

88-year-old elderly man rediscovers joy in life through Bollywood dance & community activities

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Ever since his wife passed away, 88-year-old elderly man stays alone at home every day, feeling little meaning in life. But learning Bollywood dance and participating in community activities helped him rediscover joy in life.

Mr Woo Kim Seng told the reporter that he stays alone at home every day, watching TV or sleeping, feeling little meaning in life and was feeling low. A surprise home visit by Brahm Centre allowed him an opportunity to start a new life. Mr Woo said that about 1.5 years ago, he got to know of the various activities that Brahm Centre plans for elderly to encourage their participation.

“About 1.5 years ago, Brahm Centre volunteers visited me at home. They encouraged me to join their activities and not to stay at home all day, feeling blue. That’s when I started to join their activities.”

He told the reporter that Brahm Centre’s activities are very interesting. After he joined, he not only felt happier but made many new friends too.

“Brahm Centre is near my home. Every day if I’m free, I will go and join their activities like mah-jong, singing etc. Initially, I just wanted to pass time but during the process, I made many new friends and I am so happy. I also encourage my friends to join.”

Mr Woo Kim Seng said that most memorable experience was the Bollywood dance which he was the only male participant.

He told the reporter that he joined initially for fun but thoroughly enjoyed the whole process.

“My children have grown up. We can start our new life without worries. I used to be unhappy at home but ever since I joined the activities, I feel so happy and my life is more enriched.”

He added that Brahm Centre also helps low-income families to apply for assistance so that they can join the activities for free.