

HAPPY CAMPERS

Active participants of the *Seniors' Learning Camp Alumni* formed new bonds over workshop sessions and fun activities.



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THE Camp

+ Launched in 2009 by the South East Community Development Council in collaboration with the Marine Parade Family Service Centre.

+ **AIM**
To promote active aging and active citizenry among seniors by providing an opportunity for them to continue learning.

+ **HOW IT WORKS**
Participants aged 45 and above stay overnight for two nights and spend the days engaging in team-building activities as well as practical workshops.

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In the alumni edition, participants attended workshops on dementia and effective communication with older seniors.

Age is but a number – just ask the enthusiastic participants of the South East Community Development Council (CDC)'s *Seniors' Learning Camp Alumni (SLCA)*. From 1 to 3 July at ITE College East, more than 30 former participants of the past SLCs returned for another round of bonding and activities. Included in the programme line-up was the chance to take part in a number of games such as frisbee, laser tag and poolball (a combination of pool and football which requires participants to kick soccer balls into pockets of a giant pool table).

Besides activities and workshops, participants were also exposed to the various programmes of the South East CDC such as the *Neighbours for Active Living – Friend A Senior* programme. Campers were encouraged to use their newfound skill sets and come forward as programme volunteers and befriend vulnerable elderly residing in the South East District. **c**

Besides the recreational activities, I found the Effective Communication Workshop to be very useful. We learned how to best interact with an even more elderly neighbour, or residents with dementia, and to be sensitive to their needs. Since participating in the camp some years ago, I've also taken part in other community events to benefit the less-privileged whenever the South East CDC needs support and help.

Dorothy Tan, 69, SCLA



<p>THE NUMBERS SO FAR</p>	<p>8 SENIORS' LEARNING CAMPS HAVE BEEN HELD</p>	<p>MORE THAN 150 SENIORS HAVE BEEN INVOLVED</p>	<p>AT LEAST 15 COMMUNITY PROJECTS WERE IMPLEMENTED</p>	<p>AT LEAST 500 NEEDY RESIDENTS HAVE BENEFITED</p>
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Participants learned useful everyday skills at a workshop session held during the camp