



# Active and Healthy Ageing

Join our community of active seniors to ensure long lasting mental and physical wellness! Seniors can forge lasting friendships, participate in enjoyable leisure activities and give back to the community.

## Do You Like To:

- Participate in exercises, games or outings?
- Make new friends?
- Lend a listening ear to peers?
- Receive support with daily tasks such as managing medication?

## Eligibility:

- Singaporean or Permanent Residents aged 60 and above.
- Staying near the centre's boundaries.

**Membership is FREE!**

Call or visit us at PCF Sparkle Care Active Ageing Centre (Care).

### @ Shunfu

☎ 8020 3481  
Blk 313 Shunfu Road  
#01-287  
Singapore 570313

### @ Yew Tee

☎ 8020 3305  
Blk 625 Choa Chu Kang  
Street 62 #01-206  
Singapore 680625

### @ Braddell Heights

☎ 9479 1472  
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Avenue 2 #01-44  
Singapore 550307

### @ Eunos

☎ 9365 1528  
Blk 650 Jalan  
Tenaga #01-22  
Singapore 410650



Visit our  
website



# 活跃和健康 乐龄生活

加入我们活跃的乐龄社区，以确保持久的身心健康。乐龄人士可以建立持久的友谊，参与有趣的休闲活动，并以多种方式回馈社区。

## 您是否有兴趣：

- 锻炼身体，玩游戏或去郊游？
- 结交新朋友？
- 享受倾听他人叙述？
- 伸出援手帮助有需进行日常任务，例如药物管理？

## 资格标准：

- 60岁或以上的新加坡公民或永久居民。
- 住在中心附近。

## 会员是免费的！

若有兴趣，请拨打以下任何PCF Sparkle Care活跃乐龄护理中心电话号码询问详情。

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新加坡 570313

### @油池

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### @布莱德岭

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