



AN UNDEFEATED MIND

A Juke-box Musical about living well with Dementia


Showtime 11 March 2022, Friday, 7.30pm

Programme

6.30pm Foyer Exhibition - Mind Science Centre Research & Initiatives
7.30pm Commencement of the Juke-box Musical 'An Undefeated Mind'
9.00pm Goodbye and Departure

Show Synopsis

Experience an uplifting musical about living well with dementia. Be inspired by Rose's story of resilience as she struggles to navigate through uncharted waters and persists in holding on to her joyous moments and memories. As family and friends adapt themselves to the new situation, they learn the true meaning of being there for their loved ones. With restored confidence and support from her family and friends, she rises above her bleak circumstances, rides the waves and is determined that with an undefeated mind, her best years are yet ahead!





Songs

Rose, Rose, I Love You

.....Amni Musfirah, Elaine Chan, Khor Ai Ming

Cha Cham Bo (说不出的快活)Michelle Ler

Something Stupid.....Michelle Ler, Marcus Chiau

二人同行.....Michelle Ler

春天里.....Vocal Associates

I'll be there.....Marcus Chiau

What a Wonderful World.....Fleur Loh, Kira Lim

Top of the World

.....Fleur Loh, Amni Musfirah, Khor Ai Ming,

Kira Lim, Marguerite Tan, Andrew Lua

Perfect.....Dwayne Lau

一荤一素Khor Ai Ming, Er Hu Ng Rui Jun

Take a Chance on Me.....Michelle Ler, Dwayne Lau

Can't Help Falling in Love

.....Michelle Ler, Dwayne Lau

Why Not Today.....Lyrics by Dwayne Lau; Sang by All Cast

Never Gonna Give You Up.....All Cast

I'll be there.....Amni Musfirah (Music & Lyrics Composer)

There was a time

.....Music by Mr Chuang; Lyrics by Prof Kua Ee Heok;

Rearrangement by Elaine Chan; Sang by All Cast

Musical Highlights

Scene 1

When Patrick first met Rose

Scene 2

50 years on ...

Scene 3

Companions on the journey

Scene 4

Family matters

Scene 5

Living with dementia

Scene 6

Bengawan Solo

Kueh Lapis box

Scene 7

Be with you

Scene 8

Why not today?

Scene 9

Finding what's lost

Scene 10

Together we will remember



Production Team



We have a strong team helming the production to make this Juke-Box Musical a night to remember.

Dance choreography by
Dance Ensemble Singapore (DES)



Mary Anne Tan
Producer



Dwayne Lau
Stage Director, Playwright



Elaine Chan
Music Director



Brian Gothong Tan
Artistic Director, Multi Media

Special credits to Artistic Advisors Mdm Yan Choong Lian (DES) and Mr Chng Kaijin.

Meet the Cast

View [HERE](#) for more information about the cast.



Catherine Sng
as Rose



Michelle Ler
as Young Rose & Lily



Dwayne Lau
as Peter



Mr Abdullah Tarmugi
as Patrick



Marcus Chiau
as Young Patrick & Fleur's Dad





Supporting Characters

Amni Musfirah as Siti

Andrew Lua as Uncle Roger

Elaine Chan as Elaine

Fleur Loh as Fleur

Khor Ai Ming as Gek Fong

Kira Lim as Swee Choo

Marguerite Tan as Yati

Professor Kua Ee Heok as Mr Lee



Backing Vocals

Amelia Tang

Leanne Lim

Ong Jean Wei

Stephanie Leong

Musicians

Pianist: Elaine Chan

Guitarist: Daniel Chai

Bassist: Brandon Wong

Percussionist: Tamagoh

Erhu: Ng Rui Jun



Dancers

Pang Xinyi

Cheng Guo

Che Mingke

Wang Xuedanyang

Ou Yang

Ma Song

Li Jiaqian

Gong Wenxuan

Yu Shuiyun

Choreographers

Richard Chia

Cai Shiji (DES)

Goh Yandan (DES)

Low Sharon (DES)

Pang Xinyi (DES)

Cheng Guo (DES)



Mind Science Centre

Building resilience across all ages

Mind Science Centre takes an upstream and evidence-based approach to optimise cognitive performance, build emotional resilience and promote mental wellbeing through translational research and community-based interventions. Its mission is to nurture an undefeated mind and build resilience across all ages.

Fully dependent on philanthropic donations and grants, the Centre focuses on academic research in neuroscience and mental health, translation of the research into community interventions through strategic partnerships, program evaluation and capability building of healthcare professionals and volunteers, with the intention to create a network of shared knowledge to benefit the local community.

Mind Science Centre is a National University Health System Centre of Excellence and an academic research centre of NUS Yong Loo Lin School of Medicine, Department of Psychological Medicine.

Our Flagship Program - Age Well Everyday

“Active Ageing in the community, by the community, for the community.”

Through the centre’s ongoing 10-year Jurong Ageing Study, research on cognitive stimulating activities for community-living seniors showed that early psychosocial intervention can reduce the incidence of dementia and depression, improve quality of life and reduce the burden of disease in families and society.

Age Well Everyday (AWE) was designed to delay cognitive deterioration, reduce anxiety and depression, and increase socialization amongst seniors.

With this, the aim is to delay the onset of dementia and improve the senior’s quality of life.

AWE holistically encompasses a series of community activities for seniors to engage in active ageing. This includes health education, physical exercise, mindfulness practice, art and music reminiscence, horticultural therapy, choral singing and therapeutic forest.

AWE E-Learning Course

To increase training capacity for volunteer trainers and bring the program to a wider audience, the AWE E-Learning Course was created in collaboration with SUSS UniLEARN and Stroke Support Station. The e-learning program replaces the earlier face-to-face teaching sessions provided to volunteers and allows interested volunteers to acquire knowledge and skills, at their own pace and time. It's for anyone who wants to gain the relevant knowledge about active ageing! In particular, it is suitable for individuals who want to engage in active ageing, caregivers of seniors and community volunteers to acquire knowledge and skills.

For more details, check out the [FAQ](#) on our AWE page.

Mind Art Experiential Lab (MAELab)

MAELab is an innovative space for discovery of creative and integrative interventions through art, mindfulness and transdisciplinary research to promote mental wellness and enhance quality of mind in the different communities. Through this space, we seek to raise awareness on mental health, evoke embodied reflective moments and provide an experiential journey.

The inaugural exhibition '**Arts Mindfulness & the Ageing Brain**' showcases an exciting mix of art-based research, arts in community and mind-body-space connection. It explores the interface between mental wellness and art, and empowers visitors to take ownership of their emotional and cognitive wellbeing. For more information, click [HERE](#).

The curation is available until end of March. Entry is free and strictly by appointment only.

Book your appointment [HERE](#). Otherwise, view the virtual tour [HERE](#)!


If you have further queries, please contact

Elaine at pcmv11@visitor.nus.edu.sg

MindGym

MindGym is a contemplative space to cultivate mental fitness. It provides training and learning of mindfulness-based interventions as informed by research to improve cognitive functions and strengthen mental resilience.





*"The ability to give
is a blessing."*


– The late Mr Wee Sin Tho
Founding Chairman of Mind Science Centre

The Wee Sin Tho Memorial Fund was set up in honour of the late Mr Wee Sin Tho, to provide support to the Centre's continuing mission. The gracious donations will go a long way to make a real difference in the community, especially in forging early childhood resilience, helping seniors age well in the community, enhancing the Mind Art Experiential Lab, and sustaining the operations of Mind Science Centre.

An Undefeated Mind was produced by Mind Science Centre in support of the memorial fund and proudly supported by Tote Board. We would like to express our gratitude towards all donors, supporters, performers, musicians and everyone who has helped in one way or another to make this musical a success.

For the full list of donors who have contributed to the memorial fund, view [HERE](#).





*It's a purposeful journey
and there's still a long way to go.*

If you are keen to join us, we'd love to have your company.

For philanthropic giving, please visit [HERE](#) or contact wileen@nus.edu.sg

The donation is eligible for tax deduction of 2.5 times the gift amount.

Upcoming MSC Events

5th Tow Tiang Seng Distinguished Lecture Series: Ageing with Dignity

Date: Sunday, 8 May 2022

Time: 2pm – 3.30pm

Venue: On Zoom

Programme:

1. Be inspired by Keynote Speaker - *Professor Kua Ee Heok*, who will be delivering insights about ageing and mental health
2. Launch of our latest book titled “*Ageing with Dignity*” written by volunteers of Age Well Everyday (AWE) program, and edited by *Professor Kua Ee Heok*.



The AWE program is based on translational research and is the first program in Asia for dementia prevention. The initiative was first mooted by the late Mrs Teo Poh Yim in August 2014. The program has been selected for presentation at the World Congress of Psychiatry in August 2022.

CLICK HERE
TO REGISTER





**Mind
Science
Centre**



**Yong Loo Lin
School of Medicine**