

New hub in AMK helps seniors get fit and healthy

The \$1m community space offers rehabilitation, gym and other services for residents



Residents doing strength training exercises in the Gym Tonic programme at the Touchpoint @ AMK 433 community hub, including Ms Rose Lee Kar Lan (in grey top), 61, and Ms Tan Yah Poh (in green shorts), 70.

Felicia Choo

Residents in Ang Mo Kio Avenue 10 will now have their own gym and other facilities to help them get fit and healthy.

The new \$1 million Touchpoint @ AMK 433 community hub provides rehabilitation and gym services, as well as other services for seniors.

The official launch yesterday was attended by about 1,000 Ang Mo Kio residents, who were joined by Prime Minister Lee Hsien Loong, the adviser to Ang Mo Kio GRC Grassroots Organisations (GROs) and an MP for the GRC, and fellow Ang Mo Kio GRC MP Ang Hin Kee.

At the event, 50 residents also received their Merdeka Generation packages.

The hub is located at the void deck of Block 433 Ang Mo Kio Avenue 10. Some of its facilities, such

as the gathering spaces at the void deck and the pavilion, are open round the clock.

The launch yesterday was part of the Together We Care, We Connect event organised by Cheng San-Seletar GROs, to create awareness of the various voluntary welfare organisations (VWOs) and government agencies available to residents within Cheng San-Seletar constituency.

Information booths were set up by VWOs like Touch Community Services, Singapore Thong Chai Medical Institution, Cornerstone Senior Centre and Comnet Senior Services, as well as government agencies such as the Housing Board, Singapore Police Force and Ang Mo Kio Town Council.

Some of the services that the hub now offers were first trialled four years ago, as part of a pilot programme by Touch Community Services, which is located at Block 444

Ang Mo Kio Avenue 10.

The new hub houses a day rehabilitation centre and offers philanthropic organisation Lien Foundation's Gym Tonic, which is a customised strength-training programme for seniors.

There is also a Community Health Post where nurses from the National Healthcare Group can monitor residents' health and refer them for treatment.

The 450 sq m community hub is funded by Lien Foundation and CapitaLand Hope Foundation, CapitaLand's philanthropic arm.

Madam Jessie Teo, 54, who started taking part in activities there three years ago, said she feels more connected to the community as a result.

After stopping work as a finance executive due to health issues, she joined the Touch Diabetes Peer Support Group, and took part in exercise and photography activities.



Participants painting umbrellas at a workshop held by Cheng San-Seletar Grassroots Organisations and Touch Community Services at the hub yesterday. ST PHOTOS: JASMINE CHOONG

She also became a befriender to frail seniors in the community.

"The activities are very good and informative," said Madam Teo,

who is currently unemployed. "My life is very colourful now."

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