



Active Ageing Centres

Stay Active, Live Happy

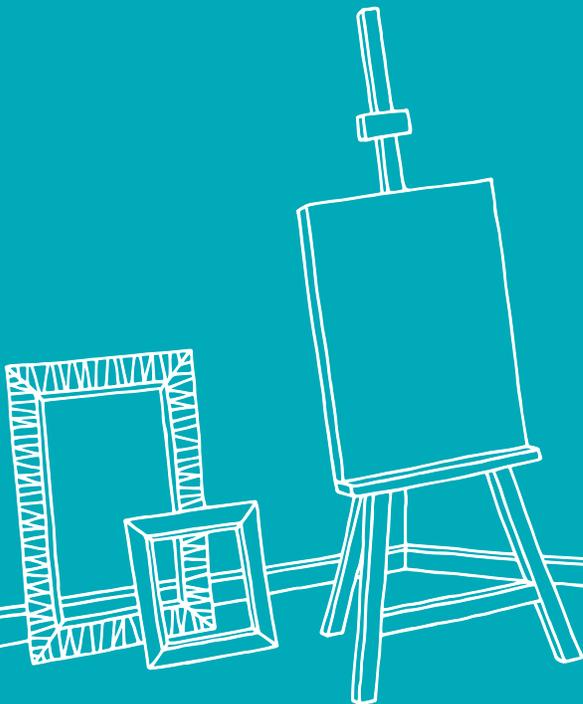




“ I used to be busy with work and rarely interacted with my neighbours. Over the past year, I have made many friends at the Active Ageing Centre with similar interests, and my life has been very fulfilling.”

**- Mr Raymond Chong,
Active Ager, NTUC Health
Active Ageing Centre
(Bukit Merah)**

***Are you ready to redefine
the golden years and embark
on a journey of
vibrant living?***



All Your Favourite Activities Under One Roof

Be it learning a new language, picking up skills to play a musical instrument, or communal dining with your neighbours, our programmes and activities are designed to inspire, energise, and celebrate joyful living with you.

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

NTUC Health Active Ageing Centres are drop-in social recreational centre 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!

Achieve Overall Wellness with our Active Ageing Programmes (AAPs)!

Our CASHEW framework inspires seniors to be **C**onected, **A**ctive, **S**harp, **H**appy, **E**nriched and **W**ell through a diverse range of activities.



Be Connected - We offer a variety of activities that cater to diverse interests, ensuring there's something for everyone.



Be Active - Programmes focus on enhancing flexibility, boosting muscle strength, and reducing the risk of age-related diseases



Be Sharp - Stay sharp with our workshops that help you exercise your mind and get your creative juices running!



Be Happy - Make new friends through engaging activities, and embark on a journey towards a healthier, happier you!



Be Enriched - Join our fun and enriching programmes such as baking, terrarium making, digital literacy workshops, where learning and making friends never ends!



Be Well - Our wellness programmes include informative sessions on healthy eating habits, personalised meal planning, and tips for maintaining a well-balanced diet.

Kickstart Your Fitness Journey



Located island-wide, our gyms offer a selection of strength-focused programmes led by qualified and experienced trainers.



From Circuit Training to Functional Strength Training, our trainers will customise the intensity of the exercise to suit your abilities and ensure your safety and comfort.

Revive the Kampung Spirit - Volunteer



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.



T: 6715 6715

E: care@ntuhealth.sg

W: ntuhealth.sg/active-ageing

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 eldercare services to meet the growing needs of families and their dependents. Building on close to three decades of experience and expertise, NTUC Health is among the largest providers of active ageing, senior day care, nursing home and home personal care services in Singapore. We also serve vulnerable seniors in selected areas in Singapore through Community Case Management Services (CCMS), CREST mental health support, and a sheltered senior group home. In addition, we run a family medicine clinic.

Our purpose is to achieve 'health for life'; enabling healthy and fulfilling years by being a trusted partner of seniors and their families in our community.



SERVICES

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

COMMUNITY SUPPORT

CCMS (Community Case Management Services)
CREST (Community Resource, Engagement and Support Team)
Henderson Home

NTUC HEALTH CO-OPERATIVE LIMITED

T: 6715 6715 | **E:** care@ntuhealth.sg
W: ntuhealth.sg | [f](#) [i](#) [y](#) [in](#) @NTUC Health



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