

**Experience Day 3:  
Leveraging on Technology to empower Seniors to drive Active Ageing in  
Bedok & How do our future seniors look like, are our AACs  
future-ready?**

Time	Programming
9:00am	Arrive at Suntec Singapore <i>Collect your badge from the badge printing kiosk near the Registration desk.</i>
9:10am	Meet at Experience Day 3 Meeting Point <i>Collect your wristband and check-in with the chaperone</i>
9.30am	The group leaves Suntec to Thye Hua Kwan AAC @ Bedok
10.00am – 10.45am	Briefing by AIC
10:45am – 11:15am	Light Refreshment Prepared by Micro-jobbers
11:15am – 1:15pm	Hosting & Sharing by Micro-jobbers & Staff members of THKMC: <ol style="list-style-type: none"> <li>1. Café - Communal Dining (Active Ageing Centre)</li> <li>2. Sharing of IoT Features (Entrance):               <ul style="list-style-type: none"> <li>● Facial Recognition</li> <li>● Gait Speed Monitoring</li> <li>● Interactive Health Kiosk</li> <li>● Remote Surveillance System</li> </ul> </li> <li>3. Activity Hall &amp; Gym Tonic Area</li> <li>4. Pavilion to observe seniors' exercise programme</li> <li>5. SingHealth's Community Health Post (Bedok Sanctuary)</li> <li>6. Observe Meals-On-Wheels (M-O-W) delivered by Micro-jobbers</li> <li>7. Questions &amp; Answers</li> </ol>
1.15pm – 2.15pm	Lunch
2.15pm – 3.00pm	Travel to Montfort Care Goodlife Studio (Bukit Purmei)
3.00pm	Arrive at Montfort Care Goodlife Studio (Bukit Purmei)
3.00pm – 3.20pm	Tour: Community walk around Goodlife Studio • Sharing: Role of Active Ageing Centre in a community and partner collaboration

3.20pm – 4.00pm	Sharing: Thematic AACs – Our aspiration for seniors to age well in the community • Q&A session
4.00pm – 4.45pm	Experiential Activities: See It, Play It, Taste It
4.45pm	End of visit <i>We will also be travelling as a group back to Suntec following the experience day. The estimated return time is 17:15</i>