

# Reminiscence



## Who Is It For?

Reminiscence is a group work programme conducted in English for elderly who are 60 years old and above. We would like to invite you to recall and share past experiences and events from your childhood to late adulthood.

### Benefits of *Reminiscence*

Participating in Reminiscence group work allows you to make new friends, increases your satisfaction about life and helps you to appreciate yourself more.

*Come join us at Reminiscence to forge new friendships and learn more about yourself!*

## How to Register?

For registration and enquiries, please contact *Shi Hua* at **6366 6900**.

Registration closes on **TBC**.


## Programme Details

Time: TBC

Dates: TBC

Where: TBC

*Note: Tea break is provided after every session. Upon completion of all 8 sessions, participants will receive a \$10 NTUC voucher at the last session.*



## Reminiscence Registration Form

Name: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ (dd/mm/yy) Age: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact number: \_\_\_\_\_ (HP) \_\_\_\_\_ (Home)

Dietary Requirements: Normal/ Vegetarian / Halal / Others (please specify): \_\_\_\_\_

Food/drug allergies: No/Yes If Yes, please specify: \_\_\_\_\_

**Thank you for signing up for Reminiscence! Before we start, we would like to ask you some questions to get to know you a little better.**

**Marital Status:** Single/Married/Divorced/ Widowed **Number of Children:** \_\_\_\_\_

**Number of Grandchildren:** \_\_\_\_\_

(For married couples) **We will be talking about marriage during Reminiscence. Are you comfortable with that?** Yes / No

**Literacy Level (Reading & Writing):**

1	2	3	4	5
Poor		Average		Very Good

**How long have you been living in a rental flat?** \_\_\_\_\_

**What jobs did you previously and/or are currently holding?**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**What are your hobbies/ things you enjoy doing? Eg. Singing, cooking, watching sports**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**Reminiscence is an 8 week long programme. Will you be able to commit to it?** Yes / No

Thank you very much! See you at Reminiscence!