

Active Ageing Festival 2026 at One Holland Village on 21 November: free tickets, classes and goodie bags

Description

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Active Ageing Festival 2026 takes over A Good Place at One Holland Village on Saturday 21 November 2026, from 9am to 1pm, with talks, pop-up classrooms and an exhibitor showcase for anyone planning their next chapter. Ageing Asia, the organiser, says tickets are free with the promo code AAF100.



Image: Ageing Asia

Active Ageing Festival 2026: the essentials

- Date: Saturday 21 November 2026
- Time: 9am to 1pm (the exhibition showcase opens at 8.15am)
- Venue: A Good Place @ One Holland Village
- Tickets: free with promo code AAF100, booked through Eventbrite
- Enquiries: support@ageingasia.com

Ageing Asia says tickets are meant for adults attending the event, and attendees should show their Eventbrite confirmation on their phone or as a printout at the door. The organiser reserves the right of admission. Its promotional banner lists a S$10 ticket (usual price S$20), so use the AAF100 code to get the free entry described in the invitation.

Four pillars: Move, Create, Learn and Purpose

The morning opens with an energising assembly, then moves into pop-up classrooms called Next Chapter Classes and a live exhibitor showcase. Everything is built around four pillars: Move, Create, Learn and Purpose. The idea is simple. Instead of treating later life as a wind-down, the festival invites people from all walks of life to try something new and shape what comes next.

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Programme Summary

Section I: Rethinking Life After 50: Retirement, Purpose and New Possibilities

0815 **Exhibition Showcase Opens**
0900 **Opening Performance: "Boom Boom" Singapore Seniors Drums**
0910 **Welcome Remarks by Co-hosts**
Ms Janice Chia, Founder & Managing Director, Ageing Asia, Singapore
Ms Marlene Han, Advisory Board Member, ASPIRE55 Pte Ltd, Singapore
0920 **Keynote: Active and Purposeful Ageing**
Ms Ada Cheng, CEO (Retired), Australian Home Nursing Foundation, Austr

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Section II: Living Longer, Living Better: Longevity Science, Wellness and Lifestyle Inn

0940 **Retirement Should Feel Like A New Beginning: Reimagining Retirement Livin Sunway Sanctuary**
Ms Kong Jing En, Senior Living Specialist, Marketing and Corporate Comm Sunway Sanctuary, Malaysia
1000 **Redefining Senior Living: Where Purposeful Ageing Meets an Age-Inclusive**
Ms Elvira Tan, Founder and CEO, The Straits Resorts Pte Ltd, Singapore
1020 **Think You Know Ageing? Think Again.**
Mr Hanno Hornbanger, Co-Founder & CEO, elivity, Singapore
1030 **Beyond the Holiday: New Ways to Experience Life, Travel and Connection**
Ms Sophie Lim, Vice President, Senior Living and Strategic Planning, The A Limited, Singapore
1045 **Sound Mind: The Link Betweem Hearing and Brain Health**
Dr Sharad Govil, CEO & Chief Audiologist, Amazing Hearing Group Pte. Ltd Singapore
1105 **Precision Wellness: Elevating TCM with AI Technology**
Ms Denise Teo, General Manager, Joyre Group, Singapore

Section III: The Next Chapter Classroom: Learn, Create and Explore

1120 **Alumni Teach-back: Tech Start Pack Class**
Mr John Lim, Designing Your Life: The Next Chapter Alumni, Singapore
1150 **Alumni Teach-back: Clear Space, Clear Mind: The Art of Decluttering**
Ms Seah Beng Nah, Designing Your Life: The Next Chapter Alumni, Singap
1210 **Your Next Chapter, By Design: Reimagining Work, Life and Possibilities Beyo**
Mr Mark Wee, CEO & Co-Founder, Designing Your Life Global (DYLG), Sing
Mr Joshua Hong, Acting Director, School of Technology for Arts and Media Design, Republic Polytechnic, Singapore
1220 **What's Next: Reimagine Your Career Using Design AI**
Mr Poon King Wang, Chief Strategy and Design AI Officer, Director (Lee Ku Centre for Innovative Cities), Singapore University of Technology and Desig Singapore
1230 **Longevity 101: Strong Today, Independent Tomorrow**

Programme summary: Ageing Asia

What is on the programme

Doors to the exhibition open at 8.15am. The stage programme starts at 9am with an opening performance by the Singapore Seniors Drums troupe, followed by welcome remarks from Ageing Asia founder and managing director Janice Chia and ASPIRE55 advisory board member Marlene Han. Ada Cheng, retired CEO of the Australian Home Nursing Foundation, gives the keynote on active and purposeful ageing.

- 9.40am to 11.05am: talks on retirement living, an age-inclusive workforce, longevity science, travel in later life, hearing and brain health, and TCM with AI technology
- 11.20am to 12.45pm: Next Chapter Classroom sessions, including tech start pack and decluttering classes taught by alumni, plus talks on reimagining work and careers after 45 and using design AI
- 12.30pm: Longevity 101, a session on staying strong and independent
- 1pm: end of programme

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The sessions suit working-age readers thinking about a second career as much as retirees, and the topics overlap with the discussions at the recent World Ageing Festival. If that interests you, see our reports on the WSG Career Showcase at World Ageing Festival 2026 and Workforce for the Longevity Era session at Marina Bay Sands.


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Wor
Healthy Longevity
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www.worldhealthylongevityfestival.com

Image: Ageing Asia

Goodie bags and prizes

Every ticket comes with a goodie bag that Ageing Asia says is worth over S$100, filled with everyday wellness and active-living products from brands such as elivity and Gardenia. Goodie bags are first come, first served while stocks last, so it is worth arriving early.

There are also giveaways, with attendees in the running for prizes including:

- Sunway Sanctuary 2D1N stay at a Deluxe Studio (worth RM500+)
- AIBI smart digital bathroom scale (worth S$99)
- ASPIRE55 HUR strength training trial group session (worth S$70)
- ASPIRE55 one-to-one personal strength training session (worth S$210)
- Joyre AI body analysis and complimentary mask voucher (worth S$168)

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JOYRE
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COMPLIMENTARY
AI TCM Intelligent Health Screening
+ Signature Medigo Aesthetic Mask x1
AI 身体检测 + 医美面膜 x1

Image: Ageing Asia

Why it is worth a look

One Holland Village is an easy trip from Holland Village MRT, and a free morning of talks, classes and freebies is a low-risk way to explore active ageing for yourself or a parent. For more on how Singapore is adapting to an older population, read about Anticaâ??s brick-building pilot for seniors at Lucky Haven and the autonomous wheelchairs now rolling out at Changi Airport.

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