

### WHAT IS THIS INITIATIVE ABOUT?

- **Intergenerational Games Day**  
Teams of 5 to 10 seniors, with 2 kindergarten children, compete in 2 age-friendly sports and 1 talent-time
- **Celebrate Active Ageing**
- **Encourage Physical Activities**
- **Promote Mental Wellness**
- **Strong Community Bonds**



### INITIATIVE'S IMPACT

- Intergenerational Bonding
- Showcase Seniors' Talents
- Ownership, Pride and Joy
- Energize and Inspire New Activities
- Gives Purpose



### PLANS AHEAD – AGEWELL 202X

- More Partners
  - Exhibition Booths
  - AgeWell Topics
- More Games
- More Participants
  - Seniors
  - Volunteers
  - Youths

### OUR OFFER

- Send a team to participate
- Co-organise the next AgeWell with us
- Wai Cheong for Health – Healthy Ageing Workshop by Dr & Social Worker in your AAC