

With the government provision of Skills Future Credits and National Silver Academy (NSA) grants; attending such formal lessons now becomes affordable. However, such courses are usually conducted in shopping centres. So, we broached the idea of conducting the courses in our church classroom where we can learn together in familiar and convenient premises. Thankfully, our church not only endorsed the idea but readily makes available the classroom for us to upgrade Seniors' digital skills.



Listening intensely to trainer Allan Tay.

We were also fortunate to find such a training agency – Xiohoo Pte Ltd, who was able to conduct lessons beyond their training facility. Thus, we were able to kick off the course on the basic function of mobile photography and digital photo editing on 16 and 23 April 2024, respectively.

Out at piazza learning to take Panoramic Pictures.



Feedback from the sixteen Seniors who attended these two lessons thought that the camera functions were simple but realised there are more than meet the eye. They could use the camera to have burst shots and panorama pictures and learn when to take such shots. Also, for digital photo editing, they learn to download software to help them in photo editing using such functions as contrast, brightness, highlight, shadow, etc.

Also the participants felt that the trainer was engaging and patient. They look forward to his next lessons on 4 and 11 June on videography and video editing respectively.



In the month of May, we show our gratitude to mothers for all they mean to us. Mother's Day, 12 May,

The Catholic Church also gives special attention to Mary – Mother of God and Mother of the Church. The entire month is dedicated to she who considered herself the "servant of the Lord" (Lk1:38)



Mission Statement
To promote a purposeful, productive, healthy and happy lifestyle
14th Year - May 2024



Desire for Happiness **Reprint from My Catholic Life**

The most basic desire we have is for happiness. Everything we do, in some way, is done so as to help us achieve this goal. Even sin is committed with an erroneous sense that it will lead us to happiness. But there is one source of human fulfillment and one source of authentic happiness. That one source is God. Seek out Divine Lord as the fulfillment of every human longing that you have.

What is it that you seek in life? What is it that you long for? Is God the end of all your longings? Do you believe that God alone suffices and fulfills all your desires? Look at your goals, this day, and reflect upon whether or not God is the ultimate end of those goals. If He is not, then the goals you seek will leave you dry and empty. If He is, you are on the road to more than you could ever hope for.

Prayer: *Lord, please help me to make You and Your most holy Will my one and only desire in life. Help me to sift through the many longings I have and to see Your Will as the one and only goal that I must seek. May I find peace in Your Will and discover You at the end of every journey. Jesus, I trust in You*



**Do not cast me away when I am old;
do not forsake me when my strength is gone. (Psalm 71:9)**

Celebrating Our Easter Joy



Teresa Koh

Easter may be several days ago, but Seniors felt gamed for a celebration on 11 April.

So, a simple high tea was planned with Seniors bringing their contribution to the table. For Seniors, our celebration is not just about food. So, to add significance to the Easter celebration, the gathering kicked off with Praise and Thanksgiving.



There was a testimony time for Seniors to share how the Lord "Raised Them Up" in their trials and struggles during the forty days of Lent.



Lighted candles were given to Seniors to urge them to be "little lights" for Christ.

Before high tea, we had a special "Easter Lohei Raise Up Dish" prepared by Christine Chan for Seniors to raise up their praises and hallelujahs to God.



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Then after, music and singing were in the air as the Seniors tucked into the spread of food.

Fun time ensued. Being Easter, we played passing the Easter eggs with spoons. It was a way to test their dexterity. Then before handing out the Easter Hot Cross buns, Seniors had to relearn and play the Hot Cross Buns clapping game. It was their childhood game but nevertheless, Seniors were not too old for it, as it challenges their memory, co-ordination and responses.



Summing up, the Seniors had their merrymaking, and were pleased to see new faces joining us.

So, do come and join us every second and fourth Thursday in Gubbio from 1.00pm to 4.00pm and together we age merrily.

Photos - Courtesy of Nelly Chan and Joan Yip.

Digital Literacy for Seniors co-ordinated by Alphonsus Soh



Alphonsus Soh

For most Seniors our first contact with the digital world is to learn how to use a smartphone. As the phone takes over many functions such as photography and videography, we have no choice but to keep ourselves updated with technology to connect with our loved ones but also our peers. Most of us learn from our family members and friends how to use the camera and video function.

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