

PEOPLE'S ASSOCIATION
media release



9 King George's Avenue Singapore 208581
Tel: (65) 63405430; 63405516; 63405321; 62383424 Fax: (65) 63485977
Website: www.pa.gov.sg

29 October 2021

PA TO PILOT RESUMPTION OF SELECTED CLASSES AND ACTIVITIES FOR SENIORS IN A SAFE ENVIRONMENT

From Monday, 1 November 2021, the People's Association (PA) will pilot the resumption of selected classes and activities for fully vaccinated or COVID-19 recovered seniors, who are 60 and above, at 21 designated Community Clubs/Centres (CCs) and integrated community hubs, so that they can have a safe environment to stay healthy and active, and renew social bonds.

2 The Government has been working closely with its partners to support seniors to minimise their risk of COVID-19 infection as they are at higher risk of developing serious illness from it. PA has pivoted many of our popular lifeskills and lifestyle courses online, so that seniors stay engaged and active at home.

3 Our Safe Management Measures (SMMs) are in place especially to protect vulnerable segments of our community, including our seniors. However, we understand that these measures have impacted our seniors' daily lives and routine. Some find it hard to be confined at home, while others have not met their loved ones for some time. Seniors have also shared with our staff and volunteers that it has become increasingly lonely to stay home. They hope that social activities can be resumed soon so that they can reconnect with their friends and maintain mental health and well-being.

4 Deputy Chairman of PA, Minister Edwin Tong said: "We know that our seniors are going through a tough time. While many seniors are participating in PA's virtual classes, it is not the same to be out and about, doing their favourite things and seeing their friends and neighbours in a social setting. We have taken into account the emotional needs of our seniors and the higher vaccination and

booster rates among our seniors. To support them in staying fit, active, and socially engaged, PA will pilot selected senior friendly activities for fully vaccinated seniors who are 60 and above at 21 designated CCs and integrated community hubs across Singapore. This will give our seniors a safe environment to take part in the activities while minimising crowd and risk.”

5 To protect the safety and well-being of our senior participants, only fully vaccinated or COVID-19 recovered seniors aged 60 and above may participate in the selected classes and activities. These classes and activities do not require the sharing of common equipment, thereby reducing the risk of transmitting the virus through common touchpoints.

6 Activities that seniors who are 60 and above can look forward to are listed in the table below. The list is non-exhaustive, and activities will be conducted in accordance to prevailing guidelines.

Health & Wellness	Stretch Band Exercise, 312 Meridian Flapping, Chair Yoga, Happy Programme & Wellness Dance, Paper Quilling
Lifestyle & Leisure	Line Dance, Recreational Folk Dance, Pastel Art Painting
Sports & Fitness	Health Qigong, Taijiquan, Zumba Gold, Brisk-walk
Live Performances	Getai, Teochew Opera
Movie & Virtual Performance Screenings	Movies, Concerts
Tours & Learning Journeys	Guided SRV Tours

7 To reduce the risk of exposure from crowds, the classes will be organised within selected PA premises at specific timings. The senior classes will also be held in open-air settings or well-ventilated facilities, with the following SMMs in place:

- a) Indoor mask-off classes, group size to keep to no more than two persons, up to 30 people.
- b) Indoor mask-on classes, groups size to keep to no more than two persons, up to 50 people.

- c) Outdoor mask-on and mask-off activities group size to keep to no more than two persons, up to 50 people.
- d) For mask-off activities such as exercises and/or those with movement between locations, for example walking tours, seniors must declare a negative Antigen Rapid Test result before they can participate.
- e) Senior participants to keep to at least one metre apart from others.
- f) For exercises, there must be at least a two-metre distancing between individuals with distinct demarcation on the floor, and three-metre between groups.
- g) PA will deploy its staff and grassroots leaders, who are fully vaccinated, or COVID-19 recovered, during these selected activities and classes to ensure strict adherence to the SMMs. All PA trainers/operators/vendors participating in the pilot are fully vaccinated and required to undergo weekly testing, as per prevailing SMM guidelines.

8 To further safeguard the health of senior participants, seniors who are 60 and above and not yet fully vaccinated, will not be able to participate in these programmes, even with negative pre-event testing results. These programmes will also not be open to the younger age groups who have wider exposure to workplaces, schools, and social settings, even if they are fully vaccinated or recovered. This is to prevent seniors from getting infected.

9 PA will not be resuming indoor mask-off high risk classes such as Singing, Wind and Brass instruments as well as mask-off vocal and speech training, speech and drama. Classes with common equipment for sharing such as Karaoke singing classes, Mahjong and Chess Clubs will also not resume.

10 PA will continue to closely monitor the participation rate as well as the prevailing COVID-19 situation before deciding if the initiative will be expanded to include more activities or extended to other CCs or community spaces. More information is available on the selected CC's notice boards and FB pages, when the classes and activities have been confirmed.

About People's Association

The [People's Association](#) (PA) is a statutory board established on 1 July 1960 to promote racial harmony and social cohesion, and to act as a bridge between the Government and the people. We offer a wide range of

community [programmes](#) and volunteering opportunities for Singaporeans from all walks of life. Our network includes close to 2,000 [Grassroots Organisations](#) (GROs), over 100 Community Clubs, five Community Development Councils, National Community Leadership Institute and PAssion WaVe. More information at www.pa.gov.sg.

Annex A - List of CCs to pilot resumption of selected classes and activities for seniors in a safe environment

District	Participating CCs/Integrated Hubs
Central Singapore	1. Cheng San CC 2. Kampong Glam CC 3. Leng Kee CC 4. Toa Payoh East CC 5. Toa Payoh South CC
North East	6. Our Tampines Hub 7. Pasir Ris Elias CC 8. Paya Lebar- Kovan CC 9. Rivervale CC
North West	10. Bukit Panjang CC 11. Marsiling CC 12. Nee Soon South CC 13. Sembawang CC
South East	14. Braddell Heights CC 15. Heartbeat@Bedok 16. Siglap South CC 17. Wisma Geylang Serai
South West	18. Ayer Rajah CC 19. Keat Hong CC 20. Telok Blangah CC 21. Yuhua CC