



# CONVERSATION STARTER KIT FOR SENIORS

SERIES 1 : PLACES



## ACKNOWLEDGEMENTS

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## SOCIAL SERVICE ORGANISATIONS

Care Corner Seniors Services Ltd, SAGE Counselling Centre, TOUCH Community Services,  
Thye Hua Kwan Moral Charities and Yong-En Care Centre

## CORE TEAM MEMBERS *(in alphabetical order)*

- Ms Amanda Claire Chan, Senior Manager, International Relations, National Heritage Board
- Ms Christine Goh, Assistant Senior Social Worker, Care Corner Cluster Support/CREST @ Toa Payoh, Care Corner Seniors Services Ltd
- Ms Griselda Ong, Director, Elderly Services, Yong-En Care Centre
- Ms Julia Lee, Senior Director, Social Work and Programme Development, TOUCH Community Services
- Mr Wong Lit Shoon, Executive Director, SAGE Counselling Centre

## VOLUNTEER DESIGNER

Ms Kerry Gutierrez Zambrano



The website links in this toolkit are from Roots.sg, NHB's heritage portal. Visit the links for more videos, stories and resources to enrich your conversations or follow-up activities!

# FOREWORD

Dear Eldercare Practitioners and Volunteers,

Thank you for picking up the CONVERSATION STARTER KIT!

At the beginning of our 3-year journey in the EMPOWERING SENIORS PROJECT, eldercare sector leaders agreed that practitioners often designed services for seniors based on common practice and these services tend to be programme-centric. Seniors were often viewed as needy and mere recipients of service. However, the leaders agreed that more could be done to recognise seniors' value in contributing to our communities and society. From these observations, there is a call for the eldercare sector to shift towards greater person-centred care and purposeful engagements.

The NCSS Quality of Life study showed that providing opportunities to exercise autonomy, encouraging social participation in community and engaging seniors' personal potential could significantly contribute to improving their quality of life. As a follow-up to these findings, the Empowering Seniors Project seeks to create evidence-based engagement activities to guide practitioners and volunteers in empowering seniors by enhancing their psychosocial wellbeing for improved quality of life.

This toolkit is a product of the collaborative effort amongst 15 core team agencies, together with the National Heritage Board and National Council of Social Service. The toolkit will take the seniors through various historical landmarks in Singapore and familiar everyday objects, which we hope to invoke memories and invite seniors to share about their past experiences. We believe everyone has a story to share and this sharing can impart the richness of one's life to the next generation.

While we began with a small team of leaders, a mind-set shift towards empowering our seniors in the eldercare sector requires "all hands on deck!" and we are so glad to have you with us on this journey! We hope that your organisation will be a champion to purposeful engagements so that seniors are empowered to live dignified lives in their golden years. Enjoy the journey!

Mr Anjan Ghosh  
Director  
Service Planning and Development Group  
National Council of Social Service

Mr Alvin Tan  
Assistant Chief Executive  
Policy and Community  
National Heritage Board



A vegetable farm at Punggol, c.1970s

榜鹅菜园，约1970年代

Courtesy of the National Museum of Singapore, National Heritage Board

# A vegetable farm at Punggol, c.1970s

榜鹅菜园，约1970年代

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1. *Did you or anyone you know live on a farm before?*

你或你认识的人当中有在乡下农村住过吗？

2. *What was life like on a farm? Tell me more.*

住在乡下农村里的生活是怎么样的？请跟我分享。

3. *How was life on a farm different from life in your neighbourhood now?*

现在的生活和在 "山芭" 的乡村生活有什么不一样？

Ho Seng Choon – Poultry Farmer

Story: <https://roots.sg/learn/stories/Trading%20Stories%20-%20Poultry%20Farmer/story>



*Village in Seletar, 1900s-1930s*

实里达乡村，1900 - 1930年代

Courtesy of the National Museum of Singapore, National Heritage Board

## *Village in Seletar, 1900s-1930s*

实里达乡村， 1900 - 1930年代

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1. *Did you or anyone you know live in a kampong before?*

你或你认识的人当中有在甘榜（乡村）住过吗？

2. *What was life in the kampong like?*

*What do you like or not like about living in a kampong?*

甘榜的生活是怎么样的？你喜欢甘榜生活吗？为什么？

3. *How do you compare life in the kampong with your current home?*

你现在的生活和在甘榜的生活有什么不一样？

Former Nee Soon Village

Landmark Info and Related Trail: <https://roots.sg/Content/Places/landmarks/yishun-sembawang-heritage-trail/former-nee-soonvillage>



The Toa Payoh New Town Public Housing Estate, c.1960s

大巴窑新镇，约1960年代

Courtesy of the National Museum of Singapore, National Heritage Board

# *The Toa Payoh New Town Public Housing Estate, c.1960s*

大巴窑新镇，约1960年代

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1. *Do you live in a HDB flat?*

你住在政府组屋吗？

2. *How many times have you moved house? How did you feel each time you needed to move?*

你曾经搬过几次家？每次搬家，你有什么感受？

3. *What do you enjoy most in your housing estate now?*

你喜欢现在住的地区吗？为什么？

Eye in the Sky – Dakota Crescent Estate

Video: <https://roots.sg/Roots/learn/resources/Videos/eye-in-the-sky-dakota-crescent-estate>

A Nation Remembers: Queenstown – The First Satellite Town

Video: <https://roots.sg/Roots/learn/resources/Videos/a-nation-remembers-queenstown-the-first-satellite-town>



*Sri Mariamman Temple, 1960s-1980s*

马里安曼印度庙，1960 - 1980年代

Courtesy of the National Museum of Singapore, National Heritage Board

## *Sri Mariamman Temple, 1960s-1980s*

马里安曼印度庙， 1960 - 1980年代

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1. *Have you been to a Hindu temple before?  
When was your first visit?*

你去过印度庙吗？你第一次去印度庙是什么时候？

2. *What did you see, hear or do there?*

你在印度庙里看见，听见或做了什么？

3. *Is there a place of worship you go to regularly?*

你有经常去的宗教敬拜的场所吗？



*Thian Hock Keng Temple, 1960-1990*

天福宮, 1960 - 1990 年

Courtesy of the National Museum of Singapore, National Heritage Board

## *Thian Hock Keng Temple, 1960-1990*

天福宫, 1960 - 1990 年

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1. *Have you been to a Chinese temple before?  
When was your first visit?*

你去过华人寺庙吗？你第一次去华人寺庙是什么时候？

2. *What did you see, hear or do there?*

你在华人寺庙里看见，听见或做了什么？

3. *Is there a place of worship you go to regularly?*

你有经常去的宗教敬拜的场所吗？



*Sultan Mosque on Muscat Street, c.1970*

马士吉街苏丹回教堂，约 1970 年

Courtesy of the National Museum of Singapore, National Heritage Board

## *Sultan Mosque on Muscat Street, c.1970*

马士吉街苏丹回教堂，约 1970 年

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1. *Have you been to a mosque before? When was your first visit?*  
你去过回教堂吗？你第一次去回教堂是什么时候？
  
2. *What did you see, hear or do there?*  
你在回教堂里看见，听见或做了什么？
  
3. *Is there a place of worship you go to regularly?*  
你有经常去的宗教敬拜的场所吗？



Cathedral of the Good Shepherd, 1890-1920

善牧主教座堂，1890 - 1920 年

Courtesy of the National Museum of Singapore, National Heritage Board

## *Cathedral of the Good Shepherd, 1890-1920*

善牧主教座堂， 1890 - 1920 年

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1. *Have you been to a church before? When was your first visit?*  
你去过教堂吗？你第一次去教堂是什么时候？
  
2. *What did you see, hear or do there?*  
你在教堂里看见， 听见或做了什么？
  
3. *Is there a place of worship you go to regularly?*  
你有经常去的宗教敬拜的场所吗？



*The Capitol Theatre, c.1970*

首都戏院, 约 1970 年

Courtesy of the National Museum of Singapore, National Heritage Board

# *The Capitol Theatre, c.1970*

首都戏院, 约 1970 年

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1. *Do you like going to the movies?*

你喜欢去戏院看电影吗? 为什么?

2. *What are your favourite movies?*

你最喜欢看什么类型的电影?

3. *Who are your favourite movie stars?*

谁是你最喜欢的电影明星?



"Twakow" Lighter Vessels on the Singapore River, c.1974

新加坡河畔的驳船（大舟古、舯舡、舢舨），约1974年

Courtesy of the National Museum of Singapore, National Heritage Board

## *"Twakow" Lighter Vessels on the Singapore River, c.1974*

新加坡河畔的驳船（大舟古、舢舨、舢舨）, 约1974年

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1. *What do you remember of the Singapore River?*

你对新加坡河畔有什么记忆？看到新加坡河畔，你会想到什么？

2. *What could be found along and around the Singapore River?*

在你的记忆中，从前的新加坡河畔周边围有些什么？

3. *How has the Singapore River and its surroundings changed?*

从前和现在的新加坡河畔有什么不同？



Tanjong Pagar Railway Station, early mid-20th century

丹戎巴葛火车 站, 20 世纪上半 叶

Courtesy of the National Museum of Singapore, National Heritage Board

## Tanjong Pagar Railway Station, early mid-20th century

丹戎巴葛火车 站, 20 世纪上半 叶

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1. *When was the last time you were at the Tanjong Pagar Railway Station?*  
你最后一次去丹戎巴葛火车站是什么时候?
  
2. *Have you travelled to Malaysia with your family or friends?*  
你曾跟家人或朋友去马来西亚游玩吗?
  
3. *Please share with me your travel stories.*  
请跟我多说一些你旅游的经历或故事。  
你还有去过什么国家或哪里旅行, 跟我分享吧!

Former Tanjong Pagar Railway Station

Landmark Info: <https://roots.sg/Content/Places/national-monuments/former-tanjong-pagar-railway-station>



Happy World Amusement Park, 1959

快乐世界, 1959年

Courtesy of the National Museum of Singapore, National Heritage Board

# *Happy World Amusement Park, 1959*

快乐世界，1959年

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1. *Which was your favourite amusement park and what did you do there?*

你最喜欢哪一个游乐场（大世界、新世界、繁华世界又叫快乐世界）？在游乐场里，你会玩些什么？

2. *Who did you go to the amusement park with?*

你跟谁一起去游乐场？

3. *What do you enjoy doing for recreation?*

你喜欢什么休闲活动？



Clifford Pier and Change Alley, c.1970s

红灯码头和真者里，约 1970 年代

Courtesy of the National Museum of Singapore, National Heritage Board

## *Clifford Pier and Change Alley, c.1970s*

红灯码头和真者里，约 1970 年代

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1. *What do you remember of this place?*

你对这个地方有什么记忆？这张相片，令你想到什么？

2. *What was the Central Business District (CBD) like?*

从前的商业中心是怎么样的？

3. *Have you ever been to any of the Southern Islands?*

(eg. Kusu Island, Sisters' Islands)

你有去过新加坡的南部岛屿吗？例如龟屿岛，姐妹岛。  
请跟我多说一点。



*Queen Elizabeth Walk at the Esplanade, mid-1970s*

伊莉莎白通道 (五丛树脚), 1970 年代上半叶

Courtesy of the National Museum of Singapore, National Heritage Board

## *Queen Elizabeth Walk at the Esplanade, mid-1970s*

伊莉莎白通道 (五丛树脚), 1970 年代上半叶

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1. *What do you remember of this place?*

你对这个地方有什么记忆？这张相片，令你想到什么？

2. *Who did you go with? Why was it such a popular place?*

你跟谁去过这里？为什么这个地方那么受欢迎，热闹呢？

3. *When was the last time you were there?*

你最后一次去那里是什么时候？你到那里做什么？



Jinrikisha Station (near Chinatown)

人力车站（大坡的电车弯）

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## *Jinrikisha Station (near Chinatown)*

人力车站（大坡的电车弯）

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1. *What is special about this place?*

这里有什么特别的吗？

2. *What was Chinatown like in the past?*

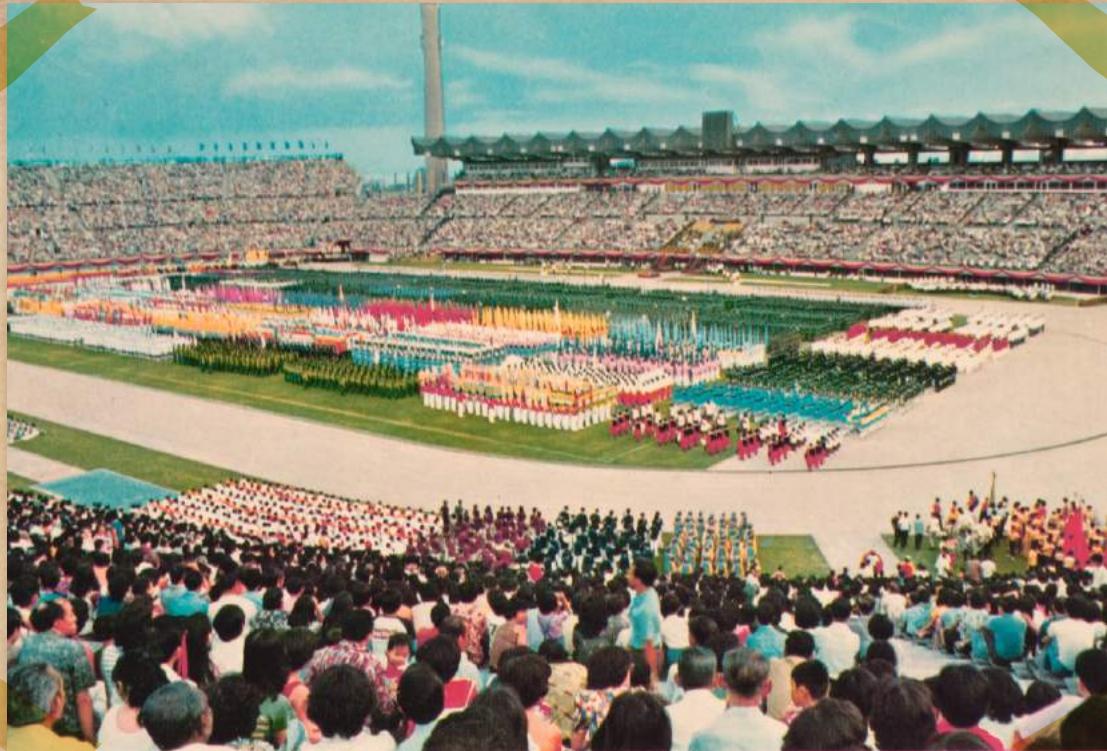
从前的大坡牛车水是个怎么样的地方？

3. *What do you like to do in Chinatown?*

你喜欢去牛车水做什么？

Blast from the Past – Scenes from Chinatown in the 1960s

Video: <https://roots.sg/Roots/learn/resources/Videos/blast-from-the-past-scenes-from-Chinatown-in-the-1960s>



*National Day Parade at the National Stadium, 1970s-1980s*

国家体育馆的国庆典礼, 1970 - 1980年代

Courtesy of the National Museum of Singapore, National Heritage Board

# *National Day Parade at the National Stadium, 1970s-1980s*

国家体育馆的国庆典礼, 1970 - 1980年代

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1. *Have you been to the National Stadium?*

你去过国家体育馆吗?

2. *Why did you go there?*

你去体育馆做些什么?

3. *What are your memories of the National Stadium or National Day?*

你对国家体育馆有什么记忆? 这张相片, 令你想到什么?



*The Public Utility Board's (PUB) Kallang Gasworks, c.1980s*

公用事业局（水电局）加冷煤气厂（火城），约 1980 年代

Courtesy of the National Museum of Singapore, National Heritage Board

Despite best efforts, NHB is unable to trace the copyright holder for this object.  
It apologises for any infringement and invites the rightful owners to make contact.

## *The Public Utility Board's (PUB) Kallang Gasworks, c.1980s*

公用事业局（水电局）加冷煤气厂（火城），约 1980 年代

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1. *What do you recall of this landmark and its surrounding area?*

你对这个地方有什么记忆？这张相片，令你想到什么？

2. *Do you know any friends or family members who used to work there?*

你有家人或朋友在公用事业局（水电局）上班或工作吗？

3. *What are your memories of the areas around the Kallang Gasworks?*

你对加冷煤气厂周围的地方有什么记忆？



*The National Theatre, c.1970*

国家剧场，约 1970 年

Courtesy of the National Museum of Singapore, National Heritage Board

## *The National Theatre, c.1970*

国家剧场，约 1970 年

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1. *What do you recall of this landmark?*

你对这个地方有什么记忆？

2. *Have you been inside the National Theatre?*

你去过国家剧场吗？

3. *What were the performances held at the National Theatre?*

你记得国家剧场有举行过什么表演或演出吗？



*Gazebo at the Singapore Botanic Gardens, c.1970*

新加坡植物园的凉亭，约 1970 年

Courtesy of the National Museum of Singapore, National Heritage Board

## *Gazebo at the Singapore Botanic Gardens, c.1970*

新加坡植物园的 凉亭， 约 1970 年

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1. *What are your memories of the Singapore Botanic Gardens?*

你对植物园有什么记忆？这张相片，令你想到什么？

2. *When was the last time you visited it?*

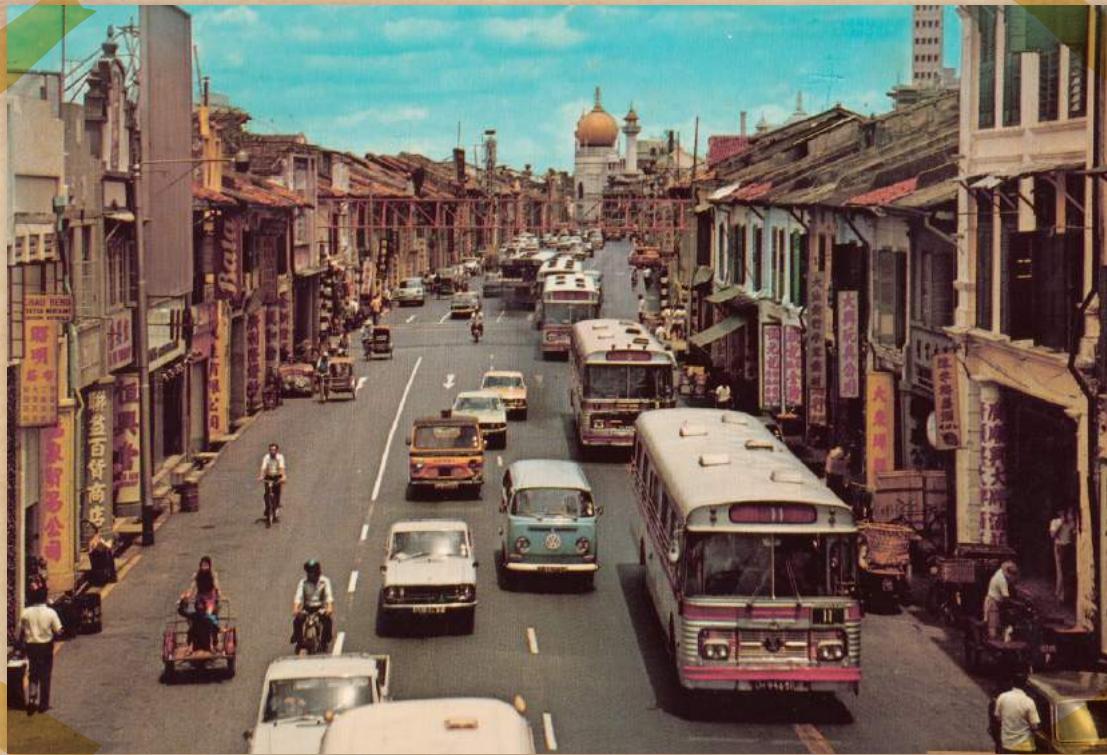
你最后一次去那里是什么时候？你在那做些什么？

3. *What do you like or not like about this place?*

你喜欢去植物园吗？为什么？

4. *Do you think enjoying nature is good for us?*

你认为享受大自然对我们有什么好处？



*North Bridge Road, c.1970s*

桥北路（小坡大马路），约 1970 年代

Courtesy of the National Museum of Singapore, National Heritage Board

## *North Bridge Road, c.1970s*

桥北路（小坡大马路），约 1970 年代

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1. *What are your memories of this place and its surrounding area?*  
你对这一带有什么记忆？这张相片，令你想到什么？
  
2. *Where were some of your favourite places you went to when you were younger?*  
年轻的时候，你最喜欢去哪些地方？为什么？
  
3. *Why are these places special to you?*  
这些地方对你有什么特别意义？



*MacRitchie Reservoir, c.1970s*

麦里芝蓄水池，约 1970 年代

Courtesy of the National Museum of Singapore, National Heritage Board

## *MacRitchie Reservoir, c.1970s*

麦里芝蓄水池， 约 1970 年代

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1. *What do you remember of MacRitchie Reservoir?*

你对麦里芝蓄水池有什么记忆？这张相片，令你想到什么？

2. *What other parks and gardens have you been to?*

*Which is your favourite?*

你还去过哪些公园或花园？哪一个是你最喜欢的公园或花园？

为什么？

3. *What do you enjoy about nature?*

你喜欢大自然吗？为什么？

RECOGNISING THE POTENTIAL OF SENIORS AND ENABLING THEM TO  
MAKE INDEPENDENT CHOICES TO THRIVE MEANINGFULLY.

AN INITIATIVE BY :



National  
Heritage  
Board

IN COLLABORATION WITH :



NCSS  
National Council  
of Social Service