

Celebrating seniors who defy ageing stereotypes



Mr Tok Ah Hock, 76, viewing his portrait at the Break The Silver Ceiling: One Photo At A Time Exhibition on Oct 1. From now till Oct 6, the public can visit the photo exhibition (right) – launched by the Agency for Integrated Care at Our Tampines Hub – which showcases images of seniors who challenge traditional perceptions of ageing or how seniors look. The event also serves as a reminder that ageing is not a barrier to living fulfilling silver years. One such senior who encompasses that attitude is Mr Tok, who regularly bikes from Yishun to Changi on the weekends. ST PHOTOS: KUA CHEE SIONG

