

“ I have retired for quite some time, and thought my own schedule of activities were good enough. Through Kopi & Toast, I joined a coastal walk, and **I was reminded of my youthful days**, which is very different from my lifestyle today. If I continue to stick with my fellow Kopi & Toast Buddies, **I think my life will change to be younger!** - *Cheong Alan, 66 (Toast)* ”

“ The programme has **changed me, from being inactive to being active!** In the past, I would stay at home, I didn't know where to go out to. Now, I am busy with activities such as computer courses, ukulele classes and even professional courses to be a tour guide! **I now have the confidence to go out and do work, contributing back to society.** - *Sunita Khemlani, 53 (Toast)* ”

“ **I rather call them friends** instead of Toast Buddies! I had my reservations initially but my Toast Buddies are nice people. Together we went for various activities like financial talks, strolls along Orchard Road and even signing up as a volunteer for the 2015 SEA Games! **I am very thankful for my experiences here.** - *John Lum, 63 (Kopi)* ”

“ The training and sharing sessions **made me a more confident person.** Through the informal meetings, my relationship with my buddy has blossomed over these 6 months and now we are good friends. This platform has given us the opportunity to re-discover ourselves and actively participate in activities we have not done during our earlier years. **A big thanks to Kopi & Toast!** - *Peggy Foo, 56 (Kopi)* ”



This programme is offered at no cost.



Join us now to be part of this buddy journey by contacting **Jesedy Pnay** at **6376 3563** for registration or email **activeageing@fyics.org**

Initiated & Supported by



Organised by



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KOPI & TOAST



KOPI & TOAST PROGRAMME



Programme objective:

Kopi & Toast is a practical programme which promotes smooth transition into third age where seniors live full, active and meaningful lives. Through a nurturing buddy relationship, seniors are encouraged to SELF-discover an active interest in their journey to attain fulfilment.

You can have a cup of Kopi on its own, and the same goes for toast, but once you have them together, it becomes a wonderful combination of aroma and flavours that complement each other perfectly. We aim to make your years a wonderful blend of friendship, fun and fulfilment.

Benefits:

Come join us to experience a sense of satisfaction because you care to make your senior years a more meaningful one!

When friendship is like
Kopi & Toast...



KEEN TO DISCOVER AN ACTIVE INTEREST, BUT NOT KNOWING WHERE TO START?

Join us to be **Toast Buddy!**

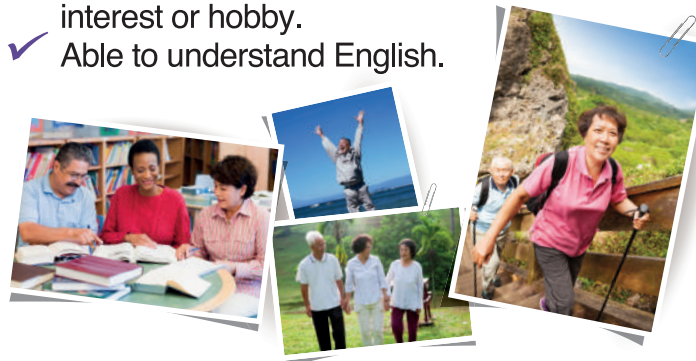
You will be paired with a trained “Kopi” Buddy to support you to discover a new interest or hobby. Like Kopi and Toast, each has a unique flavour, yet complementing each other.

During the programme:

- You will be paired with a trained buddy of the same gender
- Your trained buddy will commit to support you for up to 6 months
- You and your trained buddy are expected to attend an orientation (2 hours)
- You are encouraged to meet your trained buddy at least twice a month

If you are

- ✓ Age 50 and above.
- ✓ Looking to cultivate an active interest or hobby.
- ✓ Able to understand English.



INTERESTED TO LEARN NEW SKILLS TO HELP OTHERS MAKE A DIFFERENCE IN THEIR LIVES?

Join us to be **Kopi Buddy!**

You will be trained as “Kopi” Buddy to support “Toast” buddies to help them discover a new active interest or hobby.

During the programme:

- You are required to attend 4 sessions of training
- You are expected to meet your assigned buddies (same gender) during an orientation (2 hours)
- You need to be committed to support your buddies for up to 6 months
- You are required to attend 6-monthly supervisory meeting

If you are

- ✓ Age 50 and above.
- ✓ Able to converse and understand English.
- ✓ Self motivated and patient.
- ✓ Keen to help someone of same gender to discover new active interest.

SIGN UP NOW,
IT'S FREE
OF CHARGE!