MEDIA RELEASE

30 OCTOBER 2026 – FOR IMMEDIATE RELEASE

New initiatives to support active ageing launched at National Celebration of Seniors 2026

The Agency for Integrated Care (AIC) today marked the start of the National Celebration of Seniors (NCOS) 2026 at HDB Hub in Toa Payoh, Singapore's first Age Well Neighbourhood.

2. This annual event celebrates positive ageing and showcases programmes, services and opportunities that enable seniors to remain active, connected and engaged in the community. NCOS shall run from 30 to 31 October 2026.



SMS Tan Kiat How (front row, in white) with Mr Cai Yinzhou (right of SMS) Adviser for Toa Payoh Central, Mr Tan Chee Wee (left of SMS) CEO of AIC, seniors and other NCOS partner representatives at NCOS 2026

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3. Senior Minister of State for Digital Development and Information and Health, Mr Tan Kiat How, attended the event opening as the Guest-of-Honour. He announced three new initiatives that sought to empower seniors to take charge of their health and well-being, contribute to their communities, and pursue lifelong learning.

More opportunities for active ageing and learning

4. AIC will introduce more than 150 Health & Wellness courses through Active Ageing Centres (AACs), giving seniors greater access to practical knowledge and skills for healthier and more independent living. The courses cover topics such as physical health, mental health, caregiving, and health management. They are fully subsidised for Singapore Citizens and Permanent Residents aged 60 and above.

5. A new programme, Age Well Kakis, will create more opportunities for Singaporeans aged 50 and above to contribute to their communities. Jointly launched by the Ministry of Health (MOH) and AIC, the initiative offers flexible opportunities for seniors to contribute at community care touchpoints such as AACs, Senior Care Centres (SCCs) and nursing homes. Seniors can participate according to their interests, skills, and availability, while fostering stronger social connections and a greater sense of purpose through volunteerism. More information on Age Well Kakis is available in a press release by MOH.

6. The National Library & Archives Board (NLB) will debut The Next Page, an initiative which guides seniors to discover their reading interests through exploring NLB's collections, programmes and communities at their own pace. Seniors can use these resources to sustain a reading habit that also enables them to develop new skills, while staying intellectually and socially engaged.

National Celebration of Seniors 2026

7. Organised by AIC, NCOS is an annual celebration that honours seniors' contributions to society and promotes active ageing. This year, the event brings together government agencies, community partners, healthcare providers, and social services to showcase programmes and resources that support seniors and their families at every stage of the ageing journey. More than 7,000 seniors, caregivers and residents are expected to participate in the activities and programmes over two days.

8. The event features three key zones: Age Well, Live Well and Plan Well. At the Age Well zone, visitors can explore community programmes, volunteering opportunities and services that help them stay active and connected. The Live Well zone highlights healthy living and lifelong learning, while the Plan Well zone offers information and resources to help seniors and their families prepare for the future.

9. Visitors can take part in health and wellness talks, fitness activities, cultural performances and educational sessions designed to support different aspects of ageing well over the two-day celebration. Participants can also collect stamps by completing activities at the various booths and redeem gifts. Those who complete activities across all three zones will receive a bonus gift.

10. More information on NCOS 2026 and the full programme schedule can be found in Annex A, or at https://www.aic.sg/ncos2026.

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About the Agency for Integrated Care

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients. We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need. We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need. For more about us, please visit https://www.aic.sg.

Annex A

Overview of booths at NCOS 2026

Organisation	Activity
Live Well zone	
Agency for Integrated Care (AIC)	Take charge of your health with Healthier SG: learn how annual Health Plan check-ins with your family doctor can help you stay healthy, spot health issues early and take simple steps to stay healthy.
Health Promotion Board (HPB)	*Let's Jalan* and walk your way to better health! Learn about the benefits of brisk walking and win prizes. Discover healthy programmes near you on the Healthy 365 app and find out how to earn Healthpoints through healthy habits.
NLB	Explore Singapore's food heritage through digital murals, archival photographs and seniors' personal stories in *A Taste of Home: Digital Canvas of Yesteryears* and *Bite-Sized Stories*. Pick up a free copy of *The Next Page*, a library companion that helps you discover your reading interests and build a reading habit with simple curated activities at your own pace. Find out more about programmes on reading, digital, and wellbeing at Toa Payoh Library.
People's Association (PA)	Try your hand at keychain making, learn simple repair skills from Repair Kopitiam volunteers, and have a go at balloon sculpting. Find out how you can get involved as a Community Volunteer or Neighbourhood Kaki in your neighbourhood.
Sport Singapore (SportSG)	Take on the Senior Fitness Challenge and try the Step Up Strong and Quick Tap Balance to check your strength, balance, coordination and endurance. Discover how Active Health programmes can help you build healthy habits and stay active for life.
Age Well zone	
AIC	Experience how Age Well Neighbourhoods bring support closer to home and discover how seniors can stay active, build social connections and contribute through volunteering. Caregivers can access resources and support within the community. Show your appreciation for Community Care professionals who support Singapore's seniors every day by creating a personalised Community Care Day card. Digital engagements for seniors will also be conducted by the Silver Generation Office.

NHG Health	Get a complimentary blood pressure check and learn about health and care services available in the neighbourhood. Try the Digital Be Fit, Not Frail (BFF) screening for a personalised snapshot of your health and wellbeing. Take on Motion In Bloom, a simple and fun game that puts your mobility to the test.
Thye Hua Kwan Moral Charities (THKMC)	Learn more about THKMC's SilverHands app, a mobile platform where seniors can explore Age Well Kakis opportunities near them. AIC and THKMC representatives will be at the booth to encourage seniors to stay active, contribute their skills, build meaningful connections and support one another in the community.
Unity	Enjoy a complimentary body composition analysis to learn more about your weight, body fat and muscle mass. Talk to our friendly Unity pharmacist about any health or wellness-related questions. Complete an assessment and receive a Unity voucher, redeemable at Unity Toa Payoh MRT, while stocks last. Terms and conditions apply
Plan Well zone	
AIC CPF Board Ministry for Social and Family Development (MSF)	My Legacy@LifeSG Learn more about legacy planning, including writing your will. Get consultations for Lasting Power of Attorney (LPA), Advance Care Planning (ACP), and CPF nomination.
CPF Board	Test your CPF knowledge and plan ahead • Take on the CPF Fact Check Challenge, have fun and win prizes. • Explore PLAN with CPF for personalised guidance and resources on housing, healthcare and retirement to help you make informed financial decisions at every stage of life. • Receive a complimentary foldable fan and tote bag, while stocks last.
Public Service Division (PSD)	Visit the PSD booth and speak with our ServiceSG officers to learn more about how the ServiceSG Life Planning Service supports you when you take the first steps to plan ahead. Take part in our interactive game and stand a chance to win prizes!