

MEDIA RELEASE

From Drone Soccer to AI:

MWS Launches HARMONY Framework for Ageing Well

Supporting seniors to stay healthy, connected and independent in Singapore's super-aged society



Minister Ng Chee Meng playing drone soccer with seniors at MWS' inaugural Senior Olympics Day 2026

Singapore, 1 October 2026 – Flying drones through hoops, learning about artificial intelligence (AI) and competing in adaptive sports may not be what traditionally comes to mind when we think about growing older. But as Singapore becomes a super-aged society, with seniors aged 65 and above making up more than one-fifth of the population, organisations are increasingly exploring new ways to help seniors stay healthy, connected and independent.

Against this backdrop, nearly 300 seniors from seven Methodist Welfare Services (MWS) Active Ageing Centres (AACs) came together today for MWS' inaugural Senior Olympics Day. The event brought together seniors for a

Methodist Welfare Services

70 Barker Road, #05-01, Singapore 309936

T 6478 4700 • F 6478 4701 • E admin@mws.sg • W www.mws.sg

IPC Registration No.: IPC000360 • Charity Registration No: 00166 • UEN: S81SS0088H

day of friendly competition, camaraderie and learning, while showcasing a broader approach to active ageing – one that goes beyond physical activity to help seniors stay healthy, mentally engaged, socially connected and independent.



Minister Ng Chee Meng addressing senior participants at the MWS Senior Olympics Day 2026

The Senior Olympics also marked the public launch of HARMONY, MWS' new framework for active ageing, which will guide programmes across its network of seven AACs, reaching more than 16,000 seniors. The framework brings together six dimensions of well-being: health promotion and wellness; active engagement; reminiscence and cognitive health; meaningful social connection; outreach to the community; and nurturing independence.

Eugene Toh, Chairperson of MWS Board of Governance, highlighted that the framework was launched as MWS' goal is not simply for seniors to enjoy activities, but to provide a more holistic experience through signature programmes such as Men-Only Happy Hour and Ling Ling Time, which promote well-being, foster connections and encourage volunteerism.

Guest-of-Honour, Mr Ng Chee Meng, Minister in the Prime Minister's Office and Adviser to Jalan Kayu Grassroots Organisations, graced the occasion and joined the seniors in the activities. "This inaugural Senior Olympics Day is a very meaningful initiative – it promotes active ageing through activities, as well as fosters friendship and connections among seniors from different parts of Singapore," he said. "As our population ages, social connections and activities enable our seniors to stay active, build friendships and enjoy community life."



Eugene Toh, Chairperson of the MWS Board of Governance, presents an Arsenal 2026/27 Club Home football to Minister Ng, an avid Arsenal fan, as a token of appreciation

Seniors Take on New Challenges

One of the day's highlights was drone soccer, where seniors piloted drones and attempted to fly them through aerial hoops in a challenge that tested concentration, coordination and teamwork.

For all participants, it was their first experience flying a drone. The activity offered seniors an opportunity to try something unfamiliar while working together as a team.

Among them was 99-year-old Lim Joke Buay, the event's oldest participant. "It was really fun! It made me use my brain more, and I think it can get quite addictive," she said. "I was amazed that just by using the controller, I could make the drone fly. It was something completely new to me."

Mei Andres, Head of MWS AACs, said the drone soccer activity was introduced at the event as a new experience for seniors, with plans to adapt the activity for MWS' AACs. "We want seniors to experience something new and know that even in their 80s or 90s, they can still try activities that younger people are excited about," she said. "There is no age limit to learning."

Methodist Welfare Services

70 Barker Road, #05-01, Singapore 309936

T 6478 4700 • F 6478 4701 • E admin@mws.sg • W www.mws.sg

IPC Registration No.: IPC000360 • Charity Registration No: 00166 • UEN: S81SS0088H



99-year-old Lim Joke Buay, the oldest participant at the event, trying her hand at drone soccer

Participants also took part in adaptive sports including Bocce Bowls, Bean Bag Toss, Seated Volleyball and Ladder Toss. The activities were designed to be accessible to seniors across different mobility and frailty levels, including those using wheelchairs and mobility aids.

80-year-old stroke survivor Yeow Soh Lian, who uses a wheelchair, was delighted to take part in a large-scale event for the first time in a long while. “I really enjoy exercising, and I especially liked the ladder toss game because it allowed me to exercise my arms,” she said. “I’m very happy to be part of this event because it gives us the opportunity to bond while trying new things together.”

The range of activities reflects MWS’ broader aim of supporting seniors to age well through opportunities that promote physical well-being, social connection and participation in the community.

Staying Connected in a Digital World

The Senior Olympics also went beyond sport.

Through a new gamified digital-learning initiative developed with the Infocomm Media Development Authority, participants explored topics including scams and AI, giving seniors an opportunity to build confidence in navigating an increasingly digital society.

Student researchers from Singapore Management University were also on site to engage seniors in a study on how digital communications, such as e-newsletters, can support digital connection and social belonging.

These activities reflect the importance of creating opportunities for seniors to continue learning and participating as technology becomes an integral part of everyday life.



Minister Ng and senior participant Yeow Soh Lian taking part in a game of bean bag toss

A More Holistic Approach to Ageing

“For many years, active ageing was largely associated with keeping seniors occupied. Today, the conversation has evolved. The question is how we help seniors remain healthy, connected, confident and independent for as long as possible,” said Mr Albert Ching, CEO, MWS.

“HARMONY is our response to that challenge. It provides a common framework that brings together physical wellness, cognitive health, social connection and community participation, so that every programme contributes towards helping seniors age well.”

Methodist Welfare Services

70 Barker Road, #05-01, Singapore 309936

T 6478 4700 • F 6478 4701 • E admin@mws.sg • W www.mws.sg

IPC Registration No.: IPC000360 • Charity Registration No: 00166 • UEN: S81SS0088H

+++++

About Methodist Welfare Services

Methodist Welfare Services (MWS) is all about empowering people to have life to the full.

Our story began out of Christian love in 1981 with a simple desire to help those in need. From a humble starter project of a small nursing home for 24 sick elderly, we have grown to 24 service points island-wide, serving over 25,000 families and individuals who may experience different struggles in life, such as poor health, strained relationships, financial distress, or simply feeling alone.

The MWS network of services enables cross-referrals and multi-disciplinary interventions from a range of social and healthcare services. These include casework, counselling and therapy; parenting support; medical and rehabilitative care; pastoral care; home-based, community-based and residential care; a debt clearance and asset building scheme; and others.

We are an Institution of a Public Character and a member of the National Council of Social Service, and serve across all age groups, ethnicities and religions.

Please visit www.mws.sg for more information.

MWS Media Contact:

Cheryl ONG
Senior Executive, Communications
cherylong@mws.sg
9170 2202