

NEWS ITEM

Active Ageing Festival starts with vroom and dance

Senior citizens have a go at varied activities, including belly dancing, at carnival

By Tracy Sui

THE Active Ageing Festival got off to a roaring start yesterday with a carnival to introduce senior citizens to the up in their golden years.

Held near the Dhoby Ghaut MRT station, the carnival attracted over 5,000 mainly senior citizens and their families.

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Remaining in the Active Ageing Festival only out a more positive vibe - that people in their later years can and should step out and enjoy their life and participate in all kinds of activities - even rock climbing, he added.

Mr Lim was appointed by Prime Minister Lee Hsien Loong last December to craft get Singapore ready for a substantially older population.

Good funding of about \$200,000 will go into it during a two-year pilot project. He commended the set-up of the festival by the Council for the Third Age.

Meanwhile, the Council for the Third Age plans to conduct a survey to find out the interests that senior citizens have in various programmes for them.

Dr Aileen Wong, 66, a board member of the council, group have thrown up some



ROCKIE AWAY THE YEARS: Minister Lim Buan Hong (right), who turned 62 yesterday, gets into the mood with Dr Aileen Wong, 66, at the opening of Active Ageing Festival held on the open ground above Dhoby Ghaut MRT station.

claw on it! E-MAIL: peanuts600k@yahoo.com

The Active Ageing Festival was organised to encourage senior citizens to stay active in their golden years.

They were introduced to exhilarating activities such as belly dancing, rock climbing and bungee trampoline.

Oh man, I am totally wasted.

Ooo...which activity did you pick?

Babysitting grandchild!