

MEDIA RELEASE

4 OCTOBER 2025 – FOR IMMEDIATE RELEASE

Live Life Unstoppable at National Celebration of Seniors 2025

The National Celebration of Seniors (NCOS) 2025 was launched by Deputy Prime Minister and Minister for Trade and Industry, Mr Gan Kim Yong, today at Our Tampines Hub. Organised by the Agency for Integrated Care (AIC), this SG60 signature event was held in collaboration with various community partners, including Sport Singapore (SportSG).



(L-R) Dr Gerard Ee, Chairman for Agency for Integrated Care; Minister Masagos Zulkifli, Adviser to Tampines GRC Grassroots Organisations; Minister Gan Kim Yong, Deputy Prime Minister and Minister for Trade and Industry; Mr Tan Chee Wee, CEO for Agency for Integrated Care

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2. The week-long celebrations will take place from 4 to 10 October 2025. It features a diverse mix of physical and virtual programmes from more than 20 agencies. These activities aim to engage seniors of all health and frailty levels, ensuring inclusivity and wider participation. About 3,000 seniors participated in the activities at the launch event.

Highlights

3. NCOS is an annual national initiative dedicated to celebrating the aspirations and strengths of seniors. It seeks to empower seniors to lead active, healthy, and meaningful lives. Building on the ongoing efforts under the national Age Well SG initiative, NCOS reinforces the commitment to foster active ageing within the community.

4. Key highlights of the NCOS launch event include an interactive booth on AIC's Life Unstoppable campaign, cooking demonstrations by MasterChef Gary MacLean held in collaboration with The Salvation Army Peacehaven, e-sport experiences with BlueDot SG, and performances by Ageing Asia. There are also programmes tailored for frailer seniors, such as interactive virtual programmes curated with the National Library Board (NLB), virtual and in-person music engagements organised by Esplanade – Theatres on the Bay, as well as guided tours at National Gallery Singapore and National Museum of Singapore.

5. With transport assistance from ComfortDelGro, seniors with mobility needs were able to join in the celebrations. In addition, corporate sponsors provided NCOS participants with refreshments like Milo from Nestlé and Mini Chilli Crab Puffs from Old Chang Kee.

6. For a detailed schedule of the programme, please refer to [Annex A](#).

Seniors National Games 2025

7. In conjunction with its launch event on 4 October 2025, NCOS will host the finals of the inaugural Seniors National Games (SNG) organised by SportSG. This friendly competition, which features adaptive sports, is designed to empower seniors to live better through active participation in sport.

8. SNG is an SG60 signature event, comprising week-long Zonal Heats, followed by the finals at NCOS. The five Zonal Heats were held between 8 and 12 September 2025, where participating seniors represented their Active Ageing Centres (AACs) across five adaptive sports – boccia, disc golf, ladder toss, seated floorball, and sport stacking. The top 15 teams per sport, comprising the top three teams from each zone, will then compete at the finals for the opportunity to be crowned national champions.

9. Adaptive sports are sporting activities that have been modified to enable players of differing abilities to actively participate, enabling seniors – regardless of their fitness levels and physical abilities – to play together, foster social interactions, and

break the stigma of ageing. The competitive element of the Games also motivates seniors to challenge themselves, as they work to improve their agility, strategy and technique.

10. Winning AACs will be separately announced by SportSG following the completion of the competition.

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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 Activities for NCOS 2025

Date	Venue	Event
4 October	Our Tampines Hub	Senior National Games 2025 Finale <i>By SportSG</i>
		Life Unstoppable Roadshow <i>By AIC</i>
		MasterChef cooking demonstration and sharing of caregiving resources <i>By AIC, City of Glasgow College, and The Salvation Army Peacehaven</i>
		Senior learning and volunteerism resources <i>By AIC</i>
		Virtual games and e-sports <i>By BlueDot SG</i>
		Anti-scam games and CPF nomination review <i>By Central Provident Fund Board</i>
		Interactive Age Strong Experience Zone, mass exercise, and functional assessments <i>By Health Promotion Board</i>
		Informational booth on legacy planning tools such as Lasting Power of Attorney and Advance Care Planning and a “Connecting Our Generations” photo booth to encourage intergenerational bonding. <i>By Ministry for Social and Family Development</i>
		Teochew Opera Performance by Nam Hwa Opera as part of ArtsEverywhere <i>By National Arts Council and North East Community Development Council</i>

		<p>Informational booth</p> <p><i>By Central Region Trauma Services</i></p>
		<p>Time of Your Life feature, interactive games, and exhibition showcase</p> <p><i>By NLB and Singapore University for Social Sciences</i></p>
		<p>Exhibition booth showcasing initiatives with partners that promote Care, Connect, and Contribute among seniors in the neighbourhood</p> <p><i>By People's Association</i></p>
		<p>Fireside chat and informational booth on cancer awareness</p> <p>Dance performance by cancer survivors</p> <p><i>By Singapore Cancer Society</i></p>
		<p>Interactive booth for seniors to try out the Reax Light Trail to train their memory focus</p> <p><i>By Montfort Care</i></p>
		<p>Interactive booth with IM Health Machine for seniors to check their vital signs</p> <p><i>By Lions Befrienders</i></p>
		<p>Interactive booth for seniors to participate in colour sketch activity and a memory game</p> <p><i>By NTUC Health</i></p>
		<p>Taichi stage performance and informational booth on muscle strengthening and falls prevention</p> <p><i>By National Arthritis Foundation</i></p>

6 October	Republic Polytechnic	<p>Experiential Learning Centre - abseiling, rock climbing, caving systems, pool kayaking Station games, nutrition talks and meals preparation, fall prevention talks, and cognitive and reactive tests</p> <p><i>By Republic Polytechnic</i></p>
6-30 October <i>Selected dates</i>	National Gallery Singapore	<p>Gallery Wonders: Guided Tours for Active Ageing Centres and Nursing Homes</p> <p><i>By National Gallery Singapore, supported by AIC</i></p>
7 October	Virtual Programme as part of Time of Your Life celebration	<p>Morning session (10am to 12pm):</p> <ul style="list-style-type: none"> - Chair Zumba by Health Promotion Board - Reading Concert by Ageless Bridge (song performances in different languages) <p>Afternoon session (2pm to 4pm)</p> <ul style="list-style-type: none"> - Thinker+ trivia and games by youth volunteers - Seated/Standing Tai Chi by the National Arthritis Foundation <p><i>By AIC and NLB</i></p>
8 October	Virtual Programme	<p>When Music Meets Life – a virtual live performance by an acoustic pop duo, Two of Us</p> <p><i>By Esplanade – Theatres on the Bay</i></p>
10 October	Esplanade – Theatres on the Bay	<p>Community Angklung Workshop</p> <p><i>By Esplanade – Theatres on the Bay</i></p>
October-December <i>Selected dates</i>	Reunion Social Space, National Museum of Singapore	<p>Meet Me at Reunion for Nursing Homes and Senior Care Centres</p> <p><i>By National Museum of Singapore, supported by AIC</i></p>