



Hong Leong Foundation Celebrate 'Chap Goh Mei' With Seniors In A Silver Dance Fiesta

Hong Leong Foundation governors pictured in a joyful interaction with elderly beneficiaries.

Nearly 70 senior beneficiaries (ages 65 to 98 years) from Kheng Chiu Loke Tin Kee Home and Tai Pei Old People's Home celebrated the final day of Lunar New Year or 'Chap Goh Mei' (Lantern Festival) with an energetic "boogie woogie" at a Silver Dance Fiesta by Hong Leong Foundation.

The event was held at M Hotel Singapore with a total turnout of more than 130 participants, including at least 60 staff volunteers across the Hong Leong Group companies – City Developments Limited (CDL), Hong Leong Holdings Limited (HLHL), Millennium Hotels and Resorts (MHR), Hong Leong Finance (HLF), Hong Leong Asia (HLA) and Hong Realty.



Our volunteers including management executives from the Hong Leong Group of companies acting as instructors as they guided the elderly with their movements and exercises.



"We are delighted to celebrate the last day of the Lunar New Year with our elderly beneficiaries. It brought us so much joy to see their big smiles and witness the caring spirit of our staff volunteers as they engaged our elderly friends and brought out their 'inner youth'. We hope that through the Silver Dance Fiesta, they experience new and enjoyable ways to be active and to bond with the community," said Mr Quek Kon Hui, a governor of Hong Leong Foundation who was among the volunteers at the event today.



Elderly beneficiaries prove that age is not a barrier in being active and having fun, some with a lot of gusto too!



It was a heartwarming sight to behold as volunteers watched out for the seniors as they engaged in the activities.

Led by Decadance Co, a socially conscious contemporary dance company that uses dance to benefit positive aging, M Hotel's ballroom was transformed into a fun and engaging space where the seniors had to complete a series of competitive dance and exercise activities to win prizes.

The activities were conducted in a series of circuit stations, including a dance warm-up and percussive martial arts where each senior is paired with a volunteer to role-play to their favourite period drama. There was also a ball game that pitted the seniors against volunteers that brought out their competitive spirit amidst much cheer and laughter.



Highlights of the event included a ball game where volunteers can be seen under the net pushing balls to the seniors (left photo), as well as a dance finale by Decadance Co that wow-ed everyone with their nimble movements (right photo).



There was also a “Lo-Hei” as everyone tossed to a year of health and prosperity, as a sumptuous buffet awaits the hungry participants after their rigorous workouts.



Our happy Hong Leong Foundation governors and company senior executives beamed for the camera as they take a pose to mark the successful charity event.

Wrapping up the Silver Dance Fiesta was a dance finale and performance where participants gamely performed their dance moves as a big group, showing that age is not a barrier in being active and having fun together. The seniors also enjoyed a sumptuous buffet and went home with goody bags of festive snacks.