



From Surgery to Vitality: Mdm Poh's Inspiring Journey

In her 50s, Mdm Poh Bong Yew faced a series of daunting challenges: recovering from knee surgery and coping with retrenchment. Although financially stable, she suddenly had an abundance of free time, posing a risk of a sedentary lifestyle.

Encouraged by her family, Mdm Poh joined the Active Aging Programme at Tampines@253, a collaborative initiative between En Community Services Society and Bethesda Community Services Society. This programme aims to develop services for the elderly and families near Block 253 #01-406, Tampines Street 21.

Our centre's exercise programme is designed to promote seniors' health, independence, and enhanced quality of life, tailored to various fitness levels. Initially nervous, Mdm Poh received a warm welcome from the staff at En Community Services. She started with low-impact exercises and, under the expert guidance of our fitness trainers, gradually improved her strength and flexibility.



The programme not only supported her physical recovery but also provided her with a sense of community and purpose. Now, Mdm Poh is a regular participant, finding the sessions integral to her life and achieving feats she once thought impossible.

Mdm Poh's experience highlights how En Community Services Society assists seniors in navigating health challenges and life transitions. She believes that **"age is just a number, and retirement is a new beginning."**

How do you invest your time after your retirement? Share with me at solomon_kang@ecss.org.sg

See and Meet Needs



恩慈社区服务
Bethesda Community Services Society



恩群社区服务
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