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**STAYING ACTIVE:** Those aged 60 and above will get to take part in a variety of activities at this year's Active Ageing Festival. The four-month-long event will kick off with a carnival on Aug 23.

## Healthy fun and games for seniors

### Active Ageing Carnival

- » Activities: Go-karting, flying fox, booths introducing various activity groups
- » Dates: Aug 23 and 24
- » Time: 11am to 9pm
- » Venue: Ngee Ann City Civic Plaza and Orchard Road pedestrian walkway

### Active Ageing Roadshows

#### Carnival organised by South East CDC

- » Activities: Cultural performances, cooking demonstrations and mass exercises
- » Date: Sept 21
- » Venue: Bedok Adventure Park

» Date: Sept 28

» Venue: Braddell Heights Community Centre

#### Brisk walk and carnival organised by Central Singapore CDC

» Date: Oct 12

» Venue: Fort Canning

#### Carnival organised by North East CDC

» Activities: Health and movie screenings

» Dates: Oct 25 and 26

» Venue: Open field at Hougang MRT Station

#### Carnival organised by South West CDC

» Activities: Various activities that promote five healthy aspects of living

» Date: Nov 2

» Venue: Horticulture Park

#### Carnival organised by North West CDC

» Activities: Group exercises, talent show

» Date: Nov 30

» Venue: Open field at Causeway Point

#### Active Agers Awards

» Date: Oct 4

» Venue: Cavenagh Bridge

» Nomination: July 25 to Aug 30

#### Grandparents' Day

» Activities: Parade by youth groups and concession rides for seniors on the Singapore Flyer

» Date: Nov 23

» Time: 9am to noon

» Venue: Esplanade Park and Singapore Flyer

# Go-karting on the cards at Active Ageing Festival

BY MELISSA SIM

THOSE aged 60 and above will get to pick from activities such as line dancing, go-karting and concession rides on the Singapore Flyer at this year's Active Ageing Festival.

The four-month-long event will open with a carnival at Ngee Ann City Civic Plaza on Aug 23.

Associations promoting these activities will be on hand to answer questions. Those interested in the activities can sign up with the associations.

This second instalment of the festival is ambitious: It wants to reach over 20,000 seniors, more than three times the size of last year's audience.

Organised by the Council for Third Age (C3A), together with insurance company Prudential Singapore and supermarket chain Fair-Price, the event aims to promote active ageing and put the "active ageing, active living" mindset into action, said council chairman Gerard Ee.

C3A hopes that after spending a day sampling the activities at the carnival,

seniors will sign up with the various groups to get into these pastimes regularly – be it line dancing, a drumming club or the Elvis fan club.

Mr Ee said active ageing is not just about being physically active, but also about being engaged in other ways, for example, socially, intellectually and emotionally.

"It's about a general feeling of wellness," he said.

The festival will take its message to heartland locations through roadshows organised by the various Community Development Councils.

The entire festival, which will also include the Active Agers awards ceremony on Cavenagh Bridge and a Grandparents' Day parade, will cost \$2.4 million, twice that of last year's total bill.

C3A chief executive Henry Quake noted that the carnival will cover 4,500 sq ft, more than double last year's space.

He said: "Previously, we were trying to create awareness of active ageing. But this year, changing mindsets is not enough, we want to change behaviour."