



# Refresh & Reconnect

## at the National Museum of Singapore

Theme: Traditions



### Programme Synopsis

This is a 8-week museum-based programme for seniors living with mild cognitive impairment and dementia.

This second run is on the theme of traditions. Through guided gallery tours led by the museum's Care Facilitator volunteers and artist-led hands-on activities based on various art forms (e.g. craft, music and movement, etc.), participants will get to engage in new learning while leveraging the museum's collection to spark reminiscence conversations.

Week 1: Introduction to *Reunion*  
Week 2: Craft-making  
Week 3-6: Music and movement  
Week 7: Performance  
Week 8: Recap and celebrate



### Details & Registration

10am – 12pm | 8 consecutive Wednesdays starting from 25 October 2023 – 13 December 2023

\$86.40 per senior (incl. of GST), each ticket allows 1 accompanying caregiver / care staff

Register at <https://nms-refresh-and-reconnect.peatix.com/>

Please note that photographs may be taken for NMS' internal documentation and publicity purposes.



Scan the QR code to visit <https://www.nhb.gov.sg/nationalmuseum/reunion> or email [nhb\\_nm\\_programmes@nhb.gov.sg](mailto:nhb_nm_programmes@nhb.gov.sg) for more information.



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