

## Annex A: Full Programme for “Ready for Life” Digital Festival

4 December 2021 Saturday

9:30AM - 11:30AM	<b>"Ready for Life" Opening Forum</b> Learn how to lead the good life and the key components of a good retirement plan from a panel of experts at this Opening Forum hosted by Mark van Cuylenburg (aka The Flying Dutchman).  Featuring: Augustin Lee, CEO (CPF); Prof Paulin Tay Straughan, Director (Centre for Research on Successful Ageing); Christopher Tan, CEO (Providend); Eng Soon Khai, Deputy CEO (CPF)
1:00PM - 3:30PM	<b>Elderpreneurship</b> Ever thought of turning your interests and skills into a new business opportunity? Learn the basics for starting a new venture and make your dream a reality in this webinar by Centre for Seniors.
1:00PM - 2:30PM	<b>Repair Kopitiam Workshop</b> Pick up DIY repair skills in this workshop conducted by Repair Kopitiam to stretch the shelf-life of your household items for a more sustainable future.
2:30PM - 3:15PM	<b>Move Better with Active Health</b> In this session, let the Active Health coach take you through exercises designed to build strength, cardiovascular fitness, and power. Pick up some simple self-care tips that can ease aches and improve your flexibility.
3:30PM - 5:00PM	<b>Making a Difference</b> Have a desire to give back to society but not sure if it's for you? Join Danny Yeo, cross-media personality as he speaks to volunteers from RSVP Singapore, The Organisation of Senior Volunteers (RSVP), ActiveSG and NParks to learn about their personal journeys and how volunteering has helped them lead a happier and more purposeful life.
3:30PM - 4:15PM	<b>Living with Nature in Our City in Nature</b> As Singapore transforms into a City in Nature, we see people having closer encounters with nature and wildlife. In this webinar with Dr Benjamin Lee from National Parks Board (NParks), learn how to act respectfully and preserve Singapore's biodiversity. You can also find out what you can do to help wildlife through citizen science projects.
4:30PM - 5:30PM	<b>Journey through Life on Bike</b> Life isn't a destination, but a journey - one worth savouring, especially on the back of a bike. Find out how to explore the scenic routes safely, whether local or overseas with some road safety tips. For enthusiasts, this is your chance to see if you're ready to go pro.  This workshop by Dr Hing Siong Chen, President (Singapore Cycling Federation) is suited for all, no matter how far, or how fast you'd like to go.
7:30PM - 9:00PM	<b>Taking Charge of your Healthcare Costs</b> A good financial plan includes ensuring that you and your loved ones are protected against unexpected medical expenses. Find out from CPF Board and Ministry of Health how CPF supports your healthcare needs and what you need to consider when reviewing and choosing your healthcare insurance.

## 5 December 2021 Sunday

10:00AM - 11:30AM	<b>Maximising Your Money</b> Get tips and insights from Soh Chin Heng, Senior Advisor from CPF Board and Gary Harvey, Vice President from Financial Planning Association of Singapore on how you can build a holistic financial plan and make the most of your CPF to keep up with your life purpose.
11:30AM - 12:30PM	<b>Find the Perfect Fit in Your Next Job</b> Pursuing a career Plan B? Understand your career interests and work motivations with a career coach from Workforce Singapore. Assess your strengths and barriers to employment as you explore a career switch.
11:30AM - 12:30PM	<b>How to Grow Your Own Edible Greens</b> Let our gardening expert from NParks show you how to pick the right soil and care for your plants properly. Harness the power of your balcony or corridor and grow your own edible greens right at home.
1:00PM - 2:00PM	<b>Cultivating Better Body Intuition</b> Create a healthy relationship with food, your mind and body today. Instead of counting calories and reading nutrition labels, learn what food works best for your body in this webinar conducted by The Affirmative People, in conjunction with People's Association.
1:30PM - 2:30PM	<b>EMPOWERing Yourself</b> Let's live long, and live strong together. Understand how to cope with life's challenges with verve and confidence. Rediscover your passion and realise your true potential in life in this workshop with Tsao Foundation.
2:00PM - 3:00PM	<b>Boost Your Health with Proper Nutrition</b> It's never too late to learn a new sport or test your physical limits. Join this webinar by a nutritionist from KWON Nutrition, in conjunction with Health Promotion Board, to understand how you can build and take care of your muscles and bones with the right nutrition. Walk in strong, walk out stronger.
2:30PM - 3:30PM	<b>Connecting Generations through Trishaw Rides</b> We've found you a unique way to give back while cycling - Ride a trishaw for elderly or less abled people and engage with them in meaningful conversations. Join this workshop by Cycling Without Age to find out more and challenge your own perceptions of ageing stereotypes, and learn how to better empathise with seniors.
3:00PM - 4:00PM	<b>Phoenix Parkour</b> If you are looking for a new way to get active, why not Parkour? Like a Phoenix, renew your agility and flexibility in this introductory workshop by Move Academy. Suited for all fitness levels, young and old.
4:00PM - 5:30PM	<b>Legacy Planning and CPF Nomination</b> The last step in retirement planning is making sure your loved ones are well provided for. Find out more about CPF nomination and learn the importance of legacy planning in this webinar by CPF Board and Low Seow Ling, Associate Director of Eden Law Corporation.