

## Active Ageing

### Senior Citizens' Executive Committees

People's Association (PA) Senior Citizens' Executive Committees (SCECs) is the largest seniors' network in Singapore. The SCECs organise a wide variety of activities to empower seniors to stay active, healthy and socially connected in the community. From gardening, singing, dancing, cooking, arts and crafts to fitness exercises, there is something for everyone.

Under the network, there are also many interest groups formed by the seniors for the seniors where seniors can meet like-minded peers and pursue their interests together. Members in interest groups form deep bonds when they meet regularly. Seniors also achieve a deep sense of fulfilment when they are able to impart their experience and knowledge to others. For more information on SCEC programmes, please visit your nearest Community Clubs/Centres (CCs).

### Live Well, Age Well Programme

Jointly offered by the People's Association and Health Promotion Board, the Live Well, Age Well programme aims to empower adults aged 50 and above to help them remain mentally, physically and socially active. The programme offers a series of exciting activities across six well domains:

- **Live Active:** To engage seniors in regular group exercises, focusing on strength, balance and flexibility to support seniors in meeting their recommended physical activity levels
- **Live Enriched:** To equip seniors with knowledge and skills to improve and maintain their physical, mental and functional health
- **Live Nourished:** To encourage seniors to adopt a healthy and balanced diet, with a focus on meeting recommended intake of important nutrients including protein and calcium
- **Live Assured:** To encourage seniors to go for regular health screening and follow-up
- **Live Happy:** To educate seniors on the importance of mental and social well-being and encourage active participation to stay socially connected
- **Live Prepared:** To equip seniors with essential knowledge and skills to stay independent and fulfilled post-retirement