

SERENITY ACTIVE GOLDEN AGEING (SAGA)

Enriching Lives of Seniors Programme (ELSP)

Program Memperkaya Hidup Lanjut Usia (ELSP)



SAGA Members participating in ELSP



Elderlies attempting at solving Sudoku Puzzles

Serenity Active Golden Ageing (SAGA) is very thankful to RSVP Singapore (The Organisation of Senior Volunteers) for conducting a three months pro bono – Enriching Lives of Seniors Programme (ELSP) for the elderly.

The programme, conducted from March to May 2014, was designed to boost the mental well-being of elderlies through simple and interactive learning activities such as Arts and Craft, Sudoku and Cognitive puzzles.

Senior volunteers from RSVP and SAGA built strong rapport by the end of ELSP. We hope that the 25 registered ELSP participants will continue to live a meaningful life with the love offered by community volunteers.

(SAGA) Penuaan Emas Aktif Serenity sangat berterima kasih kepada RSVP Singapura (Pertubuhan Sukarelawan Warga Emas) kerana sudi menjalankan program memperkaya kehidupan lanjut usia secara sukarela selama tiga bulan untuk warga emas.

Program ini yang dijalankan dari Mac hingga Mei 2014, direka untuk merangsang kesihatan mental warga emas menerusi kegiatan permainan pembelajaran yang ringkas dan interaktif seperti seni dan kraf tangan, Sudoku dan teka-teki kognitif.

Di penghujung program, keakraban terjalin. Kami harap kesemua 25 peserta ELSP dapat melalui kehidupan dengan penuh makna menerusi keprihatinan yang diberikan oleh para sukarelawan RSVP.

Jalan Jalan with SAGA Members



SAGA Members at Kampung Senang Herbal Garden - 7 May 2014



SAGA Members at East Coast Park - 2 April 2014