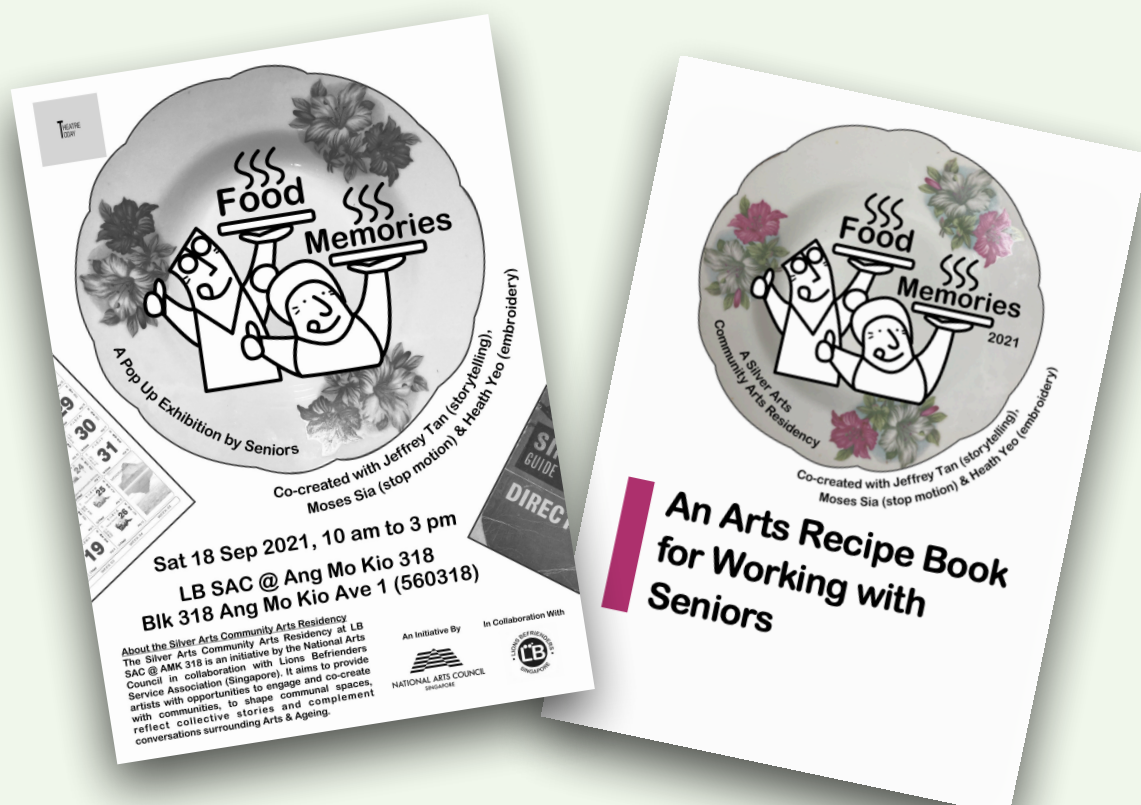




An Arts Recipe Book for Working with Seniors

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about this recipe book

Recipe Book for Working with Seniors

To whoever who wants to work with seniors, we present to you this recipe book as our gift.

Consider this as a buffet spread of ideas and tips - pick what is helpful or savour all that we present here. Each of the four activities last an hour. We have combined all these activities into one interaction for a “sumptuous meal offering” to seniors, that given the time, duration and “appetite” of the target profile of seniors, you may still “serve up” some of these activities individually. Here are our reflections and some useful tips for you.

As artists, we **need to be open minded** and adaptable to changes when working with seniors. From adapting our original idea to giving access to the diversity of seniors in the community and restrictions to physical meetings. We basically had to adapt the original proposal of wanting to work with 40 seniors to just 24 seniors, in different groups over four meetings/workshops for each art form in English, Mandarin and dialects!

Understand seniors’ needs. Why have they chosen to take part in this art activity? How can the arts experience we bring meet their need to socialize? Learn something new? Celebrate their life experiences? Recognise that the seniors are also people who need patience, constant encouragement and love.

Artists need to be patient because seniors might need to work at a different pace. Many seniors may be encountering the arts for the first time because they dedicated a large part of their lives to making a living and building families. Some seniors might be dealing with challenging circumstances at home or with life.



about this recipe book

Thus, artists cannot assume or presume but just be present to encourage and love the seniors for being themselves. We need to understand their needs, encourage and demonstrate love for the arts and life!

Connect with the seniors with your **head, heart and actions**. Engage the brain and treat seniors as independent human beings. Artists should not just give instructions. Nobody likes to be told what to do. The Pop-Up Exhibition is a co-creation with a group of the participants which met regularly over the five-month residency.

Ask and we might learn and see things from a new perspective. The 4 themes of *Famous Food in Ang Mo Kio*, *Family Recipes* and *Food that Keeps Us Healthy* and *Makes Us Happy* were identified by the seniors.

We all need a spirit of adventure, courage to fail, take risks, find resilience and **trust the teamwork collaboration** of the strengths and gifts of those who are on the same journey. Have fun working with seniors!

Warmly,

Jeffrey Tan, Moses Sia and Heath Yeo

Community Arts Residency Artists

Food Memories 2021



←
Kickstarting the residency
with the Advisory group
of seniors

about the residency

Food Memories

We started the NAC Silver Arts Community Arts Residency at LB SAC @ AMK 318 with theme of **Food Memories** with three key questions.

1. How can the three art forms of Storytelling, Digital Arts and Embroidery integrate to create something meaningful for the seniors?
2. How through regular sustained community engagement, can we build a sense of community?
3. How can we empower the seniors through the process of artmaking?

This five-month (April to September 2021) **Food Memories** residency by Theatre Today featured lead artists Jeffrey Tan (*Storytelling*), Moses Sia (*Stop Motion*) and Heath Yeo (*Embroidery*), with artist mentor Angie Seah and guest artist Eve Tan (*Pop-Up Exhibition*). We worked with 5 groups of seniors.

- The **ADVISORY** group shared their local knowledge for the Pop-Up Exhibition.
- The **STORYTELLING** group developed the 4 food themes - *Famous Food in Ang Mo Kio, Family Recipes, Food that Keeps Us Healthy and Food that Makes Us Happy*.
- The **STOP MOTION** group created digital cooking demonstrations of *Family Recipes*.
- The **EMBROIDERY** group sewed images of food items which made them happy.
- The **EXHIBITION** group collaborated with students from Raffles Girls' School and they created two Pop-Up, *Fruit and Snack Stall*.

Some of the strategies we used in working with seniors was through the art of storytelling, stop motion and embroidery, empower the seniors to be active contributors. We found valuing seniors, building trust and creating a safe space for creativity and expression brought much laughter and joy to the precious moments we had together.

Eat not just the food but enjoy the company of those who are eating with you!

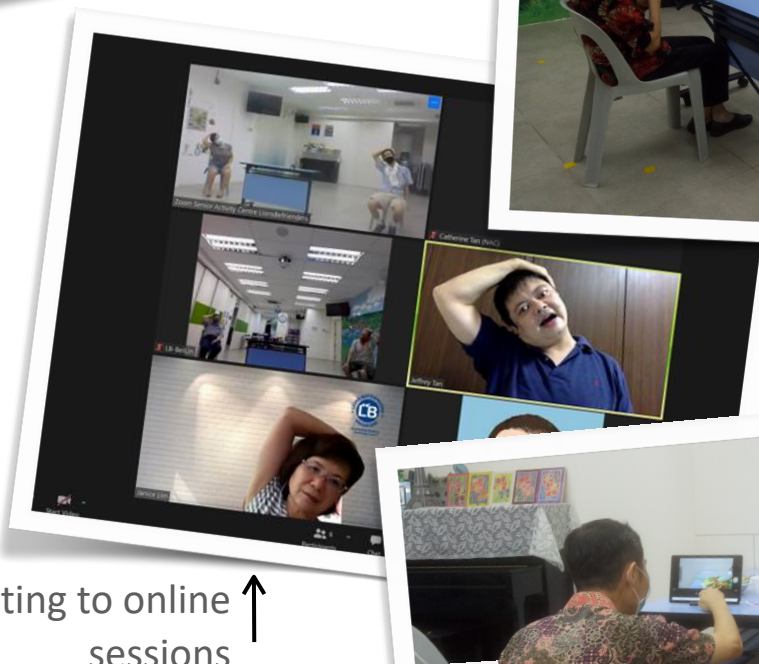
about the residency



← Jeffrey Tan listening to the seniors' Food Memories



↑ Heath Yeo leading warm-up



Pivoting to online sessions ↑



← Moses Sia helping with stop motion



↑ Working on the exhibition with Eve Tan

→ A senior's embroidery



1

Food Mapping my Neighbourhood

Conceptualised by Jeffrey Tan

Objectives	To encourage seniors to remember and stocktake the famous food in Ang Mo Kio.
Ingredients	A good memory A piece of paper and pen A digital camera
Method	<p>Duration: 1 hour</p> <p><u>Layer 1</u></p> <ul style="list-style-type: none"> • Make a list of famous food in Ang Mo Kio / my neighbourhood <ol style="list-style-type: none"> 1. <i>Why is it famous?</i> 2. <i>Is the food tasty to eat?</i> 3. <i>Is the food healthy to eat?</i> 4. <i>Is the quantity value for money?</i> 5. <i>Is the food cheap?</i> 6. <i>Is the food unusual?</i> 7. <i>Is the food rare?</i> 8. <i>When is the stall the busiest?</i> 9. <i>When is the stall closed?</i> 10. <i>Where is the stall located?</i> <p><u>Layer 2</u></p> <ul style="list-style-type: none"> • Walk around the neighbourhood and document the food. <p><i>Take pictures of the food.</i></p> <p><i>Draw a map of the stalls.</i></p> <p><i>Make notes for each famous food.</i></p>

Titbit

Keep an open mind

1

Food Mapping my Neighbourhood (cont...)

Conceptualised by Jeffrey Tan

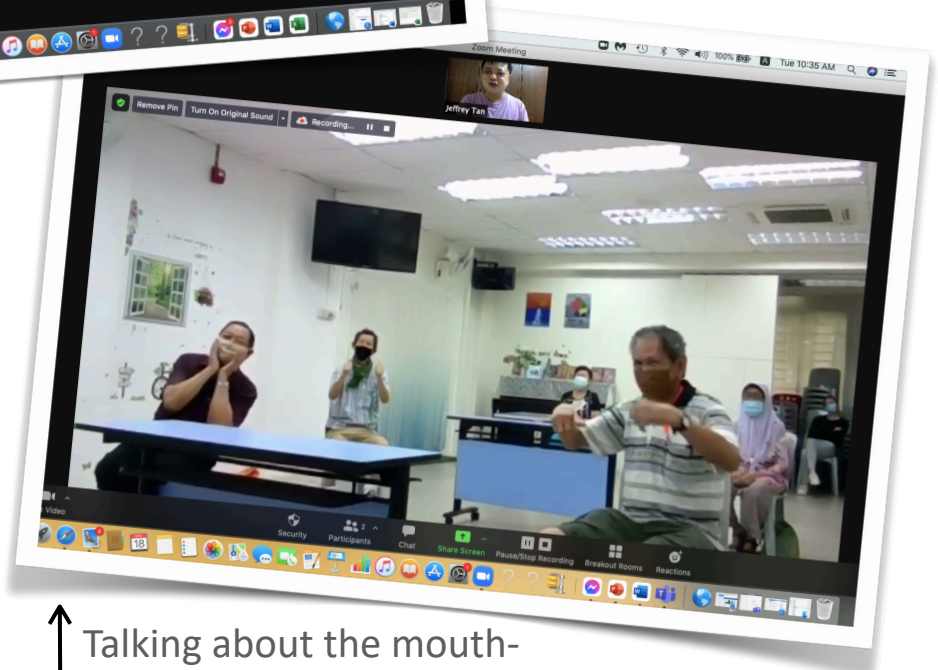
Method

Layer 3

- Consider having a photo exhibition of the famous food.
- Draw the map to help other residents find the famous food stalls.



Starting the
online sessions on
a lighter note



Talking about the mouth-
watering food in Ang Mo Kio

2

Share a Food Memory

Conceptualised by Jeffrey Tan

Objectives	To encourage the sharing of Food Memories. To foster group listening and bonding.
Ingredients	A six-sided dice Storytelling Chart (see page 10)
Method	<p>Duration: 1 hour Best for pairs or groups of even numbers, that is, 4 to 8 persons.</p> <p><u>Layer 1</u></p> <ul style="list-style-type: none"> • Check in with everyone. <i>How are you feeling today?</i> <i>Share one word or one gesture.</i> <p><u>Layer 2</u></p> <ul style="list-style-type: none"> • First senior rolls the dice. • Follow the instruction from the Storytelling Chart. • The senior must share for one minute non-stop starting with the first thing that comes to mind. • Promote a positive sharing environment by encouraging seniors to clap after each sharing. • The next senior rolls the dice and repeats the sharing. • The game ends when all seniors have shared.

Titbit

Understand seniors' needs

2

Share a Food Memory (cont...)

Conceptualised by Jeffrey Tan

Method

Layer 3

- The sharing time can be increased to 3 minutes.
- The senior can include more gestures or actions to demonstrate or enhance the sharing.

Storytelling Chart

Number rolled	Story Theme Categories
1	Famous Food in Ang Mo Kio
2	Choose any category of your choice
3	Food That Keeps Me Healthy
4	Food I Love to Eat When I was Young
5	Share A Family Recipe
6	Food That Makes Me Happy

2

Share a Food Memory (cont...)

Conceptualised by Jeffrey Tan



Mdm Aisha was excited to share her family recipe



Mr Poh sharing
his recipe

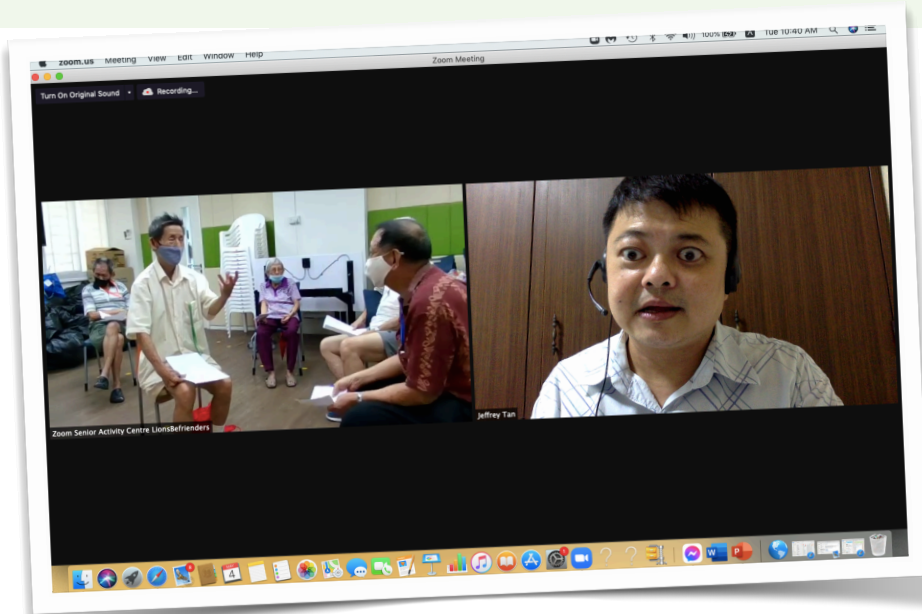


Listen to Mr Poh's Chicken
Rice Recipe

2

Share a Food Memory (cont...)

Conceptualised by Jeffrey Tan



Listening to each other ↑
with rapt attention



Listen to some seniors share
about food that makes
them healthy and happy in
this series of Doodle Food
Talk



↑ Mdm Aisha doodling
and audio recording

3

Food Sew Good

Conceptualised by Heath Yeo

Objectives	To capture the seniors' favourite food in embroidery.
Ingredients	<p>A pencil A sharpener An eraser A round sewing frame A piece of white cloth measuring 12 cm by 12 cm Different coloured sewing threads Needle A pair of scissors</p>
Method	<p>Duration: 1 hour</p> <p><u>Layer 1</u></p> <ul style="list-style-type: none"> • Invite seniors to draw their favourite food on the white cloth with a pencil. • Have enough space between the pencil lines. • Stretch the cloth over the round sewing frame. • Best to turn the round frame and cloth upside down on the table to tighten the frame. • Invite seniors to pick a coloured thread they like to start sewing with. • Thread the needle with the coloured thread. • Sew the outline using an up-and-down running stitch. <p><u>Layer 2</u></p> <ul style="list-style-type: none"> • Fill the outline with a zig-zag satin stitch.

Titbit



Connect with head, heart & action

3

Food Sew Good (cont...)

Conceptualised by Heath Yeo

Method

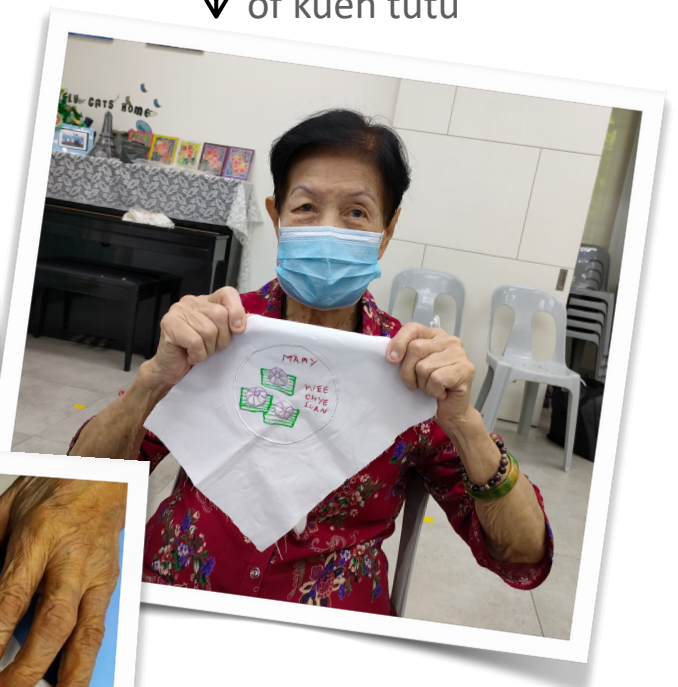
Layer 2 (continued)

- Move the sewing frame to the other parts of the cloth to make it more comfortable to sew with.
- Hem the edge of the cloth.

Tips: Make sure to find a spot with good, sufficient light and don't sew for too long at one go.



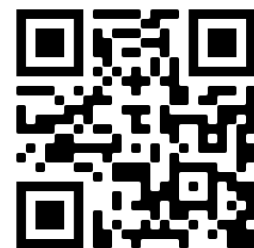
Drawing the outline carefully ↑



↓ Completed embroidery of kueh tutu



→ Sewing in progress



Listen to some seniors share about their embroidery

4

Food in Motion

Conceptualised by Moses Sia

Objectives	To capture in stop motion animation the preparation of a favourite dish.
Ingredients	<p>Images of each senior's favourite dish.</p> <p>Invite seniors to list ingredients they need to prepare the dish.</p> <p>Coloured paper and recycled materials.</p> <p>Stop motion app such as <i>Stop Motion Studio</i>, a free app available on both iOS and Android, on a phone/tablet.</p>
Method	<p>Duration: 1 hour</p> <p><u>Layer 1</u></p> <ul style="list-style-type: none"> • Use coloured paper and other recycled materials to create the ingredients of their favourite dish. <p><u>Layer 2</u></p> <ul style="list-style-type: none"> • Set up an empty table. • Place the phone/tablet at the edge of the table to provide enough "stage space" for the animation. • Mark the position with a tape in case the position shifts accidentally; adjust the phone/tablet back to its original position. • Place a plate/bowl in front of the phone/tablet. • Take the first shot. • Move one of the ingredients closer to the plate/bowl little by little, shot by shot. <p>Tip: Not seeing the hand in the shot will create better animation magic.</p>

Titbit

Ask and we might learn

4

Food in Motion (cont...)

Conceptualised by Moses Sia

Method

- Keep taking more shots by adding the other ingredients until the dish is completed.
- Play back and check the shots.
- If the seniors are unhappy with any of the shots, they can delete them.

Layer 3

- Make an audio recording of senior's story about the dish.

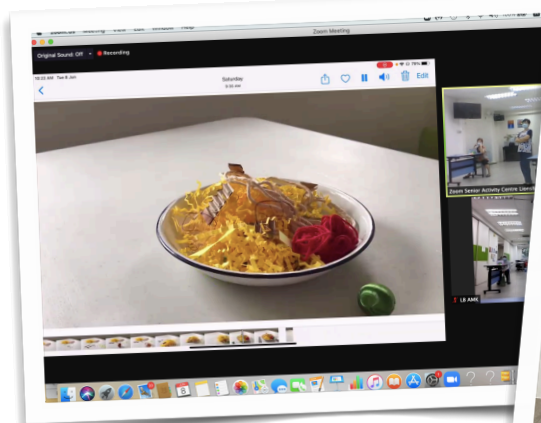
What is this dish?

What are the ingredients?

How is the dish prepared?

Why is this a happy/healthy/famous/special dish?

→
Introducing
stop motion
to the
seniors

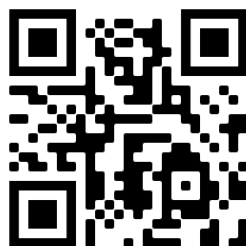


←
Mdm Tan is
happy with
her
completed
animation

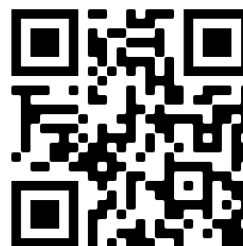
Enjoy watching the seniors' animations:



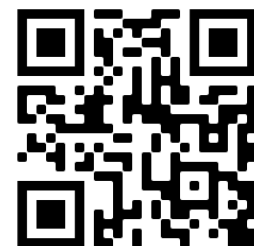
Mdm Siti's
Nasi Lemak



Mdm Lau's
Wonton Noodle



Mdm Aisha's
Pizza



Mdm Tan's
Minced Pork Noodle

5

Pop-Up Food Stall

Conceptualised by Jeffrey Tan and Eve Tan

Objectives	<p>To realise a 3-D version of a Pop-Up Fruits or Snacks Stall using found objectives.</p> <p>To encourage seniors to use their imagination to reimagine everyday objects like paper plates as art materials.</p>
Ingredients	<p>Imagination</p> <p>Cardboard boxes of different sizes</p> <p>Paper plates</p> <p>Newspapers</p> <p>A pair of scissors</p> <p>Glue</p> <p>Paints</p> <p>Brushes</p> <p>Masking tape</p> <p>Wires</p> <p>Cable ties</p> <p>Cutters</p>
Method	<ul style="list-style-type: none"> • Make a list of 7 - 15 fruits or snacks the seniors would like to sell at their Pop-Up Stall. • Decide if they would like to make a 2-D or 3-D Pop-Up Stall. • Encourage seniors to draft their ideas of the Pop-Up Stall on paper. Include measurements so that the proportions are correct.

Titbit



Trust the teamwork collaboration!

5

Pop-Up Food Stall (cont...)

Conceptualised by Jeffrey Tan and Eve Tan

Method

- Items to consider:

Basic structure

Stall signboard

Fruits holders

Showcases and containers for snacks

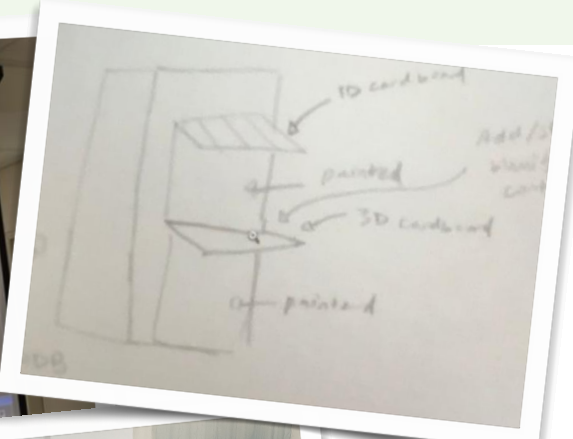
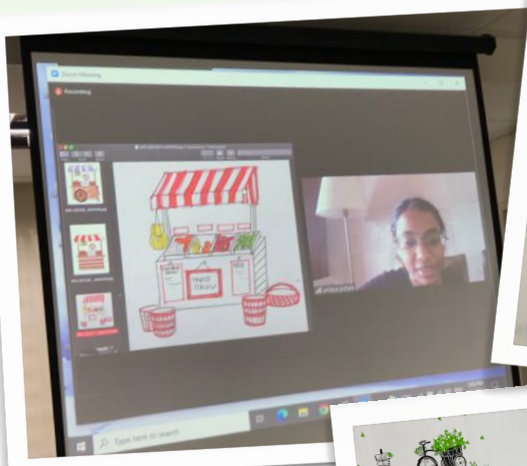
Cashier counter

Price tags

Tips:

Secure the Pop-Up Stall so that it does not fly away.

Make sure the Pop-Up Stall is not exposed to the rain!



← Working on the drafts of the stalls with the young volunteers

→ Seniors getting cookies and fruits ready



My Own Food Memories

Write or draw your own food memories here.

Famous Food in My Neighbourhood

My Own Food Memories

Write or draw your own food memories here.

My Family Recipe

My Own Food Memories

Write or draw your own food memories here.

Food that Keeps Me Healthy

My Own Food Memories

Write or draw your own food memories here.

Food that Makes Me Happy

ADVISORY GROUP

Grace Tang	72
Irene Kiang	68
Koh Guat Kwee	67
Liew Kee Sieng	73
Lim Sew Lack	73
Ngakesah	78
Poh Hai Teng	81
Toh Sew Keu	71

STOP MOTION

Lau Suk Lang	75
Ngakesah	78
Siti Arshah	72
Tan Yeow Hiang	78

STORYTELLING

Hong Pat	81
Koh Guat Kwee	67
Lee Bock Choi	80
Lee Siow Kiow	84
Leng Sow Wah	77
Liew Kee Sieng	73
Lim Pang Sin	67
Ng Choon Phuan	75
Ngakesah	78
Poh Hai Teng	81

EXHIBITION (Fruit)

Antara Potala	15
Lim Poh Teen	79
Tang Leng Kin	79
Vivian Huang Sirui	15
Xu Tianjia	16

EMBROIDERY

Koh Guat Kwee	67
Loh Kam Ha	89
Tan Gek Hiang	74
Wee Chye Luan	84

EXHIBITION (Snack)

Audrey Lim	16
Haziran bte Adnan Nadiah	16
Toh Sew Keu	71
Tay Yu En	16
Thung Lai Seng	70

Food Memories Silver Arts Community Arts Residency by Theatre Today featured lead artists Jeffrey Tan (*Storytelling*), Moses Sia (*Stop Motion*) and Heath Yeo (*Embroidery*).

The Silver Arts Community Arts Residency at LB SAC @ AMK 318 is an initiative by the National Arts Council in collaboration with Lions Befrienders Service Association (Singapore). It aims to provide artists with opportunities to engage and co-create with communities, to shape communal spaces, reflect collective stories and complement conversations surrounding Arts & Ageing.



Dedicated to all food lovers with memories

An Initiative By



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