



佛教慈濟慈善事業基金會(新加坡)

BUDDHIST COMPASSION RELIEF TZU-CHI FOUNDATION (SINGAPORE)

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MEDIA RELEASE

Exergaming, TCM Wellness, Intergenerational Connections and AI Innovations – How the New GLOW (Nanyang) Reimagines the Active Ageing Centre

Minister Ong Ye Kung graced the official opening on 15 November 2025

SINGAPORE, 15 NOVEMBER 2025 – Old age is often associated with sickness and decline, but one new space in Singapore is boldly flipping that script. **GLOW (Nanyang)**, short for “Go! Live Outrageously Well”, invites seniors to discover fresh experiences, embrace healthier lifestyles, and uncover new sides of themselves. It opened on 15 November 2025, with Minister for Health and Coordinating Minister for Social Policies, Mr Ong Ye Kung, officiating as Guest of Honour.

This 220-square-metre space is an extension of SEEN (Nanyang), the latter of which is home to over 2,200 members, well above the Agency for Integrated Care’s assigned population of 1,850. On a typical day, around 300 seniors join the centre’s activities. GLOW will help meet the oversubscribed demand while offering a refreshing take on what an active ageing centre can be.

One of GLOW’s key differentiators is that it caters not only to retirees but also to younger seniors from age 40, introducing them early to the concept of active ageing. There are also a café and activities for youths — here they can interact with seniors or nurture their own mental well-being.

Recognising that strong social connections are as vital as clinical interventions in helping seniors stay active and healthy, GLOW’s classes are intentionally kept small — with five to ten participants each — to foster closer relationships between instructors and participants. This intimate setting encourages learning, sharing, and mutual growth.

At the **Longevity Courtyard** — the first-ever *Tzu Chi Wellness Studio* co-branded with **HUR Solutions** — fun equipment like the Music Boxing Machine, Battle Ropes, and Suspension Trainers challenge seniors and take their physical abilities to new heights. Thirty per cent of the capacity is also reserved for children of the seniors, allowing them to train and bond with their parents.



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Aligned with the Government's Age Well Neighbourhood initiative, a dedicated wellness team — comprising a medical coach, TCM physician, rehabilitation coach, and nutritionist — has also been assembled. It will deliver a 33-session personalised programme covering strength, cardio, mindfulness, sleep, and diet. This unique programme does not just enhance the seniors' health span, but their mind span as well, increasing their longevity, strength and wisdom.

Other amenities such as the **TCM Clinic** and **Food Lab** emphasise preventive care and nutrition. The TCM Clinic leverages Tzu Chi's expertise in traditional Chinese medicine, focusing on preventive health screenings, pain management, and the integration of dietary therapy into seniors' daily lives. At the Food Lab, participants can take part in cooking classes such as "Heritage on a Healthy Plate", where they bond over the preparation of ingredients and learn to recreate beloved local dishes like laksa with a healthier twist.

All activities at GLOW are offered free of charge and require prior registration. Each session is priced at \$7, but in celebration of SG60, the entire 33-session programme will be available at a special rate of \$60 from 15 November to 31 December 2025.

In a bid to foster a spirit of giving, GLOW encourages its participants to pay it forward — helping ensure that more seniors and youths can continue to enjoy its free-to-use facilities and activities.

AAC 2.0: AI Supports Seniors' Well-being and Strengthens Community Networks

GLOW is also adopting **AI-driven innovations to enhance care for seniors, strengthen preventive outreach, and promote early intervention within the community.** Under a project with **Weeswares Pte Ltd** called **Project APRIL**, AI algorithms will identify seniors at risk of social isolation or health decline.

This AI-powered platform captures, analyses, and applies data across multiple wellness domains — physical, cognitive, emotional, and social. At its core lies a secure repository containing each resident's medical history and wellness data. Upon enrolment, residents undergo a baseline assessment to gauge their health status and physical abilities. Over time, the system tracks changes such as reductions in the frequency or duration of their activities.



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The AI algorithms can detect early signs of decline, flag at-risk seniors, and recommend timely interventions. These insights help shape personalised care plans that are aligned with AIC guidelines, ensuring that every individual receives targeted and holistic support.

Complementing this is “April”, an AI Buddy that serves as a digital companion for seniors who live alone. It offers health monitoring, reminders, companionship, and personalised activity suggestions to help them maintain both physical and emotional well-being. For example, the TCM Advisor draws on a curated knowledge base developed by Tzu Chi University in Taiwan to provide wellness tips for seniors.

Tzu Chi has co-developed AI-powered nudges on WhatsApp in collaboration with **Marymount Labs**. Adopting the persona of a Tzu Chi staff member, the system provides health check-ins and activity recommendations to seniors. Through friendly notes and wellness tips, the conversations build trust and rapport while encouraging less active seniors to participate in the centre’s activities. Leveraging analytics, the AI learns which messages resonate best with seniors, detects sentiment, and connects them to the right activities at the right time. It can adjust its tone to be more encouraging when hesitancy is detected. The system can also transcribe voice memos, accommodating seniors’ preferred method of communication.

The pilot has shown promising results, with over 80% of participants responding positively, sharing their interests, hobbies, and the types of activities they would like to see at the AAC.

New Partnerships

Other than HUR Solutions, Weeswares and Marymount, Tzu Chi also entered into MoUs with three other partners. The partners, and the collaborations, are as follows:

- Tzu Chi will embark on a research project with the **National University of Singapore's** Alice Lee Centre for Nursing Studies, called FITWISE. FITWISE explores how technology and caregiver support can help prefrail and frail seniors stay active and healthy at home. By combining digital games designed to function as a workout with



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psychosocial support from caregivers, this project aims to promote independent and meaningful ageing in the community.

- Tzu Chi will partner the **Singapore University of Social Sciences (SUSS)** to co-create training programmes and service-learning initiatives for both students and seniors, while piloting innovative solutions in ageing, wellness, and digital enablement. Key areas of partnership include curriculum co-development, strategic support for capacity building and accreditation, joint branding and recognition of programmes, test-bedding innovative interventions, and facilitating research and internship opportunities for students and faculty, fostering shared learning and development across the Tzu Chi ecosystem.
 - This partnership builds on Tzu Chi's existing rapport with SUSS. Earlier this year, Tzu Chi partnered in SUSS's inaugural "Pitch for Good" programme under the Geronpreneurship Innovation Festival (GIF), which draws students and startup teams from across Asia to propose innovative solutions for the elderly. As part of the programme, Tzu Chi established the Tzu Chi Humanistic Award, which was eventually awarded to Marymount Labs.
- **Nanyang Polytechnic (NYP)** and Tzu Chi will explore opportunities to co-create training programmes and service-learning initiatives in areas like Community Care & Client Experience, AI and Analytics, and Humanistic Culture, to support learning and development for NYP students and Tzu Chi's staff, volunteers, and seniors. They will pilot innovative community solutions in ageing, wellness, AI and digital enablement, and nutrition through collaborative research projects, and provide internship placements for NYP students.

Details

GLOW (Nanyang)

Address: 706 Jurong West Street 71 #01-58, S640706.

Telephone: 6859 1962

Opening Hours: Mondays to Fridays, 08:30 to 17:30

Longevity Courtyard



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Address: 707 Jurong West Street 71 #01-52, S640707.

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ABOUT TZU-CHI FOUNDATION (SINGAPORE)

The Buddhist Tzu Chi Foundation is a global non-profit humanitarian organisation founded in 1966 by a Buddhist nun named Dharma Master Cheng Yen in Taiwan. Its missions of charity, medicine, education, humanistic culture and environmental protection has brought relief to over 100 countries.

In 1993, Buddhist Compassion Relief Tzu-Chi Foundation (Singapore) was established, with the organisation's work starting with the Mission of Charity and the goal of relieving poverty, before gradually expanding into the Missions of Medicine, Education, Humanistic Culture, and Environmental Protection over the years. The heart of Tzu Chi is embedded in its name: in Chinese, "tzu" means compassion and "chi," relief.

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For more information, please visit us at:

- Website: www.tzuchi.org.sg/en
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