



From growing old to **GROWING WITH SPARKLE**

Join our vibrant community of active seniors and stay active, healthy and connected! You can make new friends, enjoy fun activities, and even give back to the community.

Do You Like To:

- Take part in fun exercises, games or outings?
- Meet new friends?
- Receive support with daily tasks like managing medication?

Eligibility:

- Singaporean or Permanent Residents aged 60 and above.

Membership is FREE!

Call or visit us at PCF Sparkle Care Active Ageing Centre.

@ Braddell Heights

☎ 9479 1472

Blk 307 Serangoon Avenue 2
#01-44 Singapore 550307

@ Shunfu

☎ 8020 3481

Blk 313 Shunfu Road
#01-287 Singapore 570313

@ Boon Lay

☎ 6951 9615

Blk 631 Jurong West Street 65
#01-260 Singapore 640631

@ Yew Tee

☎ 8020 3305

Blk 625 Choa Chu Kang Street 62
#01-206 Singapore 680625

@ Eunos

☎ 9365 1528

Blk 650 Jalan Tenaga
#01-22 Singapore 410650



Visit our
website

  [pcfsparklecare](https://www.pcfsparklecare.org)

活跃和健康乐龄生活

加入我们活跃的乐龄社区，以确保持久的身心健康。乐龄人士可以建立持久的友谊，参与有趣的休闲活动，并以多种方式回馈社区。

您是否有兴趣：

- 锻炼身体，玩游戏或去郊游？
- 结交新朋友？
- 伸出援手帮助有需进行日常任务，例如药物管理？

资格标准：

- 60岁或以上的新加坡公民或永久居民。

会员是免费的！

若有兴趣，请拨打以下任何PCF Sparkle Care活跃乐龄中心电话号码询问详情。

@ 布莱德岭

☎ 9479 1472
大牌307, 实龙岗2道,
#01-44, 新加坡 550307

@ 顺福

☎ 8020 3481
大牌313, 顺福路,
#01-287, 新加坡 570313

@ 文礼

☎ 6951 9615
大牌631, 裕廊西65街,
#01-260, 新加坡 640631

@ 油池

☎ 8020 3305
大牌625, 蔡厝港62街,
#01-206, 新加坡 680625

@ 友诺士

☎ 9365 1528
大牌650, 惹兰登那加,
#01-22, 新加坡 410650



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