

Making a Difference

We support community initiatives that fulfil unmet needs, uplift vulnerable communities, and drive social progress.

By 2030, one in four Singaporeans will be aged 65 and above. THK Active Ageing Centre (AAC) @ Bedok is one of the five AACs that are under Temasek Foundation's *Assisted Living Communities* programme which helps seniors age with purpose.

Operated by Thye Hua Kwan Moral Charities, the centre offers activities spanning across five key areas: social, physical health, cognitive, learning, and volunteerism.

Here is a glimpse into how the daily lives of two seniors, Madam Rosnah Sulaiman, 77, and Mr Peter Ong Teck Hoe, 69, have been enriched by the diverse programmes offered at THK AAC @ Bedok.



Social

Every Friday morning, Madam Rosnah (centre) and Mr Ong (second from left) gather for chair Zumba sessions, together with other seniors from the Bedok neighbourhood. Throughout the week, seniors connect and build friendships through activities like karaoke, arts and crafts, and music classes.

Now that I have joined the centre, I have friends who I can turn to for advice. I hope that other seniors who are lonely can come here to make friends and keep themselves active.

– Madam Rosnah Sulaiman



Physical Health

Twice weekly, Mr Ong attends *Gym Tonic*, a strength training programme designed to help seniors build muscle strength and improve their overall fitness. Today, Mr Ong feels stronger and his mobility has improved, and he is able to brisk walk at East Coast Park with other seniors.



Cognitive

Madam Rosnah and Mr Ong enjoy playing *Rummy-O*, a tile-based game similar to *mahjong*, several times a week. Known for its engaging gameplay, *Rummy-O* is a crowd favourite at the centre. Such activities help to promote mental agility and prevent cognitive decline.

“ This place is almost like my second home. I am grateful that the centre would invest so much in exercise machines to help seniors stay fit.

– Mr Peter Ong Teck Hoe



Learning

Mr Ong regularly attends educational talks and classes on a range of topics. Health and wellness sessions provide him with tips on how to stay active, while digital literacy talks help him to be more tech-savvy and keep him connected to the world around him.



Volunteerism

Madam Rosnah is an active participant in the centre's *Micro-jobs* programme, which sees seniors taking on simple tasks in the community for a small stipend. She delivers food packets to seniors living in her block five times a week and often checks if they need help.

Read more about how THK AAC @ Bedok empowers seniors to stay active at temasekreview.com.sg/activeageing or scan the QR code

