

*For Immediate Release*

## **A “Silver Sports Day” With Hong Leong Foundation In First Physical Event Since 2019**



**Photo caption:** Aply themed “Silver Sports Day”, Hong Leong Foundation’s annual charity event at M Hotel was a vibrant and energetic affair that saw 150 seniors and staff volunteers dance and juggle props to promote active aging.\*\*

**Singapore, 7 February 2023** – More than 80 elderly beneficiaries from three senior homes (Adventist Home for the Elders, Kheng Chiu Loke Tin Kee Home, and St John's Home for Elderly Persons) displayed their physical and mental prowess in a customised “**Silver Sports Day**” challenge with Hong Leong Foundation at M Hotel Singapore earlier today. The outing today marks the Foundation’s return to its first physical event since 2019.

The senior residents, aged 60 to 100, were challenged to a series of tasks that tested their mobility, motor control and hand-eye coordination. They were aided and cheered on by 50 staff volunteers across the Hong Leong Group of companies including City Developments Limited (CDL), Hong Leong Holdings Limited, Millennium Hotels and Resorts, Hong Leong Finance, Hong Leong Asia and Hong Realty. Together with the elderly and volunteers, the event saw a turnout of nearly 150 people.

The charity event is part of Hong Leong Foundation’s annual outreach to the silver community for over 40 years. The Foundation also made cash contributions of over S\$450,000 to 3,131 beneficiaries under the Ministry of Social and Family Development’s ComCare Long-Term Assistance scheme.

“Due to the pandemic that curtailed physical events and in-person visits to residential care homes in the past few years, many seniors told us they missed the social interaction with our volunteers and longed to explore new places and activities outside the homes. We have also missed them and wanted to welcome them back with gusto. Seeing them again engaging and enjoying the activities has made this extra rewarding for all of us,” said **Mr Kwek Eik Sheng, a governor of Hong Leong Foundation** who was among the volunteers and senior management at the event today. Mr Kwek is also CDL’s Group Chief Operating Officer.

Inspired by the recently launched 2023 Action Plan for Successful Ageing, the long-awaited physical event was a vibrant and energetic affair with a specially customised wellness workout by Decadance Co, a socially conscious contemporary dance company that aims to bring the benefits of contemporary dance to positive ageing.

From the comfort of their seats, the seniors danced, juggled props, and learnt new exercise movements to pumping beats like reggae and rock ‘n’ roll. They were also taught simple breathing and rhythmic exercises to boost mental health and build healthier, active lifestyles. The high spirits continued through lunch as the seniors enjoyed a sumptuous buffet served by the volunteers, a lively karaoke session, and door gifts.

Established in 1980, Hong Leong Foundation is the charity arm of Hong Leong Group Singapore. It is a regular supporter of education, welfare, the elderly, heritage and the Arts.

**(\*\*) Please click [here](#) for more high-res images.**

**Caption for Photo 2:** Hong Leong Foundation governors Mr Kwek Eik Sheng (2nd from right) and Mr Quek Kon Hui (3rd from right) were among the 150 elderly, staff volunteers and senior management across the Hong Leong Group who danced and juggled props to promote active aging.

**Caption for Photo 3:** The seniors enjoying the high-energy activities with volunteers from across the Hong Leong Group, including Hong Leong Foundation governors Mr Kwek Eik Sheng (3rd from right) and Mr Quek Kon Hui (4th from right).

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***For media queries, please contact:***

Louisa Cheong  
Manager, Group Corporate Affairs  
Hong Leong Group Singapore  
Tel: 6877 8536  
Email: [louisacheong@cdl.com.sg](mailto:louisacheong@cdl.com.sg)

Crystal Chan  
Manager, Group Corporate Affairs  
Hong Leong Group Singapore  
Tel: 6877 8537  
Email: [crystalchan@cdl.com.sg](mailto:crystalchan@cdl.com.sg)