

PROGRAMME SCHEDULE



FRIDAY | 30 OCTOBER 2026

TIME	PROGRAMME	PARTNER
11:00am	Talk: A Happy Gut in Your Golden Years	Unity
11:30am	Talk: Mind Matters: Keeping Your Brain Healthy	NHG Health
12:00pm	Special Appearance: Jack Neo	J Team
12:30pm	Performance by The Golden Years Strummers	People's Association
1:00pm	Exergame Challenge	Actimori
1:30pm	Parkour Showcase by Seniors	Care Corner
2:00pm	Arrival of Guest of Honour Mr Tan Kiat How, Senior Minister of State, Ministry of Digital Development and Information and Ministry of Health, and Event Tour	

TIME	PROGRAMME	PARTNER
2:30pm	Parkour Showcase by Seniors	Care Corner
3:00pm	Mindfulness for Health and Wellness	Brahm Centre
3:30pm	Talk: Healthy Joints, Active Living	National Arthritis Foundation
4:00pm	Special Appearance: Xiang Yun, Hong Hui Fang and Aileen Tan	MediaCorp
5:00pm	Exergame Challenge	Actimori
5:30pm	Teochew Opera Performance	People's Association

PROGRAMME SCHEDULE



SATURDAY | 31 OCTOBER 2026

TIME	PROGRAMME	PARTNER
10:00am	Dance Fit for Seniors	People's Association
10:30am	Lentera Tari Dance Performance	People's Association
11:00am	Meet-and-Greet with Grassroots Advisers from Toa Payoh-Thomson GRC	
11:30am	Exergame Challenge	Actimori
12:00pm	Tai Chi for Healthy Longevity	National Arthritis Foundation
1:00pm	Traditional Cantonese Opera Performance	People's Association

TIME	PROGRAMME	PARTNER
1:30pm	Special Appearance by OG Gang: Chen Shu Cheng, Richard Low and Zhu Hou Ren	MediaCorp
2:00pm	Panel Discussion: Legacy Planning	Legacy Planning Group
3:30pm	Talk: Steady Lah! Staying Strong as We Age	NHG Health
4:00pm	Demonstration: Gerontechnology - Eat Well, Live Well	Care Innovation Institute
5:00pm	Exergame Challenge	Actimori
5:30pm	Marsiling Chinese Orchestra Performance	National Library Board