



Hong Leong Foundation Celebrates Silver Sports Day With Over 80 Elderly Residents From Senior Homes

The elderly beneficiaries and staff volunteers from Hong Leong Group posed for a group shot at the Hong Leong Foundation Silver Sports Day charity event held on 7 February.

On 7 February 2023, more than 80 elderly beneficiaries from three senior homes (Adventist Home for the Elders, Kheng Chiu Loke Tin Kee Home, and St John's Home for Elderly Persons) displayed their physical and mental prowess in a customised "Silver Sports Day" challenge with Hong Leong Foundation at M Hotel Singapore. This event marked the Foundation's return to its first physical event since 2019.



A senior resident from St John's Home for Elderly Persons posing for the camera.

50 staff volunteers from across the Hong Leong Group of companies, including City Developments Limited, Hong Leong Holdings Limited, Millennium Hotels and Resorts, Hong Leong Finance, Hong Leong Asia and Hong Realty, assisted the senior residents and cheered them on as they participated in the activities.

Inspired by the recently launched 2023 Action Plan for Successful Ageing in Singapore, the senior residents, aged 60 to 100, were challenged to a series of group tasks that tested their mobility, motor control and hand-eye coordination, specially customised by Decadance Co, a socially conscious contemporary dance company that aims to bring the benefits of contemporary dance to positive ageing.



Senior residents from the homes participating actively and enjoying themselves during the Silver Sports Day.



From the comfort of their seats, the seniors danced, juggled props, and learnt new exercise movements to pumping beats like reggae and rock 'n' roll. They were also taught simple breathing and rhythmic exercises to boost mental health and build healthier, active lifestyles. The ballroom was filled with the senior residents' cheers and laughter.



Ms Edeline Tiong, GM of M Hotel Singapore, serving the sumptuous lunch to the senior residents from Adventist Home for the Elders.



It's karaoke time! A senior resident enjoying the singalong session during lunch.

The fun continued through lunch where the seniors enjoyed a sumptuous buffet served by the volunteers and a lively karaoke session. Each senior also received a goodie bag with a set of tea tins, a tea strainer, an umbrella, and Mandarin oranges to celebrate the festive season.

"Due to the pandemic that curtailed physical events and in-person visits to residential care homes in the past few years, many seniors told us they missed the social interaction with our volunteers and longed to explore new places and activities outside the homes. We have also missed them and wanted to welcome them back with gusto. Seeing them again engaging and enjoying the activities has made this extra rewarding for all of us," said Mr Kwek Eik Sheng, a governor of Hong Leong Foundation who was among the volunteers and senior management at the event today. Mr Kwek is also CDL's Group Chief Operating Officer.



A senior resident from Kheng Chiu Loke Tin Kee Home



The volunteers bidding goodbye to the senior residents after a morning of fun exercises, interaction, and feasting.

Established in 1980, Hong Leong Foundation is the charity arm of Hong Leong Group Singapore. It is a regular supporter of education, welfare, the elderly, heritage and the Arts. This event is part of Hong Leong Foundation's annual outreach to the silver community for over 40 years. The Foundation also made cash contributions of over S\$470,000 to 3,131 beneficiaries under the Singapore's Ministry of Social and Family Development's ComCare Long-Term Assistance scheme in 2022.