

SGX Bull Charge Cares: Fridays with AWWA (May)

On 26 May, 41 volunteers from the CFO Unit visited the seniors at AWWA Senior Activity Centre – not to help them crunch their financial numbers but to cook and interact with them.



The volunteers were split into two groups – cooking team (left) and the interaction team (right).

While cooking a meal may not sound very difficult to some, it becomes a challenge when you are racing against time to cook for 180 people. The cooking team arrived early at AWWA to prepare the ingredients for the chicken soup and fruit salad. Even though it was the team's first time cooking together, everything went well as everyone chipped in and carried out their assigned tasks.





Over at the activity centre, the interaction team was actively engaging the seniors with their first activity of the day - Bingo. Despite experiencing some challenges from their failing eyesight and hearing, the seniors filled the room with enthusiasm and laughter as everyone was on 'high alert' and focused on their cards.

What really impressed the volunteers was the competitive spirit of the seniors. The team knew they loved Bingo, but everyone was surprised when they started cheering their peers who won. It was absolutely heartwarming to witness the spirit and solidarity of the seniors!





The morning was filled with more activities and following Bingo, it was time to move on to the creative towel folding contest. The team first taught the seniors how to fold bears and rabbits with towels, before hosting a competition between tables where the seniors flexed their creativity muscles.

The team was amazed by their final product and hopes that the seniors will continue to age actively and engage in lifelong learning.



Amist the fun and laughter, the cooking team was hard at work behind the scenes, putting the final touches for lunch before packing the food into containers. Thanks to some fantastic teamwork, lunch was prepared on time and distributed to the seniors.

The main dishes comprised cereal fish, broccoli with mushrooms, and chicken soup with fungus and carrot. The meal was also completed with chrysanthemum tea and the seniors' favourite Potong ice cream. The volunteers also delivered lunch and fruit salad to some seniors who lived in the neighbouring blocks.



Seeing the contented smiles on the seniors' faces and hearing positive feedback on the food touched everyone on the cooking team, as they were glad to have been able to make a difference.



Mementos from the seniors

We hope the experience with the seniors will help make a difference to those in need.