



## Active Ageing Centres

Stay Active, Live Happy

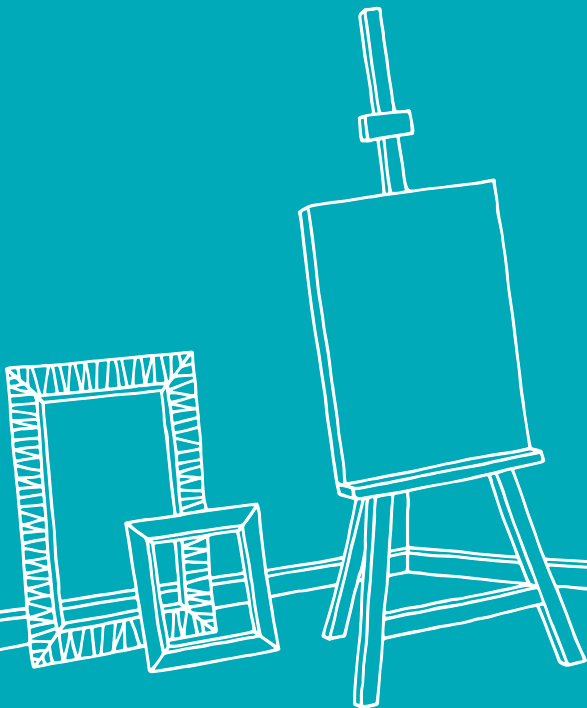




***“ By taking part in the activities and volunteering at the Active Ageing Hub, I feel like I am a part of a big family and I am happy to have made many new friends. ”***

**- Mdm Cheong Yoke Fong,  
Active Ageing Centre  
member**

***Living your golden years  
vibrantly at our our  
Active Ageing Centres!***

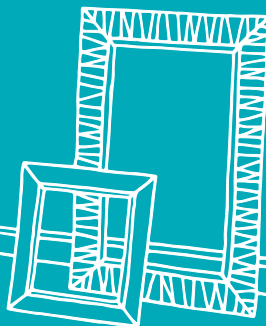


# All Your Favourite Activities Under One Roof

Do you have some free time? Why not head down to one of NTUC Health's Active Ageing Centres - the perfect place for you to gather with old friends and meet new ones? Plus you will always find an activity you enjoy.

Or if not, simply volunteer to run the activity yourself for others who may also be interested.

NTUC Health Active Ageing Hub is a hub for seniors by seniors, and is designed to build a strong community that will support one other in our golden years.



# Stay Healthy, Engaged & Be Part of A Vibrant Community of Active Agers!

## Learn Something New today



Cook up a storm at a culinary class, and learn how to whip up traditional pastries and local delicacies. Up your cooking game with nutritious and tasty recipes to impress others!



Have a go at creative photography, pick up a new language, or learn how to use the smartphone and computer to challenge yourself.



Immerse yourself in the educational experience and be spoilt for choice with our extensive range of classes and workshops.

## Kickstart Your Fitness Journey



Put the fun in fitness with Zumba classes! Dance to great music and show off your moves to get an awesome workout. Keep it interesting by trying a variety of classes like yoga or even line dancing.



Also, don't forget to keep a lookout for free health screenings, to make sure you remain in the pink of health.

## Hang Out with Your Neighbours



Get to know the people in your community! Showcase your talent and sing your heart out with other karaoke enthusiasts at singing sessions.



Love the outdoors? Share gardening tips with other plant-lovers at our rooftop garden, or sign up for fun-filled day trips and group excursions organised by our community partners and organisations.

## Revive the Kampung Spirit - Volunteer



Embrace the spirit of sharing and pay it forward by giving your time to help others.



Be a good neighbour and share your skills by leading a class or an interest group, cooking for others or simply offering companionship to someone who needs it.



Put a smile on someone's face today.

# How Do I Apply?

Chat with us if you have questions, or wish to sign up for activities. Alternatively, you may visit any of our Active Ageing Centres for more information.

## Ask Us About Eldercare Services

Speak to us if you know someone who may benefit from eldercare services such as senior day care, day rehabilitation or home care. NTUC Health is among the largest eldercare providers in Singapore, supporting the care needs of individuals and families. Feel free to approach our friendly staff for more information, or even a referral to relevant government agencies.



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## About NTUC Health

**NTUC Health Co-operative Limited (NTUC Health)** is an NTUC social enterprise that provides a comprehensive and integrated suite of quality and affordable health and elderly care services to meet the growing needs of families and their dependents. Building on more than five decades of experience and expertise, NTUC Health is among the largest senior day care, nursing home and home personal care providers in Singapore. We also offer other services for seniors such as our active ageing centres, community support for vulnerable seniors, and a sheltered senior group home. In addition, we run a chain of dental clinics, and a family medicine clinic.

We also aim to enable 'Ageless Seniors' by supporting every senior to maintain a youthful enthusiasm for life, and to embrace their potential to make a difference to our community.



### SERVICES

Senior Day Care | Home Care | Nursing Home | Active Ageing  
Rehabilitation and Physiotherapy | Family Medicine | Dental

### COMMUNITY SUPPORT

Active Ageing Centres | Community Care | Henderson Home

### NTUC HEALTH CO-OPERATIVE LIMITED

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