

ASLI NUGGETS

FOR THOSE EMBRACING THE **GOLDEN YEARS**

INDIA'S AGEING ECOSYSTEM:

FROM EMERGENCE TO EXPANSION

Knowledge
PartnerResearch
Partner

Join us on:

28th-29th September 2026

Venue:

ITC Chola, Chennai

REGISTER NOW



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MONSOON SPECIAL DESKNOTE

The monsoon has a unique way of bringing life to a gentle pause. It invites us to slow down, reflect, revisit cherished memories, and appreciate the people and experiences that have shaped our lives.

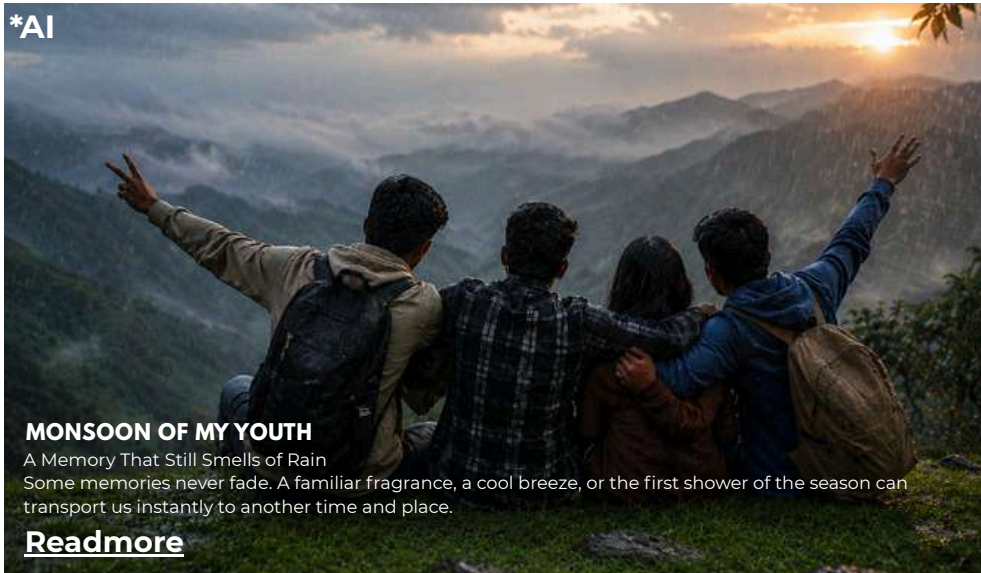
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RAINY-DAY FUNDS THEN AND NOW : LESSONS IN EMERGENCY SAVINGS

Lessons in Emergency Savings

"Hope for the best, but prepare for the unexpected." That timeless advice becomes even more relevant as we move through different stages of life.

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MONSOON OF MY YOUTH

A Memory That Still Smells of Rain

Some memories never fade. A familiar fragrance, a cool breeze, or the first shower of the season can transport us instantly to another time and place.

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THROUGH THE EYES OF MY GRANDSON

Keeping Up with the Energy of the Next Generation
Children have a wonderful way of reminding us that age is often just a number.

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POEM STORM!

After Every Storm Comes Hope
Storms have a way of reminding us of nature's immense power.

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HAUNTING IMAGES

A Chance Encounter That Changed a Perspective
Sometimes the most profound lessons come from complete strangers.

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FRIENDSHIPS THAT OUTLASTED TIME

When Decades of Friendship Become Family
Some friendships are shaped by circumstance. Others are strengthened by time.

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A HOLIDAY IN THE HILLS

Finding Peace in the Lake District of Kumaon
Sometimes the best holidays are not measured by the number of places we visit, but by the memories we bring home.

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RECEIPE

Traditional Iftar Specialties from a Bohri Kitchen
Food has a remarkable way of preserving memories, traditions, and family bonds.

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CHAI, UMBRELLAS, AND CARE: Staying Healthy in Monsoon - A Guide for Seniors

Simple Steps to Stay Healthy During the Rainy Season
The arrival of the monsoon brings welcome relief from the summer heat, but it also brings a higher risk of infections, falls, joint discomfort and seasonal illnesses —particularly for older adults.

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TIPS ON IMMUNITY BOOST

Nourish Your Body, Protect Your Health
The rainy season is beautiful, but it also creates conditions where infections spread more easily.

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THEN VS. NOW: A WALK DOWN MEMORY LANE

A Walk Down Memory Lane
"Do you remember when life moved a little slower, conversations lasted a little longer, and happiness was often found in the simplest moments?"

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FUN CORNER

Lights... Camera... Action!
Every edition of NUGGETS is about celebrating not just memories and experiences, but also the joy of learning, laughing and spending time together.

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Keep Your Mind Active... and Your Smile Bright!
A healthy mind enjoys a good challenge. Just as regular exercise keeps the body active, puzzles and riddles help stimulate memory, concentration and creative thinking.

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[For more information about ASLI](#)

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*AI- generated visuals inspired by theme