



Senior Activity Center

WHY WE SERVE

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

Matthew 5:16

WHO WE SERVE:

The Golden Lily Senior Activity Center at Blk 212A Pasir Ris started operations in August 2017. It serves the needs of the senior residents staying in the studio apartment of the block as well as those in the neighborhood. The SAC aims to promote healthy aging among its members through their various activities and programs. Residents can participate in morning exercises, art and craft activities, karaoke, ukulele jamming, gym workout and attend cooking demo, health talks and visits to places of interest.

WHAT WE DO:

- **Befriending and lending a listening ear to the seniors.**
- **Supporting the activities and programs run by the center.**
- **Assisting seniors in the gym.**
- **Preparing coffee and light refreshments for tea break.**

**When: ~Once a week
Monday to Friday,
Morning (9 to 11am) OR Afternoon (2 to 4 pm)**

"Whoever brings blessing will be enriched, and one who waters will himself be watered."

Proverbs 11:25

TESTIMONY

I am always reminded to obey and act out God's love by listening to the seniors when they talk to me and render my care whenever I can deliver help. To help the SAC as a volunteer cause its convened by MWS and I am a member of PMC who has pledged my covenant to serve God when I got baptized in 1974. I do it to please my eternal heavenly Father in Jesus' name. To the honor and glory of Him who has given me good health and family.

~ Doreen

I signed up as a volunteer for SAC as I felt it would be a good platform to reach out to the community. I didn't know what to expect so I initially committed to two months' of service but in the blink of the eye, it's been more than two years. I have been blessed by the warmth and appreciation of the SAC residents. I have learnt a lot from the residents and SAC staff including housekeeping tips and recipes. I have also built very good friendship with my fellow volunteers Joyce Tan, Laraine and Sandra. It has been a joy to partner with them to visit the residents and invite them to join our church activities. Seeing some of the residents at our church services is such a delight and affirmation of the positive impact of SAC in the community. Without a doubt, volunteering at SAC is time well spent and a tangible way to love our neighbor.

~Lina Bannerji

MORE TESTIMONIES

I have volunteered and served in the SAC for slightly more than a year. I give thanks to God for giving me the opportunity to serve the seniors in the community. I have learned how to play the game Rummy O. I even teach this game to my 90- year old mother-in-law and she in turn teaches it to her elderly friends. The game helps to keep the minds of the elderly active and helps with bonding among friends and neighbors, resulting in an improvement in their general well being. All glory and praise unto God.

~ Chua Kwang Ann

It's not just preparing refreshments and washing up after that but getting to know some of the residents living in Golden Lily that makes volunteering at the SAC meaningful. We get to meet their spouses and pray for their needs. The volunteers too get to know each other better.

~ Laraine Chua

DO YOU ENJOY INTERACTING WITH SENIORS AND SEEING A SMILE ON THEIR FACES? DO YOU WISH TO SPEND YOUR TIME MEANINGFULLY? BE A VOLUNTEER TODAY! WHEN WE BLESS OTHERS, WE WILL IN TURN BE BLESSED.



Contact Us

Anthony Lim

anthonylim@pmc.org.sg

**Come find out more at the Outreach & Social Concerns
Ministry
booths.**

**All the information you need can be found at
<http://pmc.org.sg/cosc2019recruitment>**



**You can sign up with us via the google form
<http://bit.ly/OSC-vol-interest>**

**All volunteers will need to go through a screening process
before being accepted.**

