



Gentle Walk to lead Grandparents' Day Celebration

21 November 2007, Singapore – Council for Third Age (C3A) has taken the lead to recognise the important role played by grandparents in the family by celebrating Grandparents' Day – the second key event under the Active Ageing Festival – with a bigger bang. This special day, which has been in Singapore's annual calendar since 1999, will be marked by a national-level walk and participation from retailers and food & beverage outlets.

The Grandparents' Day Gentle Walk starts at 8.00am on Sunday, 25 November. This event is organised by Council for Third Age, and co-organised by National Library Board (NLB) and National Heritage Board (NHB) as part of its *Explore Singapore!* campaign. The Gentle Walk aims to forge stronger inter-generational ties, and to provide a platform for young Singaporeans to honour their grandparents for their roles as caregivers, baby-sitters and mentors and recognise the wisdom that their richer life experiences bring.

The 1km Gentle Walk will feature musical tributes from young performers to seniors in a casual outdoor setting, while seniors and their families who participate in the Gentle Walk will be entitled to free entry to the Asian Civilisations Museum. In addition, "Letters from Grandma and Grandpa", a series of books that capture the bond between generations and the life experiences of seniors, will be launched.

"It is encouraging to see so many inter-generational families signing up for the Walk. Although this is the first major initiative for Grandparents' Day, we hope more Singaporeans will take the cue from this year's efforts and celebrate it annually like they do Mothers' Day and Fathers' Day," said Dr Aline Wong, Member of the Board of Directors, C3A.

Highlights of Gentle Walk are as follows:

1km walk along Singapore River

Participants will start the walk from Raffles Place Park and proceed to Boat Quay, a historical area of trade and economic activities and now a trendy wining and dining area for yuppies. They will cross Elgin Bridge – the first bridge to be built across Singapore River – before ending the walk at ACM, itself a historical monument.

The Singapore River route was chosen for the unique place it occupies in the hearts and minds of many seniors and its modern role as a hip lifestyle hub for younger Singaporeans.

Entertainment for Grandparents and their families

After the walk, families can leave their handprints on a 42-metre long wall to create a colourful commemorative mural. Fun and joy await both young and old as the likes of Boys Brigade, Tampines Junior College and De La Salle Primary School put up performances for the families.

Within the ACM, there will be a blockbuster show on the history of Buddhism entitled *On the Nalanda Trail: Buddhism in India, China and Southeast Asia*. Participants of the Gentle Walk will enjoy free entry to the ACM, as part of its *Explore Singapore! campaign*.

Love messages

In October, the winning artworks from the *My Grandparents and I Art Competition* had been converted to Grandparents' Day postcards, which were then distributed to the public to encourage grandchildren to write down messages of affection for their grandparents. At the Walk, grandparents will have a chance to hear these messages read out to them by grandchildren. And vice versa, the younger generation will enjoy stories that will be read from the book, "Letters from Grandma and Grandpa", which will be launched by NLB at the Walk.

Launch of “Letters from Grandma and Grandpa” by NLB

NLB will be launching "Letters From Grandma and Grandpa", a series of four books comprising letters from doting grandfathers and grandmothers to their grandchildren. The series is published by the NLB, with each book carrying different letters in Singapore's four official languages.

Dr N Varaprasad, Chief Executive of NLB said, “In compiling these multi-lingual collections of meaningful letters from grandparents to their grandchildren, NLB has sought to revive the art of letter-writing, and at the same time, create a book of collective wisdom to be passed down to future generations.

A book such as this brings together knowledge and wisdom, words and insights; it reconnects our old and young people and preserves the oral history and heritage of our nation that would otherwise be lost. ”

That's not all. After the day's activities, participants can round up their Grandparents' Day celebrations with a scrumptious meal at selected F&B outlets. More details can be found in the attached fact sheet.

About Council for Third Age

Set up in May 2007, Council for Third Age is an independent body set up to promote active ageing, so that seniors can achieve a better quality of life in all the six dimensions of wellness – social, intellectual, physical, vocational, emotional and spiritual. The Council plays a leadership role in driving the thrust towards creating an active ageing culture in Singapore, and partners businesses, government agencies and statutory boards, as well as non-governmental and non-profit organizations to develop products and services that fulfill the needs and interests of seniors.

About National Heritage Board

The National Heritage Board (NHB) champions the development and promotion of a vibrant cultural and heritage sector in Singapore. It makes heritage enriching, relevant and accessible to all through staging innovative programmes and forging collaborative partnerships with both private and people sector counterparts. NHB leverages on state-of-the-art technology and refreshing new approaches to make heritage more dynamic, alive and exciting for different audiences. It also manages both national and public museums, the National Archives of Singapore, and the Heritage Conservation

Centre. NHB was formed on 1 August 1993 as a statutory board under the Ministry of Information, Communications and the Arts (MICA).

About National Library Board

Established on 1 September 1995, the National Library Board's mission is to provide a trusted, accessible and globally-connected library and information service so as to promote a knowledgeable and engaged society. NLB oversees the management of the National Library, including the Lee Kong Chian Reference Library, three regional libraries, 20 community libraries, 15 community children's libraries, as well as over 18 libraries belonging to government agencies, schools and private institutions. Through its innovative use of technology and collaboration with strategic partners, NLB ensures that library users have access to a rich array of information services and resources that are convenient, accessible and useful. More information on NLB can be found on www.nlb.gov.sg.

About *Explore Singapore!*

Explore Singapore! encourages everybody to embark on fun and fascinating journeys to discover our island's colourful past, rich heritage and vibrant cultures. Aimed at sparking a national passion to rediscover Singapore, it features an eclectic brew of enriching yet entertaining activities at our museums and libraries. These are supported by various platforms such as new and mass media as well as community networks. Jointly organised by the National Heritage Board (NHB), National Library Board (NLB) and Media Development Authority (MDA). For more information, please visit <http://www.museums.com.sg/explore> or call the *Explore Singapore!* hotline at 6221 4463 (9am-7pm daily).

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Issued on behalf of Council for Third Age by GolinHarris International:

Phyllis Choo
Tel: 6478 5031
Email: phyllis.choo@c3a.org.sg

Lina Poa/Serina Tan
Tel: 65515425/65515 443
Email: lina.poa@golinharris.com
setan@golinharris.com