Nonetheless, they were very happy to have volunteers visiting and even warmly welcomed us into their homes for a drink and a chat.



On a whole, the elderly had a lot of fun with the activities planned and enjoyed celebrating the festive spirit of Chinese New Year. Our volunteers also enjoyed the company of the elderly folks and felt that the time spent together was meaningful for both themselves and the elderly.