HELPING SENIORS LEAD FULFILLING LIVES

As a senior, sometimes you need extra help to understand government policies, learn about programmes and get connected to the community.

This is where the Silver Generation Office (SGO) comes in!

SGO volunteers visit seniors at home, provide companionship and encourage them to stay active.

Learn more about volunteering with SGO and sign up here:

for.sg

PARTICIPATE IN SOMETHING NEW

JOIN AN ACTIVITY NEAR YOU TODAY!

- Stay active in the community and connect with one another to stay engaged, healthy and well
- People's Association, Health Promotion Board, Sport Singapore and Active Ageing Centres provide a wide range of activities, interest groups and programmes for you to gain new experiences
- Meet and make new friends when you try a new activity
- Improve your mental well-being and receive support from your friends in difficult times
- Explore the Healthy 365 app or check out this zone for more activities in your neighbourhood






USER ID:
PW:
SUMMER


Reduce social isolation
Maintain functional status
Monitor and escalate any issues
Upcoming plans
To study the effectiveness of using a 'pull system' through incentives to motivate seniors to continuously participate in the Centre's AAP in order to maintain or even improve their functional status.


JAMBAN
TOILET
Aeoul







MDM KUA AH CHON, 75

ST HILDA'S COMMUNITY SERVICES CENTRE

I attend the singing, painting, English classes, morning exercises, Bingo and RummyO sessions at the centre. Being active in these activities keeps me happy.



HSU SAI CHWEE, 70

MWS CHARIS ACE ACTIVE AGEING CENTRE - GEYLANG EAST

I joined the centre because of the pool sessions. I also enjoy other activities like Table Tennis, Karaoke and Rummikub. The staff are very friendly and helpful, and the centre has become my second home.



SARALA RAMAKRISHNA, 76

NTUC HEALTH ACTIVE AGEING CENTRE (CARE) (KAMPONG ADMIRALTY)

Through the centre, I made new friends, and we started developing our interests into something useful. Zentangle Art provided the freedom to create art from my imagination. Also, Taiji and Qigong improved my physical health!



RAJAH LACHIMEE, 66

PRECIOUS ACTIVE AGEING CENTRE (TREEGROVE@ WOODLANDS)

The centre provides a cohesive friendly environment for activities such as exercises, outings, festive celebrations, talks and art & craft sessions. I feel stronger, healthier, happier participating in these events.



NORHAYATY BINTE MOHAMED ISMAIL, 61

THK AAC @ BEDOK

I support the Micro Job programme at the centre, which encourages seniors to help deliver meals and remind fellow seniors to take their medication. Engaging and encouraging fellow seniors to remain active brings me great satisfaction and happiness!



MDM ONG L H, 80

TRANS FOCUS ACTIVE AGEING CENTRE

At the centre, I get to make new friends, gain knowledge and learn new skills. I feel peaceful, energised and refreshed. My children are happy knowing that I have a place to spend my time meaningfully whenever I am free.



MR FOO, 77

MUHAMMADIYAH ACTIVE AGEING CENTRE

Joining the centre has helped me physically and mentally stay healthy and relevant to society. I can socialise with other seniors through playing board games together and we enjoy each other’s company.

LIVE WELL, AGE WELL – **STAY HEALTHY**

Active Ageing Centres (AACs) bring seniors together through active ageing programmes and volunteering opportunities.

For seniors staying alone at home, AACs also provide befriending services through home visits and phone calls.

AACs also keep seniors with prescribed health plan healthy through vital signs measurements, early detection of health issues and referrals to care services.

Experience the benefits of active ageing and a supportive community. Visit an AAC near you today!











KEEP HEALTHY AND BE HAPPY!

Keep moving, stay active and connect with one another for a healthier you!

Regardless of your age and ability, the People's Association (PA) has a wide range of health, wellness and other exciting programmes for you to:

- Stay active to age well
- Make new friends
- Gain new experiences and learn new skills for a more enriching life
- Volunteer and care for others to make a difference in the community

Join interest groups to explore hobbies and mingle with people of all ages and backgrounds. Have talents and experiences to impart? Share your knowledge with others and help them learn new skills.

Have fun and make the most of life! Discover new ways to keep engaged, healthy and happy. Visit www.onePA.gov.sg or scan the QR code.