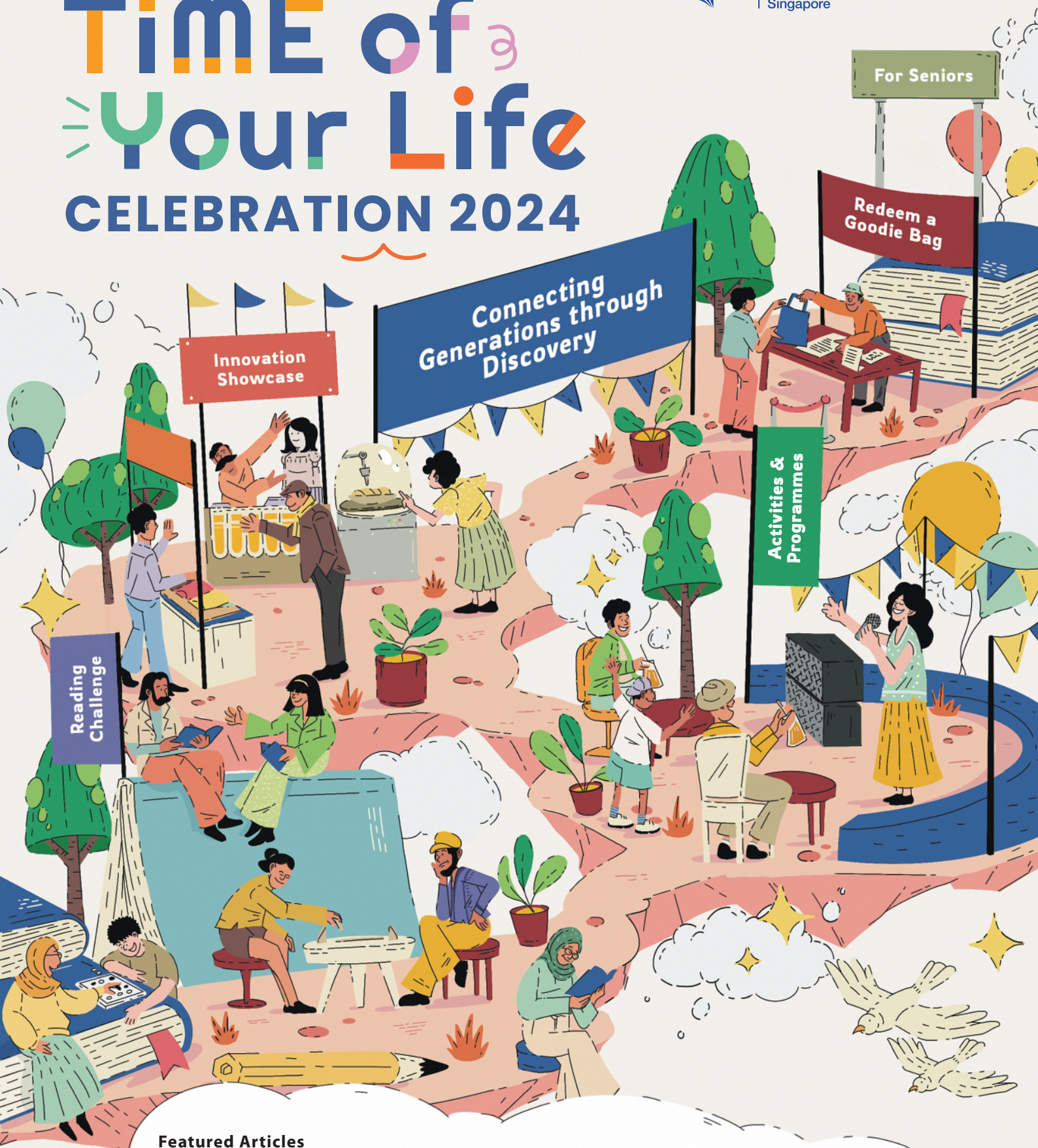


A Special Publication for the

TIME of Your Life CELEBRATION 2024



National Library Board
Singapore



Featured Articles

According to the Expert • Menghubungkan Generasi Menerusi Bimbingan Mentor
独乐乐、众乐乐：关于独处或与他人相处的反思 • வழிகாட்டல்மூலம் தலைமுறைகளை இணைக்கலாம்

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TIME OF YOUR LIFE CELEBRATION

1 - 31 OCT 2024

Join us for a Journey of Innovation & Discovery this October!

The Time of Your Life Celebration, organised by the National Library Board and the Singapore University of Social Sciences, and supported by The Ngee Ann Kongsi, returns this year with the theme,

'Connecting Generations through Discovery'!

Meet innovators and experts with a passion to uplift the lives of seniors. Connect and bond with seniors, youths and people from different generations. Be inspired and begin a new journey of discovery with us this October!

Check out the full suite of programmes and activities curated specially for seniors.



Scan to find out more
or head to:
go.gov.sg/toylc24



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About the Time of Your Life Celebration 2024

The Time of Your Life (TOYL) Celebration, organised by the National Library Board and the Singapore University of Social Sciences, and supported by The Ngee Ann Kongsi, returns this October with the theme 'Connecting Generations through Discovery'. To uplift seniors and empower them to age gracefully, this year's Celebration invites seniors to connect with others from different generations, discover innovations that can support their daily living, and engage in platforms that showcase their skills and hobbies.

According to the Expert



Professor Carol Ma Hok Ka
Head, Gerontology Programmes
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5 Resources to Promote Intergenerational Solidarity for Healthy Ageing

Ageing is a universal process. Often, we do not realise that ageing begins at birth and not just when we approach retirement age or face health issues. Our life stages have evolved beyond the traditional sequence of birth, education, family, work, and retirement; these stages are now more flexible, as we make various transitions between them.

According to the United Nations (2017)¹, the global population is increasing, with the population aged 65 and above growing faster than any other age group. By 2050, one in six people worldwide will be over 65. Singapore is experiencing similar trends and is projected to become a super-aged society by 2026, with people over the age of 65 accounting for 21% of our total population.

“Often, we do not realise that ageing begins at birth and not just when we approach retirement age or face health issues.”

With advancements in technology and medicine, life expectancy is increasing. As of 2023, life expectancy in Singapore is 83 years, while male and female life expectancies are 80.7 years and 85.2 years respectively². Given the complex changes in population dynamics and life stages, the goal is to achieve healthy ageing and quality longevity. According to the Stanford Center on Longevity³, in order to fully benefit from longevity and the possibility of living well to the age of 100 and beyond, a new life map is needed from early to late life. Discussions covering a wide range of areas such as early childhood education, health and employment are becoming more prominent among community leaders, health and social care professionals, academics, and policymakers.

Amidst these discussions, intergenerational engagement and partnerships have emerged as being key to realising the opportunities for healthy ageing and longevity. Today, there are several resources to help promote intergenerational solidarity:

1. Intergenerational Volunteering

Volunteering opportunities can bring older adults and youths together to serve and learn about community needs, create meaningful connections with each other, and enrich their lives. The intergenerational reminiscence games, *Come! Let's Chat*, designed by the Singapore University of Social Sciences' (SUSS) Gerontology Programme, promote intergenerational volunteering to train the young and old to serve our ageing population.

More information on Reminiscence programmes is available at <https://www.suss.edu.sg/igremi>

2. Intergenerational Learning

Older adults and younger people can learn together *and* from each other. The National Silver Academy offers various intergenerational learning programmes to promote intergenerational bonding and solidarity. Classrooms with a mix of older and younger students can encourage harmony, creativity, critical thinking, and an exchange of cross-generational insights.

More information can be found here at <https://www.c3a.org.sg/>

3. Intergenerational Workforces

With a manpower shortage and postponed retirement age, multigenerational workforces are becoming inevitable, requiring more understanding and teamwork across generations. The Ageing Business Roundtable—set up by Johnson & Johnson and SUSS—has hosted discussions on the promotion of intergenerational workforces.

More information is available at <https://www.suss.edu.sg/about-suss/schools/nshd/gerontology>

5. Resources for Intergenerational Programmes

Creating resources for intergenerational programmes is crucial. The Agency for Integrated Care, together with the Early Childhood Development Agency and eight partners from the Community Care and Early Childhood sectors, has created resources for a series of wellness programmes to enhance the well-being and quality of life of older adults. “Bridging Generations: Intergenerational Guide for the Community Care and Early Childhood Sectors” is a comprehensive resource listing potential activities and tips for intergenerational programmes.

More information can be found at <https://www.aic.sg/community/wellness-programme/>

4. Intergenerational Dialogues

More intergenerational dialogues are needed to create meaningful interactions between older adults and youths. Voice®, an organisation set up by the National Innovation Centre for Ageing (NICA) in the UK, harnesses the human experience of all generations, providing a platform for global intergenerational dialogues.

More information is available at <https://uknica.co.uk/voice/>

Singapore has many exciting intergenerational programmes. We should continue to create more programmes to educate and inspire young people to understand the needs of older adults, while also motivating older adults to share their life experiences with the younger generation. The shared experiences between young and old will strengthen the bond and solidarity across generations. This will help in creating healthy longevity dividends to further support the ageing population in Singapore.

Do you have thoughts or ideas on intergenerational activities and programmes? Meet some experts who will discuss these topics and more at our Time of Your Life Celebration:

Connecting Generations: The Potentials of Community Spaces

Ms Choy Mian Yee,
Senior Lecturer,
Singapore University of
Social Sciences

Improving Dementia Care: Novel Approaches & Possible Applications

Prof. Lynne Corner,
Director of Engagement
in the Faculty of Medical Sciences
at Newcastle University,
the Deputy Director/COO of the
UK NICA and the Director of Voice®

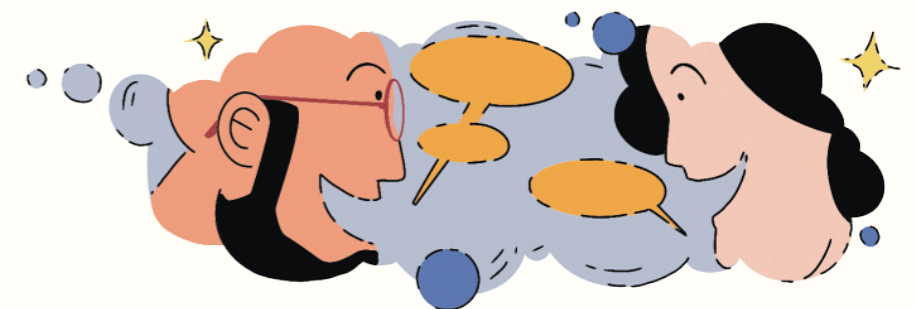
Old Games, New Designs: Design Thinking Workshop

Prof. Chiu Chia-Hui,
Associate Professor at the
Centre for General Education
at Taipei Medical University

Prof. Wang Ming-Hsu,
Associate Professor at the
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at Taipei Medical University



Register for the
programmes above at
go.gov.sg/toylc24-progs
or scan the QR code!



Footnotes

1. United Nations (2017). *World Population Prospect: The 2017 revision*
2. Department of Statistics, Singapore (2024): *Complete life tables for Singapore resident population: 2022-2023*
3. Stanford Center on Longevity (2018): <https://longevity.stanford.edu/new-map-of-life/wp-content/uploads/sites/24/2019/07/NMoL-White-Paper-FINAL-.pdf>

Bridging Generations through Mentorship

Not all of us are lucky enough to come under the guidance of a mentor, but for those who have, it can be a treasured relationship. Learning from someone who has gone before us can be instrumental to our career and journey in life. Three mentor-mentee pairs tell us about their relationship and its impact on their careers, and share advice for those of us who are interested in mentoring or being mentored!



What is the best advice you have received from a mentor? Share it with us! Readers who submit the 10 best entries will receive a Time of Your Life token. Submit online by 30 Nov 2024 at go.gov.sg/toylc-mag



The Sweet Harmony of Mentorship: Dr. Ghana & Niranjana Pandian



Dr. Ghanavenothan Retnam, 62, is a pioneering Indian flautist and music director at Bhaskar's Arts Academy. He is also a composer, conductor and competition judge.



Niranjana Pandian, 31, is an Indian flautist and music director of Brahmastra Ensemble. He is a creative producer, composer and performer.

Hi Dr. Ghana and Niranjana! Please tell us a bit about yourselves and how you first met!

N: I first met Dr. Ghana as a 10-year-old studying at Bhaskar's Arts Academy. It was there that he introduced me to music and the Indian bamboo flutes. Classes were fun! I spent all my weekends there—it was like my second home.

G: I remember Niranjana as a cute and quiet kid! What stood out for me was that he clearly wanted to play the flute—he put his whole being into it. He was very conscientious about it.



How has your relationship with your mentor/mentee shaped you?

N: Dr. Ghana significantly influenced how I compose and plan my performances. Growing up in Dr. Ghana's class alongside classmates from diverse backgrounds and walks of life was something that stayed with me profoundly. Having experienced that, I now use my musical productions as a platform for people to come together, share perspectives, and inspire one another. Dr. Ghana's steadfast belief in me has given me confidence in my skills as a musician. His giving nature has also transformed how I relate to others—I'm quiet and shy by nature but am now more open and trusting.

G: As I teach, I'm constantly learning! For instance, at his graduation performance in 2016, I had to think of how to make it easier for him to understand my conducting cues. So, I'm constantly challenged to improve how I communicate. I treasure the reciprocal relationship between teacher and student. Niranjana has become the ultimate performer, and every time I hear him play, I feel so proud to be his guru!

What are the pros and cons of a generation gap in a mentoring relationship? How did you navigate this along with any other challenges?

N: Actually, the generation gap can be an opportunity for empathy and understanding. We resolve any differences quickly by clarifying things whenever they arise. For us, it does help that we have a close bond and good chemistry. One major pro for me is Dr. Ghana's vast experience and knowledge in classical Indian music. I count on his guidance when I'm adapting traditional music to a contemporary context.

G: I treat him like a son, with affection. As a child, he was so diligent and respectful, I couldn't really scold him like I did my other students! And now I treat him more like a friend. The age gap does mean that we grew up studying music in very different worlds. Now musicians are tech-savvy which makes everything a lot faster. In the past, if you wanted to record music, you had to use a cassette recorder. There was also a more informal structure to how we learned music—my lessons took place at my teacher's home whenever he was free. Now there are schools and scheduled classes. But one advantage was we could spend more time with our gurus back then!

“ The generation gap can be an opportunity for empathy and understanding.

After all these years, what is your relationship like now? Any advice for readers considering a mentoring relationship?

N: If you don't know which direction you're headed, a mentor can be instrumental in leading the way. Harness your mentor's strengths. Dr. Ghana inspired me to keep seeking knowledge and learning, which led me to find like-minded mentors across various styles and disciplines. While maintaining a mentor-mentee relationship isn't always smooth sailing, having a guiding figure to navigate both life and career is truly a blessing. The lessons you learn will ground you in your journey and shape your future endeavours. You will catch the same hunger and fighting spirit just by observing them. So don't just learn what is being taught but connect with your heart!

G: Niranjana's respect and warmth towards me are still the same, after 21 years. I'm honoured to be present at his shows and important life events—I was really touched to be the first person he invited to his wedding. We may not get to meet as often now due to our busy schedules, but the bond we share is always there. And now, I get to eat his wife's fabulous beehoon! He is an excellent confidante, a great listener if I'm feeling down. When you enter into a mentorship, it comes with a spirit of acceptance. Trust is important!

Dancing to the Same Beat: Som Said & Marina Yusoff



Som Said, 73, is the Founder and Artistic Director at Sri Warisan Som Said Performing Arts Ltd. For her contributions to the growth of Singapore's Malay dance scene, she was awarded the Cultural Medallion in 1987.



Marina Yusoff, 48, is the Creative Director at Sri Warisan Som Said Performing Arts Ltd. She was a dancer and actress in the past. She currently works as a freelance presenter and choreographer, and hosts a podcast on Spotify.



Hi Mdm Som and Marina! Do you remember when you first met?

M: I'll never forget our first encounter! We met when I had just joined Sriwana at the age of 10. I was a little girl eager to dance and learn. Mdm Som saw something extraordinary in me and nurtured it. For me, she specially created a unique choreography for the dance dramas *Ali and Fatimah* (1988) and *Boneka* (1989).

S: I could see Marina's enthusiasm as soon as she entered Sriwana. She was curious about everything! Since she was the only child in the intake that year, I recognised her potential. She took the lead role (in our dance dramas) and I choreographed a dance specially for her.

How has your relationship with your mentor/mentee shaped you?

M: I consider my relationship with Mdm Som a blessing. She is more than a teacher and mentor—she is also a mother figure and advisor. She is always sincere in offering her knowledge and advice for all aspects of my life.

S: Marina has taught me a lot about life simply by being herself. She is extremely patient. I also discovered that she is an excellent caregiver when I was unwell. At work, she has a really good relationship with all of her mentees.

Were there any issues with the generation gap in your mentoring relationship? How did you navigate this along with any other challenges?

M: A generation gap can be seen, for example, in how we approach a production we are developing. When I was the director and scriptwriter for *Bendahara — A Betrayal* in 2010, Mdm Som was initially reluctant to include modern aspects like hip hop or Bollywood dance. However, after discussing and describing my vision for this production, she became very positive and excited, and even encouraged me to delve deeper. By fostering mutual respect and decorum, our ideas can be accepted and even valued. The production was also a fulfilling experience for our audience and we received positive feedback from them.

S: I have trust in my crew because they are "thinking" dancers. If there are any disagreements over choreography, we focus on the core issue: is this essential for the production, or merely something we want to do? We have discussions where everyone gets to voice their opinions before we make a decision.

In Singapore, we frequently participate in multicultural productions. As such, having respect for those in other cultures and for your own is crucial in dance. As a pioneer dancer, I was always collaborating with my peers from other cultures. We knew each other well, and there was a lot of conversation and exchange. We leave a legacy to future generations when they witness our mutual respect and ability to work hand in hand.

After all these years, what is your relationship like now? Any advice for readers considering a mentoring relationship?

S: I have had various mentors throughout my career. The most important mentor to me was Mr Francis Yeoh from the National Dance Company. He is now in his 80s and still keeps track of what I'm up to! He mentored me and assigned me responsibilities but lets me initiate. Likewise, my style is to guide them along rather than merely instruct. Mentorship is not just about seeking a mentor; it can be naturally developed from a working relationship. Regardless of age, you can learn from good friends who have similar interests and lead you to a better life.

M: Mdm Som is still my mentor and teacher after 38 years. My advice is to take the opportunity! Have faith that when we set out with good intentions and sincerity, we will surely gain something precious that will leave a lasting influence on our lives for a long time to come.

“ As a pioneer dancer, I was always collaborating with my peers from other cultures. We knew each other well, and there was a lot of conversation and exchange. We leave a legacy to future generations when they witness our mutual respect and ability to work hand in hand. ”



On The Same Page: Fong Hoe Fang & Ng Kah Gay



Fong Hoe Fang, 70, is the founder of Ethos Books and was the publisher there for 20 years till he retired. His hobbies include running a bookstore with friends, working on publishing projects, and community outreaches to seniors.



Ng Kah Gay (KG), 44, has been the publisher of Ethos Books since 2018. Together with his colleagues, he oversees content, marketing and distribution, supporting an environment for literature, the arts and culture in Singapore and Southeast Asia.

Hi Mr Fong and KG! Please tell us how you first met!

KG: It was at a book club event at Marine Parade Public Library titled Afterwords. The book was *Ah... The Fragrance of Durians* by David Leo. At the end of the session, Hoe Fang was packing up the books with his colleague (and wife), Wai Han, and I watched them trundle the suitcase of books out of the library. Then, I had this thought: this couple is amazingly passionate about their work. If chance allows, I would like to help them pack up at the next Afterwords.

F: This was probably back in 2012! I remember him sitting at the front of the crowd. Relatively quiet, but he asked some questions, and I thought: this guy is deep, and he knows literature. That was my first impression which was reinforced when we had a chat after the Q&A.

“ What we pass on is goodwill, trusted relationships, and sharing of experiences so that we can navigate the new currents with wisdom and integrity.

What do you appreciate most about each other?

KG: Hoe Fang would ask me, at opportune moments, how I was taking to the work. This happened perhaps yearly until I assumed the role of publisher. His check-ins encouraged me to be mindful of my alignment with the purpose of publishing. This is empathy in action: to observe and to encourage the flow of a person’s constitution. I enjoy and admire his ability to listen and move people to action.

F: In KG, I found a friend and colleague who was on the same frequency in vision and mission in a very tough industry. I admire the compassion and consideration for others that he brings to his passion in pursuing projects. He spends time (even though sometimes I think it’s too much) listening to others before he speaks. His attention to detail and administrative prowess in the midst of the macro needs of the company is something I could never have done.

I’ve been able to retire for 5 years now because KG has taken it upon himself to ensure that the spirit of Ethos Books continues in whatever form it may take, now or in the future.



What are the pros and cons of a generation gap in a mentoring relationship? How did you navigate this along with any other challenges?

KG: I didn’t feel any generation gap. I believe Hoe Fang and I meet each person without preconceptions. He is a friend and a dependable guide, and our respect for each other as individuals made it even easier for me to observe, listen and learn from him.

His experience in navigating difficult situations is especially telling when you see him maintaining his composure in the midst of a rising storm. And he does this with kindness and warmth. The compassion and community at the heart of Ethos Books follows his and Wai Han’s love for others, and I am thankful to be a direct beneficiary.

F: I also didn’t feel that we had a generation gap. Perhaps it is because KG’s approach is one of trying to be in the other’s shoes first, when in discussion. And if he disagrees, it is always gentle disagreement without dissing the other person’s viewpoint. So you always feel understood, even when he disagrees with you. This plays a highly significant role in mitigating the gap which does exist between generations.

I tend to be quite laissez-faire when it comes to certain decisions, and this can sometimes be unproductive or even dangerous. But it springs from confidence in the mentee’s level-headedness and common sense, and a strong belief that everyone will, and needs to, make mistakes to learn valuable lessons.

After all these years, what is your relationship like now? Any advice for readers considering a mentoring relationship?

KG: I will always be thankful for Hoe Fang’s trust and generosity in allowing me to assume the decision-making role for the publishing house. He has showed me what it means to enable a fledgling to grow up, instead of growing into existing shoes.

F: We have known each other for about 12 years now. The relationship is basically the same as when we started—as respected friends.

I would say forget the traditional concepts of mentor/mentee relationship in a context such as KG’s and mine. Domain knowledge and skills can easily be picked up by the current generation. What we pass on is goodwill, trusted relationships, and sharing of experiences so that we can navigate the new currents with wisdom and integrity.



In Good Company: A Reflection on Being Alone & With Others



The morning sun shines brightly and you are enjoying a pleasant walk around your neighbourhood. You stop to chat with Mr Lim, the friendly fishmonger who never fails to offer a useful cooking tip along with the freshest catch. You wave to Madam Fatimah who is dancing along to the beat of her Zumba class. While you are glad to see the familiar faces, you also look forward to savouring your morning coffee quietly by yourself at home.

This idyllic scenario illustrates a senior who enjoys a healthy and friendly relationship with his/her neighbours while also cherishing being alone. Amidst concerns about social isolation among seniors and its dire consequences, it is important that we recognise the complexity and varying degrees of social connection in order to rightly address the issues. Just as being alone does not equate to being lonely, being surrounded by people is not the panacea to social isolation. In fact, loneliness is not exclusive to seniors. A [recent Institute of Policy Studies poll](#) showed that those aged 21 to 34 have a higher loneliness score than other age groups.

In this exploration, we look at both sides—being alone and being with others—and consider how they each can contribute to personal growth, creativity, and developing healthy relationships.



The Importance of Being Alone

Creativity

Taking time for ourselves allows us to explore our interests and passions without distractions—whether it is painting, writing, or gardening. We are free to let our minds wander, brainstorm ideas, and engage in our pursuits without inhibition.

Personal Growth

Giving ourselves the space and time for personal reflection allows us to not only cherish the meaningful connections in our lives but also confront our fears. This introspective process fosters a deeper understanding of ourselves and grants us a newfound clarity that enriches our lives.

Healthy Relationships

When we are comfortable with ourselves and enjoy our own company, we are more likely to cultivate healthy relationships. If we do not seek validation from others, we can foster more genuine connections based on mutual respect and understanding. This frees us to fully enjoy our interactions with others instead of constantly focusing on ourselves.

The Importance of Being with Others

Creativity

Being in a workshop or group activity allows us to be inspired and stimulated by the creativity of others. If we are in a rut, interacting with and bouncing ideas off other people can get our creative juices going! Joining any of the [library's programmes](#) and [LearnX Communities for seniors](#) is one way to do this.

Personal Growth

Meaningful connections challenge us to step outside our comfort zones, learn from others, and confront new perspectives. Cultivating authentic relationships and being open to honest feedback from trusted friends encourages self-improvement and personal development.

Healthy Relationships

As we navigate the ups and downs of life, we can find emotional support and companionship through close relationships with loved ones. Reconnecting with old friends with whom we have shared a lifetime of memories can be a wonderful balm for the soul, while making new friends opens up opportunities for new experiences and connection.

Between solitude and social activity, it is important that we strike the right balance, lest we find ourselves overwhelmed or falling into extremes. Social connection, after all, is an integral part of our well-being, and needs to be nurtured with equal care and consideration as we do our physical health. Take time to find out what interests you, who are the people that can support you in your own growth, and how you would like these interactions to take place.

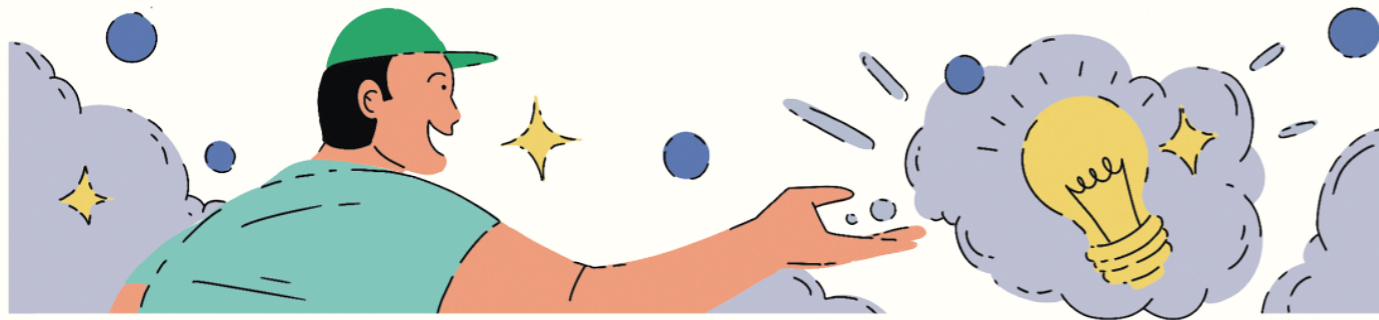


Under the Time of Your Life series, NLB offers a wide range of programmes for seniors to discover new skills and interests, alongside other like-minded peers.

Check out our full programme listings and follow us on our WhatsApp Channel to receive exclusive updates on our offerings! Visit go.gov.sg/toylc-mag or scan here for more details.

Innovative Ideas for a Better Everyday

As Singapore prepares for a super-aged society, a multitude of products and services are now available to help uplift and support our seniors and their caregivers. This year's Time of Your Life Celebration will shine a spotlight on some of these innovators making a difference through a three-day Innovation Showcase. Before you drop by, read more about two such innovations which will be featured at the showcase!



Inclusive Fashion by Will & Well

Will & Well is an inclusive fashion label that seeks to empower all through their adaptive apparel. With the awareness that some elements of modern clothing, such as buttons and back-zippers, pose significant difficulties for those who have physical constraints, Will & Well has designed clothing that is not just visually beautiful, but also easy to put on, comfortable to wear, and most importantly, upholds the dignity of the individual during the dressing process.

Some features of their adaptive clothing include magnets in place of traditional buttons (that can be rather finicky even for the average person!), velcro closures as fasteners, and front zippers instead of back zippers.

Imagine you have weak finger dexterity and cannot finesse normal buttons into their slits. With magnetic buttons, they snap in place instantly! Or perhaps you have limited flexibility—front zippers allow you to zip your clothes up in a more comfortable position. No need to channel that yoga guru or gymnast to zip your clothes up from the back anymore!



Dexie by Dex-Lab

Dex-Lab is tackling the challenges that the eldercare sector is facing by using social robots to provide a novel and consistent mode of therapy for seniors while augmenting manpower shortages at the same time. If you are a senior with diverse care needs, robotics and artificial intelligence (A.I.), which are being increasingly used in eldercare, could vastly improve the quality of care you receive.

Dexie is a social robotic humanoid that is currently being used in the healthcare industry for the care of persons with dementia. Created by Dex-Lab, Dexie is a unique robot that can interact with persons with dementia in a variety of care settings. It has 4 types of activities: chat, exercise, games, and sing along.



“Exercise” is a popular activity with Dexie, as it is able to lead a curated range of exercise routines developed specifically for persons with dementia. These exercise routines take into account the general physical abilities of seniors to provide effective and consistent physical therapy.

“Sing along” is another immensely well-received activity. Dexie is equipped with songs of various languages—even Mandarin dialects—to sing along to. Persons with dementia are often unable to recognise those around them or recall recent events, but they can remember with stark clarity songs that are tied to a certain memory. This is the unassuming, yet inexplicable power of music—connecting with the mind and evoking different memories and emotions. For those with dementia, this is a highly effective method of interacting with them and keeping their brains active.

If these innovations have piqued your interest and you would like to experience them firsthand, head down to the Innovation Showcase happening at the National Library Building's Plaza on Level 1, from 14 to 16 October 2024, 10am – 5pm.

Snippets from the Slice of Life

Can the small, ordinary events in your daily life contain stories worth telling? Several seniors participated in a series of flash fiction workshops at Queenstown Public Library last May to discover how their personal stories can be transformed, under the guidance of expert facilitators, Ms Patricia Lee and Ms Clara Mok. In this section, we feature two completed works that offer us a glimpse into the lives of our budding writers.



A selection of stories will be on display at the Slice of Life exhibition, alongside the Innovation Showcase this October! You may also read the rest of the workshop stories here: go.gov.sg/toylc-pac

The Tree-Shaker and the Alarm-Clock Bird

Leow Yoon Li

is a caregiver of an elderly parent on weekdays and enjoys nature walks on weekends. This flash fiction was written with the motivation of highlighting how we interact with nature, for our health is connected to the health of our natural environment. Having birds in trees nearby is a good sign.



The trees before the HDB block were still shrouded in the semi-darkness of early morning. I walked along a cement path to an exercise area. Out of the corner of my eye, a movement caught my attention. It was a short, middle-aged Chinese man in black shorts and white, sleeveless T-shirt, and he was alternately kicking and pushing with both hands the trunk of a tree.

What is this? A new form of exercise? I quickened my pace to put distance between us, just in case he was another one gone berserk in this highly urbanised and stress-filled city-state.

Under the cool shade of an old fig tree, I began my Tai Chi routine, which involved turning the torso in various directions accompanied with arm and leg movements in specific forms. As my body warmed up, the rows of sculptured ixora bushes fringing the little garden beside the exercise area became a brighter green with the rising sun. Numerous early birds jogged along the park-connector's footpath, across a strip of grassy field with several tall Mahogany trees.

While executing the left style of the Tai Chi form called "Grasp the Bird's Tail", I became aware of the same man moving quickly from one tree to another, each time repeating his abuse on trees. Peering upwards, he appeared to be agitated by something in the crowns of trees. Then, a Koel bird flew out from the last abused tree to disappear around the corner of a HDB block, with the man in hot pursuit.

Ah...so it was not a demented man, but someone woken up by the loud and penetrating "woo-wu woo-wu" calls of the Koel bird, and did not appreciate the alarm clock service provided by it. It was not so long ago that Singapore had villages and people used to wake up to the morning calls of cockerels. I have not heard of anyone annoyed enough by that to chase cockerels around the village, have you?

Still Life

He had been warned, yet found himself wholly unprepared for what now confronted him: a narrow living room made even more cramped by the years of painstakingly accumulated junk.

Do not judge. That was the mantra that had been programmed to play on auto loop in his head.

He took a tentative step inside, letting the heavy front door swing back from the sheets of cardboard leaning against the wall. A dank muskiness tickled his nose, the scent of decades of trapped heat and humidity. Slowly he blinked, once, twice, waiting for his eyes to adjust to the dimness of the living room.

Dust motes hung in the heavy air, suspended in the weak beam of light from the front door that now stood ajar. They twirled in place, like dancers captured in a slow motion hologram. This must be what it felt like to be encased in amber, sinking into the stasis of the setting resin.

The roar of traffic from the main road had become a constant drone in his head. Somewhere outside, a radio abruptly cut off and a baby began to wail.



Florence

is a former broadcast journalist who quit her job last millennium to go see as many countries on as little cash as possible. Now she spends her time idling, reading and declaring war on consumerism (which just means she's a cheapskate auntie who hates spending money and loves attending free workshops organised by the NLB).

"Hello, Auntie! How are you?" he called out, as he carefully picked his way across a minefield of precariously stacked newspapers, their pages stiff and yellowed with age. Clothes and bric-a-brac spilled out from familiar supermarket plastic bags, piled high from gritty floor to cobwebbed ceiling. One wrong step could trigger an avalanche.

Somewhere under all this detritus of a human life (*a life half lived, a life deferred? No, do not judge!*) were the layers waiting to be painstakingly excavated—a couch, a side table, perhaps a wooden footstool. Hopefully, nothing that once drew breath. What secrets lay buried, he wondered, beneath these sedimentary tiers, from all those sedentary years?

Behind him, to the right, under the slatted windows, a bunch of plastic flowers stood defiantly in its garish pink vase, bowed down by the weight of years and dust but refusing to succumb to the encroachment of slow decay.

A foot-tall fortune cat, its paws resolutely unmoving, perched atop a pile of umbrellas, their handles and broken rods sticking out from inside a cardboard box.

To his left, the two bedroom doors stood side by side, slammed shut against the probing eyes of uninvited busybodies. Like him, he supposed. At the far end of the living room, a thick plastic beaded curtain hung over the arched opening. Beyond that he knew lay the kitchen, following the basic layout of a first-generation three-room flat. Thousands of this same architecture could be found replicated across the island, each guarding the secret lives within.


"Auntie? Are you in?" he called again.

Alvin Pan Chin Heng, two months on the job, fresh out of uni with his social work degree, finally allowed out of office on his first solo home visit, squared his shoulders and made a conscious decision to take no deep breaths. Now, once more unto the breach. (*Do not judge.*)

In his mind's eye, he could already see the peeling laminate of the kitchen cabinets and track the oil splatters along the walls, the white of the tiles probably long obliterated by the accumulated grime of a thousand dinners. And there, parked on the plastic stool, he would finally meet the woman, the life behind the accumulated artefacts. With his best professional smile firmly plastered onto his now profusely sweating face, his fingers reached out to part the heavy jangly beads.

POV: Embracing Life After 60

How can we continue to lead healthy and fulfilling lives after our 60s? We chat with a few seniors to get their points of view (POV) on life after 60.

 **Growing older can be fraught with uncertainty but also new possibilities! For inspiration, check out the exhibitions showcasing works and stories by seniors this October at selected public libraries. Visit go.gov.sg/toylc-exh or scan here for the full details.**



Mr Thian Boon Poh, 63 Newly Retired

In Singapore, financial stability is important to survive your retirement years. At 63, you may be retiring from a stable job. Depending on your situation, you may choose to be re-employed up to 68 years old. You may also tap on your SkillsFuture credit to pick up new skills and try new and different jobs.

For those who are financially stable and have sufficient savings in their CPF, this next phase of life opens up an opportunity for you to “re-fire” your life with new interests, hobbies and direction! However, you need to ensure that you remain physically and mentally healthy in order to enjoy your seniors years comfortably.

For Boon Poh, there are four principles found across numerous books that he upholds on ageing well:

1. Eat healthy

There are many nutritional guidelines that you can follow to suit your needs such as “Less Sugar, Less Salt”. You should also avoid processed food and keep up with your regular health check-ups so that any issues can be addressed early.



2. Exercise regularly

Make time to exercise regularly and safely. You can make use of the numerous park connectors and sheltered walkways around Singapore to practise low-impact exercises such as walking to invigorate you!



3. Staying socially active

Stay socially active by joining hobby groups to bond over shared interests. Volunteering is also a good way to meet others through a meaningful activity.

4. Sleep More

Sleeping is an amazing way to let your body and mind heal. Try picking up a good book before you head to bed and see what it does for your Zzzs!



Ms Anne Chung, 66, Active Library Volunteer

Anne faced a life-changing moment more than a decade ago when she received a sudden cancer diagnosis. However, with every difficulty, comes opportunity as well. She realised she remained the same person even as she had to adjust her lifestyle following her diagnosis.

“I used to run marathons but now, I find I don’t have the energy I used to have before my long treatment of a year, nor the razor-sharp memory. Instead of dwelling on what I can’t do or do as well, I decided to focus on what I can,” said Anne.

Since then, Anne has found fulfilment in helping others. With her positive spirit, she dedicated time helping other cancer patients as a befriender with the Singapore Cancer Society for several years but had to give up due to her mother’s health.

She has also been an advocate for lifelong learning and pursues a myriad of interests to keep herself active. On top of attending the wide range of library programmes for seniors organised by NLB, she also facilitates two LearnX Communities at the libraries—Visual Journalling and SewSustain—where seniors with common interests can come together to learn.

“Do what makes you happy. The second half of my life has been more fun than my first, when I was too busy with work. I am now having the time of my life learning and experiencing all that excites me!” said Anne.



Ms Susan Sim, 62 & Mr Mike Yip, 72, Workshop Participants from NLB’s Once Upon a Youth Project

“Don’t trouble Trouble, until Trouble troubles you,” said Susan candidly. Having gone through their fair share of challenges over the years, both Susan and her husband, Mike, have an optimistic approach to their lives and shared with us the things that work for them.

1. Just Enough

It is important to ensure that you have “just enough” to retire comfortably. Having too much might bring its own set of problems and stresses.

2. Don’t Worry, Be Happy

Some things in life are beyond our control. You should be careful not to dwell too long on problems and let your worry consume you. Choose to see the positive side of things to keep your spirits up.

3. Keep On Moving

Exercise is important but staying active is more than that. Whether it is knitting or crafting, have a hobby that you enjoy on your own and keeps you engaged even when you have retired.

4. Having Common Interests

As a couple growing older together, Susan stressed how important it is to have a common interest. Susan and Mike have been scuba diving together since their twenties, and still continue to do so!



独乐乐、众乐乐： 关于独处或与他人相处的反思

明亮的晨光下，您悠闲地在邻里漫步。见到友善的鱼贩林先生，您停下脚步与他交谈。他不仅提供最新鲜的海鲜，还总会与您分享一些有用的烹饪技巧。您也会向正在随着动感的旋律跳尊巴 (Zumba) 的法蒂玛女士招手。虽然您很高兴看到熟悉的面孔，但您也期待早上的时候，能够在家里安静地享用一杯咖啡，感受那份自在。

以上刻画的完美画面，形容一位善于交际，同时也享受独处的乐龄人士。在人们担心乐龄人士社交孤立及其严重后果的同时，也应该认识到社交联系是复杂且拥有不同程度的。这才能让我们对症下药，以正确的方法解决这些问题。正如独处并不等同于孤独，被人群包围也不是解决社交孤立的灵丹妙药。事实上，孤独也不是只有乐龄人士才会面对的问题。根据李光耀公共政策学院政策研究所 (Institute of Policy Studies) 近日发表的研究显示，1到34岁这个年龄层的“孤独指数”便高于其他年龄层。

通过本文，我们将审视“独处”和“与人共处”，并考虑它们各自如何促进个人成长、创造力以及健康的人际关系。



独处的重要性

创造力

拨出时间，在不受干扰的情况下探索自己的兴趣和喜好——无论是绘画、写作还是园艺。您可以自由地放飞思绪，毫无顾忌地追求心中的理想。

个人成长

给自己空间和时间进行反思不仅可以让我们珍惜生活中有意义的联系，还可以让我们直面恐惧。这种内省过程有助于我们更深入地了解自己，并赋予我们清晰的新视野，用来丰富我们的生活。

健康的人际关系

当您能舒适地享受独处的时光，您便更有可能培养健康的人际关系。您将不会一味寻求他人的认可，而是在相互尊重和理解的基础上，真诚地与人交流。这能让您充分地享受与他人的互动，而不是时刻专注于自己。

与他人相处的重要性

创造力

参加研讨会或小组活动可以让我们受到他人创造力的启发和刺激。如果您陷入困境，与他人互动和交流想法可以激发您的创造力！加入图书馆的任何活动或 LearnX 社群便是一个很好的方式。

个人成长

有意义的联系能激励我们走出舒适区，向他人学习，接触新的观点，并挑战自己既有的思维。培养真诚的关系，接受来自可信赖的朋友的诚实反馈，有助于自我提升和个人发展。

健康的人际关系

在一生中，我们必定会经历起起落落。与亲人保持亲密的关系能够为我们提供情感支持和陪伴。与拥有许多共同回忆的老友重新联系是对彼此的心灵的一剂良药。与新朋友认识交流则可以为我们带来新的体验和联系。

在独处和与他人相处之间，我们必须找到适合自己的平衡点。否则我们可能会感到不堪重负，或陷入极端。毕竟，社交联系是我们幸福感的重要组成部分，需要像对待身体健康一样用心呵护和照顾。花点时间发掘您的兴趣，寻找可以支持你成长的人，想想您希望如何增进与他们的互动，维系与他们的关系。



通过“乐在生活”系列，国家图书馆管理局 (NLB) 安排了各种活动，让乐龄人士和其他志同道合的同龄人一起发现新技能和兴趣。请扫描二维码或浏览 go.gov.sg/toylc-mag 获取我们的完整节目列表，并关注我们的 WhatsApp 频道，获取有关活动的独家更新！

通过导师关系 搭建代际沟通桥梁

在我们的一生中，能遇到一位良好的导师的机率不高，但对于那些有幸受到指导的人而言，这份关系十分珍贵。让我们通过受访者黄佳毅的分享，一起了解他与导师之间的互动如何帮助他在个人和职业生涯里成长。



您从导师那里得到过最好的建议是什么？前10名提交最佳建议的读者，将能获得一份“乐在生活”赠品。请在2024年11月30日之前，通过扫描左方的QR码或 go.gov.sg/toylc-mag 在线提交。



方可弘，70岁，
是“时代精神书屋”

(Ethos Books) 的创始人。他在该公司负责出版工作长达20年，直到退休为止。他的爱好包括与朋友一起经营书店，从事出版项目以及为乐龄人士举办社区外展活动。



黄佳毅，44岁，
自2018年起负责“时代精神书屋”的出版工作。为支持新加坡和东南亚的文学、艺术和文化环境，他与同事一起负责内容策划、营销和分销。

嗨，方先生和佳毅！请告诉我们你们初次见面的场景！

黄：那是在马林百列公共图书馆举行的 Afterwords 读书会活动。当时讨论的书是 David Leo 的《Ah... The Fragrance of Durians》。活动结束后，可弘和他的同事（也是妻子）慧娴一起收拾书。我看着他们推着装满书的手提箱，从图书馆走出来。他们对工作的热情让我很感动。我心想，下次有机会，我要在 Afterwords 活动后帮助他们收拾东西。

方：这应该是2012年的事了！我记得他坐在人群的最前排。虽然比较文静，但他问了一些问题。我觉得这个人很深沉，又对文学很有研究。这是我对他的第一印象。后来通过问答环节后的交谈，我对他的这个印象更加深刻。

“这就是共情的实践：观察并鼓励一个人的本质流动。”

你们最欣赏对方什么？

黄：可弘会在适当的时机问我是否对工作感到满意。在我负责出版工作之前，他每年都会问我这个问题。他的问候总会提醒我和鼓励我去思考和审视自己是否还忠于经营出版的宗旨。这就是共情的实践：观察并鼓励一个人的本质流动。我钦佩他倾听和激励他人采取行动的能力。

方：在佳毅身上，我找到了一个同事兼好友。对于这个艰难的行业他与我拥有相同的愿景和使命。我也钦佩他对他人的关心和同情。即使他对工作充满热情，他始终确保自己保有同情和体谅。他总是愿意花时间（虽然有时我觉得花太多时间了）倾听别人的意见，然后再发言。他在照顾公司宏观需求时不忘讲究细节，也拥有管理执行力。这是我望尘莫及的。

我5年前就退休了。这有赖于佳毅，因为他扛起了延续“时代精神书屋”的精神这份重任。他确保这精神不论从现在到未来，都能以某种形式延续下去。

在指导关系中，代沟的利与弊是什么？您是如何应对这一点以及其他挑战的？

黄：我没有感觉到任何代沟。我相信可弘和我一样，在与人相处时都不会有先入为主的观念。他是一位可靠的导师和朋友。我们对彼此互相尊重，让我更容易去观察、倾听和向他学习。

他应对困难情况的经验尤其显著。你能看到他在风暴即将来临时保持临危不乱，处之泰然。不仅如此，他还能以善良和温暖的方式把事情处理好。“时代精神书屋”的核心是对社区的关怀，这反映了他和慧娴对别人的大爱。而我便是这种关怀的直接受益者，这让我非常感恩。

方：我没有感觉到我们有代沟。也许是因为佳毅在讨论时，首先尝试站在对方的立场思考。即使他持不同意见，也总是温和地表达异议，而不是贬低对方的观点。所以即使他不同意你的观点，你还是总能觉得自己被理解了。这对缓解代沟起着非常重要的作用。

对于某些决定，我倾向于采取相当 *laissez faire*（自由放任）的态度。有时这样做可能会导致低效甚至危险。但这是因为我相信晚辈拥有常识和冷静思考的能力。我也坚信每个人都会犯错，而且需要犯错，才能学到宝贵的教训。

经过这些年，你们现在的关系如何？对有意成为导师的读者有什么建议吗？

黄：我永远感激可弘对我的信任和慷慨，他让我拥有出版社的决策权。他向我展示了如何让初出茅庐的新鲜人达到自我成长，而不是让我局限于现有的模式。

方：我们认识大约12年了。我们的关系基本上还像刚开始时一样——是相敬如宾的朋友。



Suatu Renungan: Antara Bersendirian Dan Berteman

Matahari pagi bersinar terang dan anda sedang berjalan-jalan di kawasan kejiranan. Anda berhenti sejenak untuk berbual-bual dengan Encik Lim, penjual ikan yang peramah. Beliau selalu berkongsi panduan berguna untuk menyediakan masakan ikan segar. Anda melambai kepada Puan Fatimah yang sedang menari mengikuti rentak dalam kelas Zumbanya. Walaupun anda gembira bertemu dengan mereka yang dikenali, anda juga tidak sabar untuk meluangkan masa bersendirian di rumah sambil menikmati kopi pada waktu pagi.

Senario menyenangkan ini ialah paparan kehidupan seorang warga emas yang meraikan perhubungan sihat dan mesra dengan jirannya dan pada waktu yang sama amat menghargai momen bersendirian. Dalam keprihatinan kita terhadap pemencilan sosial dalam kalangan warga emas dan kesan buruknya, adalah penting juga untuk kita memahami kerumitan dan pelbagai peringkat hubungan sosial bagi menangani isu ini dengan betul. Bersendirian, tidak semestinya kesunyian. Begitu juga apabila dikelilingi orang ramai bukanlah huraian kepada pemencilan sosial. Bahkan, perasaan kesunyian itu tidak terhad kepada warga emas sahaja. Menurut satu tinjauan Institut Pengajian Dasar (IPS) baru-baru ini, golongan berusia 21 hingga 34 tahun dilaporkan berasa lebih kesunyian berbanding dengan peringkat usia lain.

Artikel ini mempertimbangkan bagaimana bersendirian dan bergaul dengan orang lain boleh menyumbang kepada perkembangan peribadi, kreativiti, dan membina hubungan yang sihat.



Kepentingan Bersendirian

Kreativiti

Meluangkan masa untuk bersendirian membolehkan kita untuk meneroka minat tanpa gangguan, seperti melukis, menulis, ataupun berkebun. Bersendirian memberikan fikiran kita ruang untuk mencari ilham dan mendalami minat sendiri tanpa halangan.

Peningkatan Diri

Memberikan ruang dan masa untuk kita bermuhasabah diri dan menghargai hubungan kita dengan orang-orang tersayang, serta bersemuka dengan cabaran yang kita hadapi. Proses introspektif ini membantu kita lebih mengenali diri dan menawarkan pencerahan fikiran yang memperkayakan hidup kita.

Hubungan Yang Sihat

Apabila kita selesa dengan diri sendiri dan boleh menikmati masa bersendirian, kita lebih cenderung untuk membina hubungan yang baik. Kita tidak perlu mencari pengesahan atau kepuasan daripada orang lain. Ini membantu membina hubungan yang tulus dan tulen berdasarkan sifat saling hormat-menghormati dan memahami. Kita akan berasa bebas untuk menikmati pergaulan dengan orang lain berbanding memberikan tumpuan kepada diri sendiri sahaja.

Kepentingan Bergaul dengan Orang Lain

Kreativiti

Menyertai aktiviti berkumpul atau bengkel membolehkan kita meraih inspirasi dan rangsangan kreativiti daripada orang lain. Jika kita menghadapi kesulitan, berinteraksi dan berkongsi idea dengan mereka boleh merancakkan kelahiran ilham kreatif. Penyertaan dalam program yang dianjurkan oleh perpustakaan dan Komuniti LearnX untuk warga emas dapat membantu usaha ini.

Peningkatan Diri

Interaksi yang bermakna mendorong kita untuk meninggalkan zon selesa, belajar daripada orang lain, dan mempertimbangkan perspektif baharu. Justeru, adalah penting untuk kita memupuk hubungan autentik dan menerima maklum balas jujur daripada rakan-rakan yang dipercayai bagi menggalakkan peningkatan diri.

Hubungan Yang Sihat

Menjalin hubungan akrab dengan orang-orang tersayang menawarkan sokongan emosi dan persahabatan ketika menghadapi pasang surut kehidupan. Menghubungi semula kawan-kawan lama untuk berkongsi kenangan boleh membawa ketenangan besar untuk jiwa kita. Namun, bertemu kenalan baru juga membuka peluang untuk menikmati pengalaman baru.

Antara bersendirian dan menyertai aktiviti sosial, adalah penting untuk kita mencapai keseimbangan supaya diri tidak berasa terbeban atau tertekan. Lagipun, hubungan sosial merupakan komponen penting dalam menjaga kesejahteraan kita dan harus dijaga dengan baik, sama seperti perhatian yang diberikan kepada kesihatan fizikal. Luangkan masa untuk mengetahui tentang apa yang menarik minat kita, orang-orang yang boleh menyokong pembangunan diri kita, dan bagaimana kita mahu interaksi ini berlaku.



Menerusi siri program *Time Of Your Life*, NLB menawarkan pelbagai program untuk warga emas belajar kemahiran dan meneroka minat baharu dengan rakan-rakan yang sealaran fikirannya dengan anda.

Dapatkan senarai penuh program kami, dan ikuti saluran WhatsApp kami untuk menerima maklumat terkini dan eksklusif! Lungsuri lalaman go.gov.sg/toylc-mag, atau imbas kod QR untuk butiran lanjut.

Menghubungkan Generasi Menerusi Bimbingan Mentor

Tidak ramai dalam kalangan kita yang bernasib baik untuk mendapat bimbingan seorang mentor. Bagi mereka yang mempunyai seorang mentor, sudah pasti hubungan ini sangat dihargai. Keistimewaan mendapat bimbingan daripada seseorang yang arif dan pakar memainkan peranan besar dalam kerjaya dan perjalanan hidup kita. Satu pasangan mentor-menti berkongsi cerita tentang hubungan mereka, impak terhadap kerjaya, dan juga nasihat untuk sesiapa yang berminat menjadi mentor atau menti!



Apakah nasihat terbaik yang diterima daripada mentor anda? Kongsikan dengan kami! Sepuluh kiriman terbaik akan menerima hadiah daripada *Time of Your Life*! Hantarkan kiriman anda secara dalam talian selewat-lewatnya 30 Nov 2024 menerusi pautan go.gov.sg/toylc-mag



Puan Som Said, 73 tahun, merupakan Pengasas dan Pengarah Artistik *Sri Warisan Som Said Performing Arts Ltd.* Beliau dianugerahi Pingat Budaya pada tahun 1987 atas sumbangannya kepada pembangunan seni tari Melayu di Singapura.



Marina Yusoff, 48 tahun, merupakan Pengarah Kreatif di *Sri Warisan Som Said Performing Arts Ltd.* Beliau seorang penari dan pelakon suatu masa dahulu. Kini, beliau seorang penyampai bebas, koreografer, dan mempunyai audio siar (podcast) di *Spotify*.

Hai Puan Som dan Marina! Adakah anda masih ingat pertemuan pertama anda?

M: Pasti akan saya ingat sampai bila-bila! Saya menyertai Sriwana pada umur 10 tahun. Ketika itu, saya hanya seorang anak kecil yang bersemangat ingin belajar menari. Puan Som melihat sesuatu yang luar biasa dalam diri saya lantas memupuk bakat itu. Puan Som telah mencipta sebuah koreografi unik khas untuk saya bagi pementasan drama Ali dan Fatimah (1988) dan Boneka (1989).

S: Saya dapat lihat keghairahan Marina sebaik sahaja beliau menyertai Sriwana. Dia ingin tahu tentang segala-galanya! Oleh kerana dia merupakan satu-satunya penari cilik untuk kemasukan ahli tahun itu, saya dapat melihat potensinya lalu menghasilkan satu tarian khas untuknya. Secara kebetulan, beliau sememangnya memainkan watak utama.

Bagaimanakah hubungan anda dengan mentor/menti mempengaruhi anda?

M: Hubungan saya dengan Puan Som suatu yang saya syukuri. Beliau bukan sahaja seorang guru dan mentor, bahkan seorang ibu dan penasihat. Beliau sentiasa ikhlas dalam mencurahkan ilmu dan nasihat tentang keseluruhan aspek kehidupan saya.

S: Marina juga telah banyak mengajar saya tentang kehidupan menerusi sikap jujurnya. Beliau amat penyabar. Beliau seorang penjaga yang sangat baik ketika merawat saya yang sedang sakit. Semasa bekerja, beliau bijak menjalin hubungan baik dengan semua menti.

Adakah terdapat sebarang cabaran jurang generasi dalam hubungan pementoran anda? Bagaimanakah anda mengatasi cabaran ini?

M: Pengembangan idea semasa menghasilkan suatu pementasan menunjukkan perbezaan pemikiran antara generasi. Semasa saya menjadi pengarah dan penulis skrip pementasan *Bendahara - A Betrayal* pada tahun 2010, Puan Som pada mulanya keberatan untuk menyertakan unsur moden seperti tarian hip-hop atau Bollywood dalam pementasan ini. Namun setelah berbincang dan menerangkan visi saya, beliau sangat positif dan teruja malah menyuruh saya untuk terus meneroka pembaharuan sebegini. Bahkan, kami menerima maklum balas yang positif daripada penonton. Nyatalah, idea inovatif kami boleh diterima selagi kita mengamalkan adab dan budaya saling hormat-menghormati yang terpuji.

S: Saya menaruh kepercayaan terhadap kru saya kerana mereka merupakan penari yang berfikir. Jika terdapat sebarang percanggahan pendapat mengenai koreografi, kami memberikan tumpuan kepada teras isu: adakah ia suatu keperluan, atau hanya suatu kemahuan? Kami adakan perbincangan di mana semua ahli dapat memberikan komen dan maklum balas sebelum sesuatu keputusan dibuat.

Dalam tarian, sifat hormat amat penting, untuk budaya yang anda usahakan dan juga cerminan peribadi sendiri. Di Singapura, kami sering menyertai pementasan berbilang budaya. Sebagai seorang penari perintis, saya sentiasa bekerjasama dengan rakan-rakan saya daripada budaya lain. Hubungan kami sangat akrab dan mesra. Sesama kami, banyak perkongsian dan pertukaran pendapat dan pandangan. Kami serahkan warisan ini kepada generasi mendatang apabila mereka menyaksikan sikap saling hormat-menghormati dan berganding bahu ini.

“ Kami serahkan warisan ini kepada generasi mendatang apabila mereka menyaksikan sikap saling hormat-menghormati dan berganding bahu ini. ”

Bagaimanakah hubungan anda hari ini setelah bertahun-tahun saling mengenali? Apakah nasihat anda untuk pembaca yang ingin menjalin hubungan pementoran?

S: Saya mempunyai ramai mentor sepanjang kerjaya saya. Mentor yang paling penting ialah Francis Yeoh daripada *National Dance Company*. Beliau kini berusia 80-an tahun dan masih mengikuti perkembangan saya. Beliau membimbing dan memberi saya tanggungjawab, tetapi membiarkan saya memulakannya. Saya pula akan membimbing mereka dan bukannya sekadar memberikan arahan. Pementoran bukan sekadar mencari mentor; ia boleh wujud secara semula jadi daripada satu hubungan kerja. Anda boleh belajar daripada rakan-rakan baik yang mempunyai minat yang sama, tanpa mengira usia, untuk membantu anda menikmati kehidupan yang lebih baik.

M: Setelah 38 tahun mengenali Puan Som, beliau masih mentor dan guru saya. Nasihat saya, rebutlah peluang yang terhidang! Yakinlah, apabila kita usahakan sesuatu dengan niat yang baik dan keikhlasan, pasti kita akan meraih sesuatu yang berharga yang mempunyai kesan jangka panjang dalam kehidupan kita.

நல்ல துணை: தனியாகவும் பிறரோடும் இருப்பதைப் பற்றி சிந்திப்போம்

காலை நேரத்தில் சூரியன் பிரகாசமாக ஒளி வீசுகிறது. நீங்கள் நடக்கச் சென்று உங்கள் அக்கம்பக்கத்தை வலம் வருகிறீர்கள். வழியில் நட்பார்ந்த மீன் கடைக்காரர் திரு லிம்முடன் சற்று நேரம் அரட்டை அடிக்கிறீர்கள். அவர் வழக்கம்போல் பயனுள்ள சமையல் குறிப்பையும் புத்தம்புதிய மீன் ஒன்றையும் வழங்குகிறார். ஸும்பா வகுப்பின் மெட்டுக்கேற்ப நடனமாடும் திருவாட்டி ஃபாத்திமாவைப் பார்த்து கை காட்டுகிறீர்கள். பழக்கப்பட்ட முகங்களைப் பார்ப்பதில் நீங்கள் மகிழ்ச்சி அடைந்தாலும், வீட்டுக்குச் சென்று காலைநேரக் காப்பியைத் தனியாகக் குடிப்பதையும் ஆவலுடன் எதிர்பார்க்கிறீர்கள்.

தனது அண்டைவீட்டாருடன் ஆரோக்கியமான, நட்பார்ந்த உறவு கொள்வதில் மகிழ்ச்சி காணும் அதே வேளையில், தனியாக இருப்பதையும் விரும்பும் ஒரு மூத்தோரை மேற்காணும் காட்சி விவரிக்கிறது. சமூகத்தில் தனித்திருக்கும் மூத்தோரையும் அவர்கள் எதிர்நோக்கும் பயங்கரமான விளைவுகளையும் பற்றிய அக்கறைகளுக்கு மத்தியில், சமூகத் தொடர்பில் உள்ள மாறுபட்ட நிலைகளையும் சிக்கல்களையும் புரிந்துகொள்வது முக்கியம். தனிமை மூத்தோர்களை மட்டும் பாதிக்கும் ஒன்றல்ல. அண்மையில் நடத்தப்பட்ட IPS கருத்துக் கணிப்பின்படி 21-34 வயதைச் சார்ந்தவர்களே தனிமையால் அதிகம் பாதிக்கப்படுகிறார்கள்.

இந்த ஆராய்வில், நாம் இரண்டு பக்கங்களையும் பார்க்கிறோம் – தனியாகவும் பிறரோடும் இருப்பது நமது ஒட்டுமொத்த நலனுக்கு எவ்வாறு பங்களிக்கின்றது என்பதைப் பரிசீலிக்கிறோம்.



தனிமையின் முக்கியத்துவம்

படைப்பாற்றல்

நமக்காக நாம் நேரம் ஒதுக்கும்போது, எந்தவிதக் கவனச்சிதறல்களும் இல்லாமல் நமது ஆர்வங்களில் ஈடுபட முடியும் – அது ஒவியக்கலையாகவோ, எழுத்துக்கலையாகவோ அல்லது தோட்டக்கலையாகவோ இருக்கலாம். உங்கள் சிந்தனையைச் சிறகடித்துப் பறக்கவிட்டு, புதுப்புது யோசனைகளை வகுத்து, எந்தவொரு தயக்கமும் இல்லாமல் உங்களது விருப்பங்களில் நீங்கள் ஈடுபடலாம்.

சுய வளர்ச்சி

நம்மைப் பற்றிச் சிந்தித்துப் பார்க்க இடமும் நேரமும் ஒதுக்கும்போது, நம் வாழ்க்கையில் உள்ள அர்த்தமுள்ள தொடர்புகளைப் போற்றிப் பாராட்டி மகிழ்கிறோம். அதே சமயத்தில், நம்முடைய அச்சங்களையும் எதிர்கொள்கிறோம். இதன்வழி, நம்மைப் பற்றிய ஆழமான புரிந்துணர்வை நாம் வளர்த்துக்கொள்ள முடியும். இந்த அகத்தெளிவு, நம் வாழ்க்கையைச் செறிவாக்கும்.

ஆரோக்கியமான உறவுகள்

உங்களை நீங்கள் ஏற்றுக்கொண்டு, உங்களுக்கு நீங்களே துணையாக இருப்பதில் மகிழ்ச்சி அடையும்போது, ஆரோக்கியமான உறவுகளை வளர்த்துக்கொள்வது அதிக சாத்தியப்படும். ஏனெனில், உங்களை நீங்கள் ஏற்றுக்கொள்ளவோ அல்லது மனநிறைவு அடையவோ பிறரை நாடவில்லை. மரியாதையையும் புரிந்துணர்வையும் அடிப்படைகளாகக் கொண்ட இத்தகைய உறவுகள் அதிக உண்மையானதாக இருக்கும்.

பிறருடன் இருப்பதன் முக்கியத்துவம்

படைப்பாற்றல்

ஒரு பயிலரங்கிலோ அல்லது குழு நடவடிக்கையிலோ பங்குபெறும்போது, பிறரது படைப்பாற்றல் நமக்கு ஊக்கம் தரும். செய்ததையே செய்து சலிப்புத்தட்டியிருந்தால், பிறருடன் பழகி, யோசனைகளைப் பகிரும்போது, உங்கள் படைப்பாற்றல் ஊற்றெடுக்கும்! மூத்தோருக்கான நூலக நிகழ்ச்சிகளில் கலந்துகொள்வது அல்லது LearnX சமூகங்கள் எதிலாவது சேர்வது இதற்கான நல்ல வழிகள்.

சுய வளர்ச்சி

அர்த்தமுள்ள தொடர்புகளை வளர்த்துக்கொள்ளும்போது, நமக்குப் பழக்கப்பட்ட சூழலிலிருந்து விடுபட்டு, பிறரிடமிருந்து கற்றுக்கொள்ளவும் புதிய கண்ணோட்டங்களைக் கண்டறியவும் நாம் முன்வருவோம். உண்மையான உறவுகளை வளர்த்துக்கொள்வதும் நம்பிக்கைக்குரிய நண்பர்களின் நேர்மையான கருத்துகளை மனம்திறந்து கேட்பதும், சுய முன்னேற்றத்தையும் வளர்ச்சியையும் ஊக்குவிக்கும்.

ஆரோக்கியமான உறவுகள்

நமது அன்புக்குரியோருடன் நாம் நெருக்கமான உறவுகளை வளர்த்துக்கொள்ளும்போது, வாழ்க்கையில் எதிர்நோக்கும் பிரச்சினைகளைக் கடந்து செல்ல, நமக்கு உணர்வுபூர்வமான ஆதரவும் துணையும் கிடைக்கும். பழைய நண்பர்களை மீண்டும் தொடர்புகொள்வது ஆன்மாவுக்கு அருமருந்தாக அமையலாம். அதே வேளையில் புதிய நண்பர்களால் புதிய அனுபவங்களையும் தொடர்புகளையும் பெற வாய்ப்புகள் உருவாகும்.

நாம் நமக்கேற்ற வகையில் தனிமைக்கும் சமூக ஈடுபாட்டுக்கும் சரியானதொரு நடுநிலையை அடைவது முக்கியம். உங்கள் ஆர்வத்தை எது கவர்கிறது, உங்களது வளர்ச்சிக்கு ஆதரவாக இருக்கக்கூடியவர்கள் யாவர், அவர்களோடு கலந்துறவாடல்கள் எப்படி நடப்பதை நீங்கள் விரும்புகிறீர்கள் என்பனவற்றைத் தெரிந்துகொள்ள போதிய நேரம் எடுத்துக் கொள்ளுங்கள்.



மூத்தோர் ஒரே மாதிரியான ஆர்வங்களைக் கொண்டவர்களோடு இணைந்து புதிய திறன்களையும் ஆர்வங்களையும் கண்டறிய, தேசிய நூலக வாரியம் பலதரப்பட்ட நிகழ்ச்சிகளை வழங்குகிறது. எங்கள் நிகழ்ச்சிகளின் முழுப் பட்டியலைப் பார்வையிடுங்கள். 'வாட்ஸ்அப்' அலைவரிசையில் பின்தொடர்ந்து உடனுக்குடன் பிரத்யேகத் தகவல்களைப் பெறுங்கள்! go.gov.sg/toylc-mag இணையத்தளத்திற்குச் செல்லுங்கள். அல்லது இங்கே வருடி முழு தகவல்களைப் பெறுங்கள்.

வழிகாட்டல்மூலம் தலைமுறைகளை இணைக்கலாம்

ஒரு வழிகாட்டியின் வழிகாட்டுதலின்கீழ் இருப்பது போற்றிக்காக்கப்பட வேண்டிய நல்லுறவாக உருவாக முடியும். நாங்கள் ஒரு வழிகாட்டியிடமும் அவரின் வழிகாட்டுதலைப் பெற்றவரிடமும் பேசி, அவர்களுக்கு இடையிலான உறவு தனிப்பட்ட வாழ்க்கையிலும் தொழில்முறையிலும் வளர்ச்சியடைய எவ்வாறு இருதரப்பினருக்கும் உதவியது என்பதைக் கண்டறிந்தோம்!



ஒரு வழிகாட்டியிடமிருந்து நீங்கள் பெற்ற ஆகச்சிறந்த அறிவுரை என்ன? அதை எங்களோடு பகிர்ந்துகொள்ளுங்கள். மிகச் சிறந்த அறிவுரைகளை அனுப்பி வைக்கும் 10 வாசகர்களுக்கு Time of Your Life அன்பளிப்பு வழங்கப்படும். இணையம்வழி 30 நவம்பர் 2024 தேதிக்குள் இங்கு சமர்ப்பித்து விடுங்கள்: go.gov.sg/toylc-mag



டாக்டர் கானவிநோதன் ரத்னம், 62, பாஸ்கர் கலைக் கழகத்தில் இந்தியப் புல்லாங்குழல் இசையைக் கற்பிக்கும் இசை இயக்குநராகப் பணியாற்றுகிறார். இவர் ஓர் இசையமைப்பாளரும் இசைநிகழ்ச்சி நடத்துநரும் போட்டி நீதிபதியும் கூட.



நிரஞ்சன் பாண்டியன், 31, இந்தியப் புல்லாங்குழல் கலைஞர். படைப்புத்திறன்மிக்க தயாரிப்பாளர், இசையமைப்பாளர், கலைஞர் என பல பரிமாணங்களைக் கொண்டுள்ள இவர், பிரம்மாஸ்தரா இசைக்குழுவில் இசை இயக்குநராகவும் இருக்கிறார்.

வணக்கம் டாக்டர் கானா, வணக்கம் நிரஞ்சன்! நீங்கள் இருவரும் முதன்முதலில் எப்படிச் சந்தித்தீர்கள் என்பதைச் சொல்லுங்கள்!

நிரஞ்சன்: நான் 10 வயதில் பாஸ்கர் கலைக் கழகத்தில் படித்துக் கொண்டிருந்தபோதுதான் டாக்டர் கானாவை முதன்முதலில் சந்தித்தேன். அங்குதான் அவர் இசையையும் இந்தியப் புல்லாங்குழலையும் எனக்கு அறிமுகப்படுத்தினார். அந்த வகுப்புகள் மிகுந்த உற்சாகம் அளித்ததால், வார இறுதி நாட்கள் அனைத்தையும் அங்கேயே செலவிட்டேன்.

கானா: அந்தச் சிறு வயதிலும், நிரஞ்சனின் தனித்துவத்தை என்னால் உணர முடிந்தது. அவர் கூச்ச சுபாவத்துடன் அமைதியாக இருந்தபோதிலும், புல்லாங்குழலை வாசிக்க விருப்பப்பட்டது தெளிவாகத் தெரிந்தது. அதில் அவர் முழு ஈடுபாடு காட்டினார்.

|| ஒருவர் மற்றவரது நிலையை உணர்வதற்கும் புரிதலை வளர்த்துக் கொள்வதற்கும் தலைமுறை இடைவெளி ஒரு வாய்ப்பாகப் பயன்படலாம்.

உங்கள் இருவரது உறவும் உங்களை எப்படி முன்னெடுத்துச் சென்றது?

நிரஞ்சன்: நான் எனது படைப்புகளை இசையமைக்கும் விதத்திலும் திட்டமிடும் விதத்திலும் டாக்டர் கானாவின் தாக்கம் அதிகமாகவே உள்ளது. ஆரம்பகால ஆண்டுகளில் பல்வேறு பின்னணிகளைச் சேர்ந்த மாணவர்கள் சூழ்ந்திருந்த அவரது வகுப்புகளில் கற்றுக்கொண்டது இதற்கு முக்கிய காரணம். நான் தயாரிக்கும் இசைப்படைப்புகளும் மக்களை ஒன்றிணைத்து, கண்ணோட்டங்களின் பகிர்வுக்கு வழிவகுத்து, ஒருவருக்கொருவர் ஊக்கம் அளிக்கக்கூடிய தளமாக அமையும் என்று நான் எதிர்பார்க்கிறேன்.

கானா: ஓர் ஆசிரியருக்கும் மாணவருக்கும் இடையிலான இருவழி உறவை நான் பொக்கிஷமாக மதிக்கிறேன். நான் கற்பிக்கும் அதே சமயத்தில், நானும் கற்றுக்கொள்வதாக நினைக்கிறேன். உதாரணத்திற்கு, 2016 -ஆம் ஆண்டு நடைபெற்ற நிரஞ்சனின் அரங்கேற்றத்தின்போது, அவருடன் எப்படி மேலும் நன்றாகத் தொடர்புகொள்வது, எனது சைகைகளை அவருக்கு எப்படி எளிதில் புரிய வைப்பது என்பதை நான் ஆராய வேண்டியிருந்தது. இப்போது, அவர் புல்லாங்குழல் வாசிப்பதைக் கேட்கும் ஒவ்வொரு முறையும், அவருக்கு குருவாக இருப்பதில் மிகுந்த பெருமை அடைகிறேன்!

உங்களுக்கு இடையிலான தலைமுறை இடைவெளி பற்றி என்ன நினைக்கிறீர்கள்? இதை எப்படிச் சமாளிக்கிறீர்கள்?

நிரஞ்சன்: ஒருவர் மற்றவரது நிலையை உணர்வதற்கும் புரிதலை வளர்த்துக் கொள்வதற்கும் தலைமுறை இடைவெளி ஒரு வாய்ப்பாகப் பயன்படலாம். டாக்டர் கானாவும் நானும், கருத்து வேறுபாடுகள் ஏதாவது எழும்போது உடனடியாக அவை பற்றிப் பேசி தெளிவுபடுத்திக் கொள்வோம். எங்களுக்கு இடையிலுள்ள நெருக்கமான பந்தமும் ஒத்துணர்வும் இதற்குத் துணை புரிகின்றன. நான் ஒரு பாரம்பரிய இசை மெட்டுக்குப் புதுவடிவம் தர விரும்பினால், இந்தியச் செவ்விசையில் டாக்டர் கானாவுக்குள்ள பரந்த அனுபவமும் அறிவாற்றலும் கைகொடுக்கும் என எப்போதும் நம்பிக்கையுடன் இருக்க முடியும்.

கானா: நாங்கள் இசையைக் கற்றுக்கொண்ட சூழல் மிகவும் மாறுபட்டது. அந்தக் காலத்தில், இசையை ஒலிப்பதிவு செய்ய, ஒலிநாடா பதிவுக்கருவியைப் பயன்படுத்த வேண்டும். இன்றைய இசைக்கலைஞர்கள், தொழில்நுட்பத்துடன் மிகவும் வேகமாக இசையமைக்கிறார்கள்.

அந்தக் காலத்தில், சதாரண சூழலில் இசையைக் கற்றுக்கொண்டோம். எனது ஆசிரியருக்கு ஓய்வுநேரம் இருந்த போதெல்லாம், அவரது வீட்டில் வகுப்புகள் நடக்கும். இப்போது, முறையான நேர அட்டவணையுடன் வகுப்புகள் நடத்தும் பள்ளிகள் இருக்கின்றன. ஆனால், அந்தக் காலத்தில் குருவுடன் அதிக நேரம் செலவிட எங்களுக்கு வாய்ப்பு கிடைத்தது!



உங்கள் இருவருக்கும் இடையிலான உறவு இப்போது எப்படி இருக்கிறது?

கானா: இருபத்தோர் ஆண்டுகளாகியும், நிரஞ்சனுக்கு என் மீதுள்ள மரியாதையும் பாசமும் மாறவில்லை. முன்புபோல் அடிக்கடி சந்திக்க வாய்ப்பு கிடைக்காவிட்டாலும், எங்களுக்கு இடையிலான பந்தம் நீடிக்கிறது. அவரது நிகழ்ச்சிகளுக்குச் செல்வதும் அவரது வாழ்க்கையின் முக்கியமான நிகழ்வுகளில் அங்கம் வகிப்பதும் எனக்குப் பெருமையாக இருக்கிறது. அவரது திருமணத்திற்கு முதன்முதலில் அழைக்கப்பட்டது நானாக இருந்ததில் என் மனம் நெகிழ்ந்தது! இப்போது, அவரது மனைவி சமைக்கும் சுவையான பீ ஹூனைச் சாப்பிட எனக்கு வாய்ப்பு கிடைக்கிறது!

கற்றுத்தரப்படுவதை வெறுமனே கற்றுக்கொள்ளாமல், இதயத்தோடு பொருத்திப் பாருங்கள்.

ஒரு வழிகாட்டியுடன் நல்லுறவை வளர்த்துக்கொள்ள விரும்பும் வாசகர்களுக்கு ஏதாவது அறிவுரை கூற விரும்புகிறீர்களா?

நிரஞ்சன்: நீங்கள் ஒரு புதிய பயணத்தை முதன்முதலில் தொடங்கும்போது, எந்தத் திசையில் செல்வதென்று உங்களுக்குத் தெரியாதிருக்கலாம். ஒரு வழிகாட்டியால் உங்களை வழிநடத்திச் செல்லமுடியும். வாழ்க்கை, வாழ்க்கைத்தொழில் இரண்டிலும் முன்னேறிச்செல்ல உதவியாக இருக்கமுடியும். நான் தொடர்ந்து அறிவாற்றலை வளர்த்துக்கொள்ளவும் கற்றுக்கொள்ளவும் டாக்டர் கானா எனக்கு ஊக்கம் கொடுத்தார். இதனால், பல்வேறு பாணிகளிலும் துறைகளிலும் அதேபோன்ற எண்ணம்கொண்ட மற்ற வழிகாட்டிகளைத் தேடிக்கொள்ள எனக்கு ஊக்கம் கிடைத்தது. உங்களது வழிகாட்டியிடமிருந்து நீங்கள் கற்றுக்கொள்ளும் படிப்பினைகள், உங்கள் பயணத்திற்கு ஓர் அடிப்படையை அமைத்துக்கொடுத்து, உங்களது எதிர்கால முனைப்புகளை வடிவமைக்கும். வழிகாட்டிகள் செய்வதையெல்லாம் கவனிப்பதன் மூலம், அதே வேகத்தையும் போராட்ட உணர்வையும் நாமும் பெறமுடியும். எனவே, கற்றுத்தரப்படுவதை வெறுமனே கற்றுக்கொள்ளாமல், இதயத்தோடு பொருத்திப் பாருங்கள்.

கானா: நீங்கள் ஒருவரை வழிகாட்டியாக ஏற்கும்போது, ஏற்புணர்வுடன் வாருங்கள். நம்பிக்கை மிகவும் முக்கியம்!



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Going Zen with Zentangle



Ms Yong Lee Boon is an independent business consultant and Certified Zentangle Art Teacher. She picked up art at age 51. This set her on a new path for personal growth and opened up new opportunities for her to make a difference to others. She has facilitated many Zentangle Art workshops at various organisations to promote active ageing, wellness and art.



The Zentangle Method is an easy, relaxing and fun way to create beautiful images by repeating or drawing structured patterns using basic strokes. In this section, our LearnX Community facilitator, Ms Yong Lee Boon, shares step-by-step instructions to help you create your own unique work of art!

Zentangle is a mindful practice where you follow the flow of your pen. By focusing on each individual stroke, you enter a state of mindfulness where you can quiet your mind, let go of stress and enjoy the present moment. One stroke at a time, anything is possible!



Be among the first 20 readers to share a photo of your completed Zentangle piece with us and receive a Time of Your Life token! Submit online by 30 Nov 2024 at go.gov.sg/toylc-mag

The 8 Steps of the Zentangle Method

List of Materials:

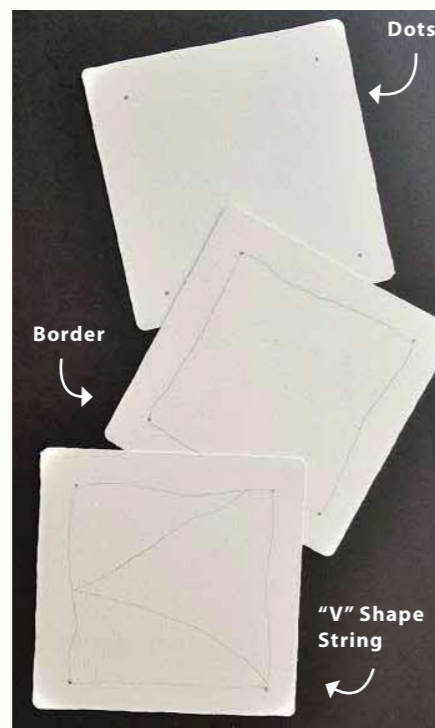
Zentangle tile (square piece of drawing paper, 9cm by 9cm), pen, pencil, and a blending stump or cotton bud.

1. Gratitude and Appreciation: Start with a moment of gratitude. Appreciate being able to take a pause to do this activity.

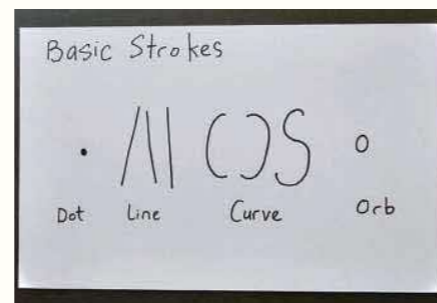
2. Corner Dots: With a pencil, lightly put a dot in each corner (about a pen's width from the edge) on your tile. See Picture 1.

3. Border: Lightly join up the 4 corner dots with straight or slightly wavy lines to create a square. See Picture 1.

4. String: Draw a "V" shape string to divide the square border to 3 sections. See Picture 1.



Picture 1



Picture 2

5. Tangle: We call our patterns "tangles". The tangle patterns are drawn with our pen using basic strokes of dots, lines, curves and orbs. See Picture 2. Using these basic strokes, we will use our pen to draw 3 tangle patterns: Static, Printemps and Florz.

3 Tangle Patterns



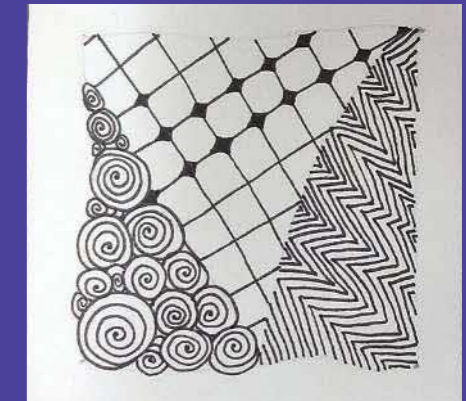
Picture 3

Static is a tangle of zig-zag lines. Pick up your pen and select any section to draw Static. Draw a zig-zag line somewhere in the centre or widest part of the section. Then draw an "aura", a line that runs parallel to an existing line or tangle and follows its shape. Repeat the aura on both sides until section is filled up. See Picture 3.



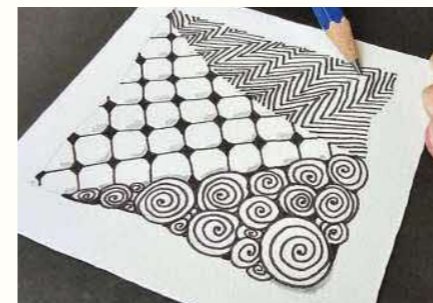
Picture 4

Printemps is a simple spiral tangle. Using your pen, draw a dot in a blank section and then spiral around in larger and larger curves. Next, draw another spiral and repeat this. If you "bump" into another spiral, stop or draw behind the previous one (by lifting up your pen, skip to the blank area and continue to draw your spiral). Continue until you have filled up this section. See Picture 4.



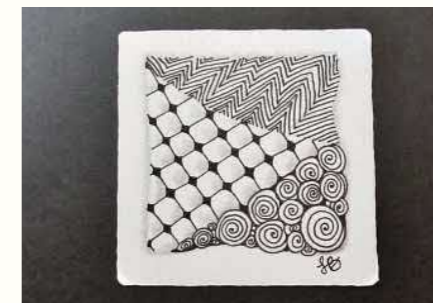
Picture 5

Florz is a grid tangle. Use your pen to draw a grid in the final empty section. You may make your grid lines straight or slightly curved. Next, whenever the lines intersect, draw a small "diamond" (or square). Fill in your little diamonds. See Picture 5.



Picture 6

6. Shading: After you have drawn your tangles, you can use a pencil to shade them to add depth and dimension. Use the edge of the lead (not the pointy tip) to go over the area you would like to darken. The darker areas will appear to recede and lighter areas will appear to rise. The key here is to have contrast and not shade the entire area. Then, use a blending stump or cotton bud to smudge or blend the graphite, giving you the shadowy effect. See Picture 6.



Picture 7

7. Initial and Sign: Initial on your tile as the artist of this beautiful piece of Zentangle Art. See Picture 7.

8. Appreciate: Take a moment to hold your tile at arm's length, and admire it as you rotate it in different directions. Your tile will appear different from the one in the photo as it is uniquely yours!

TIPS!

- Adopt a no-mistake philosophy—accept any unplanned or unintended strokes, and turn them into opportunities for the next stroke.
- Remember to breathe and slow down when you draw.



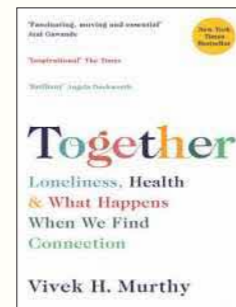
Reading Challenge

Connecting with others is one of the great joys of life. It is important for health too! Check out these fiction and non-fiction books that touch on the theme of human connection. Be entertained, moved, and inspired!

All book covers are copyright of their respective publishers.



Read any 1 of these 10 titles and send us a book review of it! Readers who submit the 10 best entries will receive a Time of Your Life token. Submit online by 30 Nov 2024 at go.gov.sg/toylc-mag

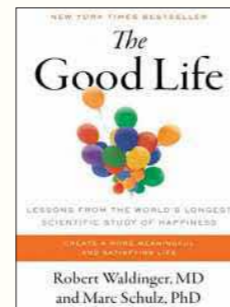


Together: Loneliness, Health & What Happens When We Find Connection

Vivek Hallegere Murthy
London: Profile Books, Wellcome Collection, 2020.

Together explores the profound impact of human connection, revealing how relationships and community can heal loneliness and foster well-being in our increasingly isolated world.

Available in Print & [eBook](#)



The Good Life: Lessons from the World's Longest Study on Happiness

Robert Waldinger & Marc Schulz
London: Rider, 2023.

The Good Life distils insights from the longest happiness study, revealing essential lessons on well-being, fulfilment and the true sources of happiness.

Available in Print & [eBook](#)



Nanaville: Adventures in Grandparenting

Anna Quindlen
New York: Random House, 2019.

Quindlen offers thoughtful and telling observations about her new role, no longer as mother and decision-maker, but as secondary character and support to the parents of her grandson.

Available in Print & [eBook](#)



Unplugged Play: Grade School: 216 Activities & Games for Ages 6-10

Bobbi Conner
New York: Workman Publishing, 2020.

Take your eyes off your phone and TV screens with these fun outdoor and indoor games, designed to ignite your creativity and spark deeper connections with your grandchildren.

Available in Print & [eBook](#)

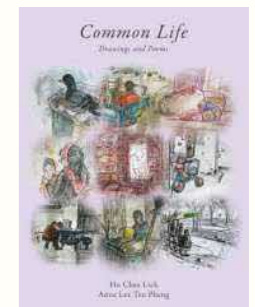


Sweet Bean Paste

Durian Sukegawa
London: Oneworld, 2017.

A touching novel on the power of friendship and community. It all begins when Sentaro hires Tokue, an elderly woman, to work at his sweet bean pancake stall.

Available in Print & [eBook](#)

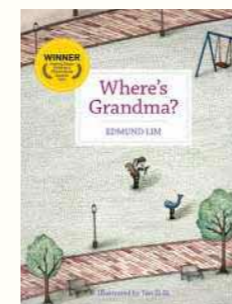


Common Life: Drawings and Poems

Anne Lee Tzu Pheng & Ho Chee Lick
Singapore: Ethos Books, 2018

A simple yet remarkable book that opens our eyes to beauty in the ordinary. A meaningful reminder of our shared lives as Singaporeans.

Available in Print & [eBook](#)



Where's Grandma?

Edmund Lim W.K.
Singapore: Epigram Books, 2012.

When Luke's grandma starts to lose her memory due to Alzheimer's, he seizes the chance to reconnect with her by cooking their favourite potato curry together.

Available in Print & [eBook](#)



奶奶的手受伤了!

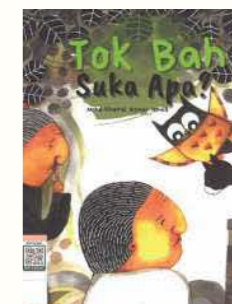
Grandma's Hand is Injured!

庄佳欣 Clarissa Chng
Singapore: Singapore Chinese Cultural Centre, 2022.

这本书讲述了小诚孝顺奶奶的故事。一天，小诚发现奶奶受伤了，手不方便做事，于是他和朋友决定想办法帮助奶奶。

有纸本书和电子书

Available in English and Mandarin



Tok Bah Suka Apa?

Mohd Khairul Azman Ismail
Shah Alam, Selangor: OwlyBooks Enterprise, 2022.

Tok Bah teringin makan kuih berwarna hijau, namun lupa namanya. Sebuah buku bergambar tentang kasih sayang sepasang warga emas sedang mereka berhadapan dengan amnesia.

Tersedia dalam bentuk bercetak



அன்பின் வெகுமதி

ஆரத்தி ஆனந்த்
Singapore: Crimson Earth Pte Ltd, 2018.

மெரிகோல்டு தொடக்கப்பள்ளி உணவகத்தில் பணிபுரியும் மூதாட்டி எல்லா மாணவர்களுடன் அன்பாகப் பழகுவார். ஆனால், ஒரு நாள் அவரைக் காணவில்லை. அவருக்கு என்ன நேர்ந்தது?

நூலகங்களில் இரவலுக்குக் கிடைக்கும்



Did you know that there are children's books that touch on themes relatable to seniors?

Such books range from those that celebrate the bond between grandparents and grandkids, or deal with ageing issues in a thoughtful or humorous manner. Here is a selection of heartwarming books in our four languages!

TIME OF YOUR LIFE CELEBRATION

CONNECTING GENERATIONS
THROUGH DISCOVERY

1 - 31
OCT
2024

Event Highlights



Programmes

Age Well, Live Well: Enhancing Quality of Life through the Years

Wed, 9 Oct, 4pm - 5pm
Zoom

Old Games, New Designs: Bridging the Generational Divide

Tue, 15 Oct, 10.30am - 5pm
Possibility Room (Level 5),
National Library Building

Wassup? Doo-Wop! - Ukulele Reading Concert with Ageless Bridge

Tue, 15 Oct, 3.30pm - 4.30pm
Plaza (Level 1), National Library Building

Improving Dementia Care: Novel Approaches and Possible Applications

Tue, 15 Oct, 7pm - 8.30pm
Imagination Room (Level 5),
National Library Building

Seniors Back in School: Fostering Meaningful Intergenerational Interaction

Sat, 26 Oct, 2pm - 3.30pm
Zoom

The Innovation Showcase

Featuring booths by:

SUSS
Gerontechnology & Assistive Technology

Dex-Lab
Robotic Humanoid, Dexie

Will & Well
Inclusive Fashion

bGood, NUS Biomedical Engineering for Good
Gerontechnology & Assistive Technology

14 Oct - 16 Oct
10am - 5pm
Plaza (Level 1),
National Library Building

Exhibitions

PARADISE IN YOUR HANDS

An intergenerational art exhibition by seniors and youths

1 Oct - 30 Nov, Punggol Regional Library

SLICE OF LIFE

A selection of flash fiction works by seniors

14 Oct - 16 Oct, Plaza (Level 1),
National Library Building

Inspire the Spirit of Care
Storyboard exhibition by the Silver Generation Office

14 Oct - 30 Oct, Tampines Regional Library
4 Nov - 15 Nov, Jurong Regional Library
16 Nov - 29 Nov, Woodlands Regional Library

Rummi-Con 2024 啦咪-O大赛

26 October



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FOR RUMMIKUB
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Join us for the 4th Annual Rummikub Extravaganza!

COMPETE | BEFRIEND | HAVE FUN!

Date: 26 October 2024

Time: 9am - 2pm

Venue: Heartbeat @ Bedok

Organised by: CHCSA

TIME OF YOUR LIFE CELEBRATION

14 to 16 October 2024 (10am - 5pm)
Level 1 Plaza, National Library Building,
100 Victoria Street, Singapore 188064

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Get 1 stamp at each booth you visit.
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Attend a Programme
at the National Library
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Visit the Slice of Life
Exhibition

Get 1 stamp.

Check out more details at <https://go.gov.sg/toylc24>

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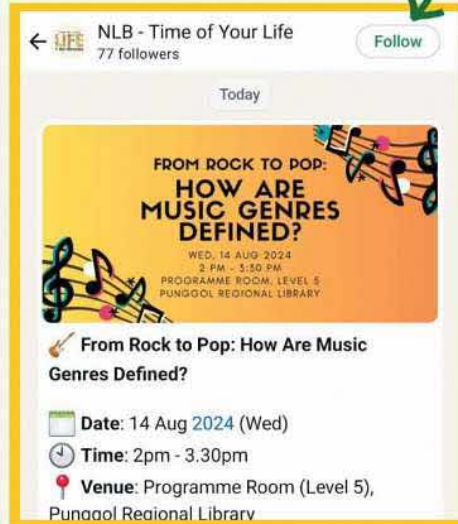
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2 Tap 'Follow'



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to unmute & receive
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**Stay up-to-date with
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a FREE TOKEN at our Redemption Booth!*

*While stocks last.

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