

# Learn to drum...

NOTHING to do on the weekend?

Ms Soh Geok Kee, 62, invites you to the Kallang Community Centre on Saturdays at 5.30pm. You can drum to your heart's content in the CC's drumming circle, which she started last year. "It is a very natural activity. Everyone can resonate with it, everyone is equal, young or old," said the retired vice-principal of a secondary school.

The youngest participant is 7 and the oldest 76 years old.

The CC's management has invested in more than 100 instruments for the circle, including 50 drums.

The drumming circle will be taking part in the Active Ageing Carnival this weekend at the Ngee Ann City Civic Plaza.

It is organised by the Council For Third Age, which promotes active ageing in Singapore. Other activities include go-kart races, Flying Fox, bowling, board games, free health screenings and special celebrity appearances. For more information, go to [www.activeageingfestival.com.sg](http://www.activeageingfestival.com.sg)