

Grandpa, Can Wii Play Together?

NTUC Eldercare Sets Up 3-Generation Family Fitness Club



By
Nicolette Yeo

From today, grandparents living in Hougang and Serangoon will have a new hip place to bond with their families – and keep fit at the same time.

In the spirit of active ageing, NTUC Eldercare Co-operative Limited has partnered leading fitness company Dynaforce International Pte Ltd to turn its Wellness @ Punggol South centre into Singapore's first three-generation family fitness club.

The Famili Club is located at Block 571 Hougang Street 51, a stone's throw away from NTUC Eldercare's Silver Circle Day Care Centre (Punggol). It operates from 7 am to 9 pm on weekdays, and 9 am to 5 pm on weekends, thus making it convenient for family members to find a

suitable time to exercise together.

For grandparents Abdul Aziz Kassim, 75, and Mariam Hussein, 60, Famili Club will become their new weekend family hangout with son, Muhammed Pauzi, 49, and granddaughters Nur Faziyanah, 23, and Syasya Ilyanah, 14. The family acknowledges that keeping fit is important and love the fact that they can do so together.

Besides bonding, some families also have health targets. Madam Jean Ong, 44, wants daughter, Sabrina Tan, 10, to lose 5kg and get in shape. So, twice a week, mother and daughter, accompanied by Madam Ong's mother, Madam Lily Koh, 70, will make their way to Famili Club and enjoy a fun-filled workout session together.

On 8 March 2010, Famili Club was officially opened by Mr Teo Ser Luck, Senior Parliamentary Secretary for Community Development, Youth and Sports, and Transport. This meaningful initiative is supported by MCYS

and the Council for Third Age through the inaugural Intergenerational Bonding Awards, which will be announced in April 2010.

Mr Teo, who is also Advisor to Changi International Airport Services Employees' Union, said: "The launch of Famili Club is solely focused on bringing the family together to do a workout. We will make sure that there are trainers to guide them because we have the very young to the very elderly and they must learn the proper techniques to use the equipment so that the exercises can be effective and time is not wasted. At the same time, members can bond as a family."

NTUC Eldercare General Manager Lim Sia Hoe added: "Our vision is to provide healthy, meaningful and dignified lives for our elderly citizens. We think that seniors can do a lot more for the community if given the opportunity. We will tell family members to be involved, be engaged, and see that, as a family, there's a lot you can do together. The elderly have their strengths and we will build them so that you can see for yourself."

So what will Famili Club offer? Something for everyone at just \$80 for a family of six, it seems. Adults and children alike will have a whale of a time exploring the Easyline Circuit Workout and Indoor Rowing Section machines which are fun, easy-to-do, and keep the body fit. Children will also be thrilled to play virtual tennis or football at the Wii Sports Game Corner.

There's even an opportunity for families to engage in friendly competition at the Outdoor Freeplay Area, through a variety of games, ranging from "capteh" to 3G Telematches. What's more, the nostalgic games will provide yet another chance for grandparents to bond with their families, especially their grandchildren, through the sharing of the games of their youth.

Madam Lim said if the concept of the Famili Club takes off, it will be incorporated into all future NTUC Eldercare Day Care Centres.

Young Make Old Look Good, Feel Good



By
Tia Kai Yen

NTUC Club Assistant Manager (Marketing & Communications)

What is the best way to start the Lunar New Year? How about a complimentary basic health check-up, a facial, and a hair wash and styling session to look good and feel good?

On 19 February 2010, nEbO arranged for 40 of NTUC Eldercare Co-operative Limited's daycare clients to be pampered at ITE College East. Aged between 60 and 95, the seniors enjoyed the half-day session which also included a buffet lunch which included the traditional "Lo Hei" (Tossing the Salad) with Mr Matthias Yao, Mayor of South East District.

This is a signature programme under nEbO's

care community and aims to encourage teenagers and youths between 12 and 21 to use the skills and knowledge they learn during their course of studies to benefit others.

Renamed as "Health & Beauty Wellness For Our Seniors", this year's programme is more meaningful and memorable as the seniors received a basic health check-up offered by the youth volunteers from the School of Applied and Health Sciences (Nitec in Nursing), in addition to the usual facial care and hairdressing session by the youth volunteers from the School of Business & Services (Nitec in Beauty Therapy and Nitec in Hair Fashion & Design).

This initiative also allowed our youths to be more involved with the elderly. Although they spoke different Chinese dialects and interactions were brief, the programme intergenerational bonding through the careful hands of the youths that touch not just the face and hair but



the hearts of the seniors.

Miss Koh Jia Wen, a Nitec in Beauty Therapy student, said: "I was a little worried at first if they would have feel that we are just a bunch of students who may not do a good job. However, through our interaction with them and from their smiles and nods, I am assured that they appreciated our efforts."