



Shirley making lanterns using red packets

## Finding community in lonely times

75-year-old Shirley Chan was devastated when her husband passed away in March 2021. Her difficult family situation left her staying in a number of different homes before she decided to live on her own. Living alone after 50 years of living with her husband, left her depressed and withdrawn.

“I lost 7kg from not eating because my sadness killed my appetite”, teared Shirley as she shared.

In July 2021, Shirley was referred to Seniors Activity Centre@Circuit (SAC@Circuit) with the help of her sister. Since then, she has regularly attended daily activities to keep herself occupied and socially engaged.

“Coming to the centre helps me a lot. I get to exercise, do crafts, and play musical instruments with people instead of being at home alone,” shared Madam Chan.

Shirley enjoys coming to the centre to meet her ‘kakis’ - close friends. She regularly reminisces about the past, her family and life with her newfound friends.

She often feels sad when it is time to bid goodbye for the day and resorts to taking long bus rides to pass some time before going home.

Occasionally, SAC@Circuit organises lunches after sessions for seniors who live alone. The first time a CCSS staff invited Shirley she was so touched she cried tears of joy.

“The people here are not related to me, but they care for me so much and it makes me very happy,” Shirley smiled contently.

The SAC@Circuit community of staff and other seniors has given her much emotional and social support and Shirley feels a lot more joyful. Enrolling in the centre has helped her cope better with her loss and Shirley looks forward to continuing connecting with like-minded individuals through the recreational activities and interest groups of SAC.

Shirley posing in front of artwork done by seniors at SAC@Circuit



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