PA takes activities for seniors closer to their homes

Seniors will not have to go too far from home to enjoy more active ageing activities, as the People’s Association (PA) will launch Wellness Time@RC, a new initiative to provide a suite of regular active ageing programmes for seniors in various community clubs.

“Seniors now have the choice to stay closer to home to enjoy these programmes,” said Melissa Heng, special adviser to chairman of PA.

The initiative is part of the PA’s 10th anniversary celebrations. The event will be held at the People’s Association’s headquarters in Woodlands Road on March 28.

PA President Heng Swee Keat said that besides the PA’s Community Clubs, it is also important for the community to have a strong sense of “gotong royong” (community spirit). “Seniors have a part to play in building a caring and cohesive community,” he said.

PA’s former president, Vivian Balakrishnan, said he was glad to see the community spirit growing among the seniors and there was a need to sustain it.

At a celebration lunch yesterday to mark the 10th anniversary of the Wellness Programme, Finance Minister Heng Swee Keat said that besides strengthening Singapore’s healthcare system and national infrastructure, it is also important for the community to have a strong sense of “gotong royong” (community spirit). “Seniors have a part to play in building a caring and cohesive community,” he said.

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