

## NTUC Health AAC Day 2025

*EMBARGOED UNTIL 1 OCTOBER 2025, 1:30PM*

### MEDIA ADVISORY

## 646 SENIORS SET SINGAPORE BOOK OF RECORDS AT NTUC HEALTH'S INAUGURAL ACTIVE AGEING CENTRE DAY

**Singapore, 1 October 2025** – In celebration of the International Day for Older Persons, NTUC Health brought together 646 seniors from across its network of 25 Active Ageing Centres (AACs) for its inaugural AAC Day at Temasek Polytechnic this morning. The milestone saw seniors set a new Singapore Book of Records for the most people eating cashew nuts simultaneously, in line with SG60 and a playful nod to NTUC Health's CASHEW framework that guides its active ageing programmes.

The first-of-its-kind gathering reinforced NTUC Health's "borderless AAC approach", which welcomes seniors from any neighbourhood to participate in activities at any of its centres across Singapore, breaking down geographical barriers to foster wider community connections.

Beyond the record-breaking moment, seniors participated in a variety of activities aligned with the CASHEW framework (Be **C**onconnected | Be **A**ctive | Be **S**harp | Be **H**appy | Be **E**nriched | Be **W**ell), including friendly competitions, stage activities, and booth activities.

### Championing Active Ageing in Singapore

NTUC Health's network of AACs served close to 12,000 seniors in 2024, offering a comprehensive range of programmes to promote physical, mental, and social wellbeing. Seniors can participate in activities across various pillars, including intergenerational programmes, exercise classes, and skills-based workshops. The borderless AAC approach means seniors are not restricted to their neighbourhood AAC and can participate in activities at any centre, encouraging an active lifestyle and greater social integration.

The inaugural AAC Day was made possible through partnerships with Temasek Polytechnic, which provided the venue, as part of their efforts to support active ageing, and FairPrice Group, which sponsored the cashew nuts for the record attempt.

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