

GREEN AGEING

Senior community centre & Active ageing through nature interactive experiences and biophilic design



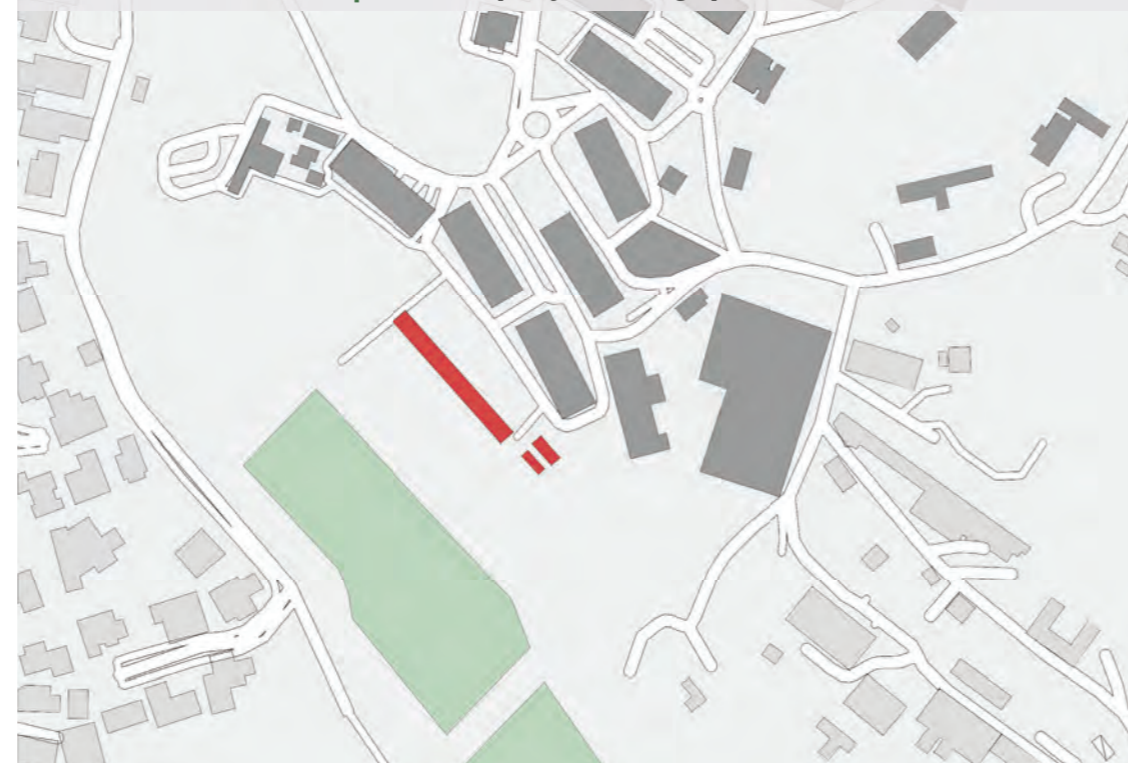
PROJECT STATEMENT

Now days, Singapore's elderly face social issues and challenges like social isolation, loneliness, and inadequate physical activity, impacting their well-being. To address these issues and promote healthy aging, innovative solutions like community centers and intergenerational activities are being implemented.

The Green-Aging community centre tackles social isolation and encourages an active lifestyle for seniors. The project incorporates biophilic design principles, offering diverse activities. It aims to create visually appealing spaces with greenery and natural elements, promoting tranquility. These nature-interactive activities provide meaningful engagement, exercise, and social interaction, reducing loneliness.

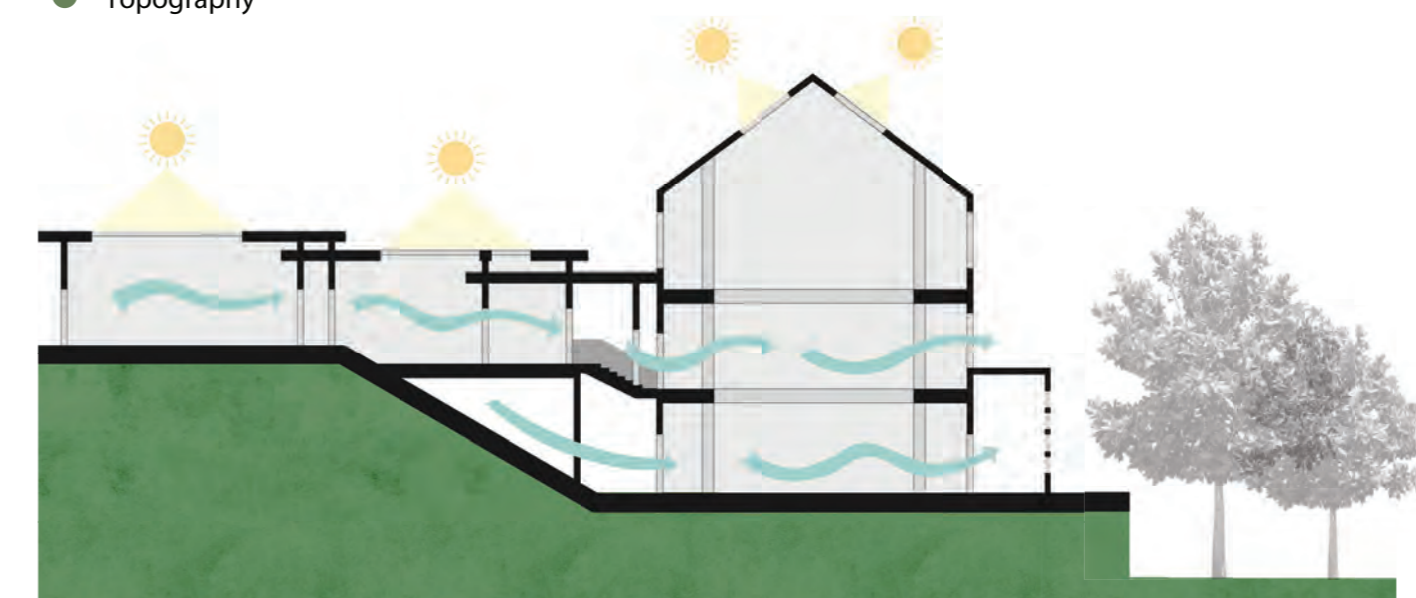
Green-Aging community centre offers an innovative approach to address challenges faced by seniors. It provides a holistic and engaging environment, promoting physical activity, social connections, and overall well-being. Through centres like Green-Aging, Singapore is actively working towards fostering healthy aging, improving the quality of life for its seniors, and ensuring inclusivity in elderly care.

SITE LOCATION | 8D Dempsey Rd, Singapore 249672



SUSTAINABILITY DIAGRAM

- Air flow
- Sun light exposure
- Topography



KEY SPACE

1. Communal Dining
2. Cooking Class
3. Atrium
4. Green Fitness
5. Gym
6. Terrarium Workshop
7. Open Workshop
8. Library
9. Interactive Green Pod
10. Sky Garden
11. Skill-sharing Seminar
12. Life-long Classroom
13. Forest Corner

CIRCULAR ENTRANCE POD

OUTDOOR RECEPTION LOUNGE | Accessible outdoor circular reception area



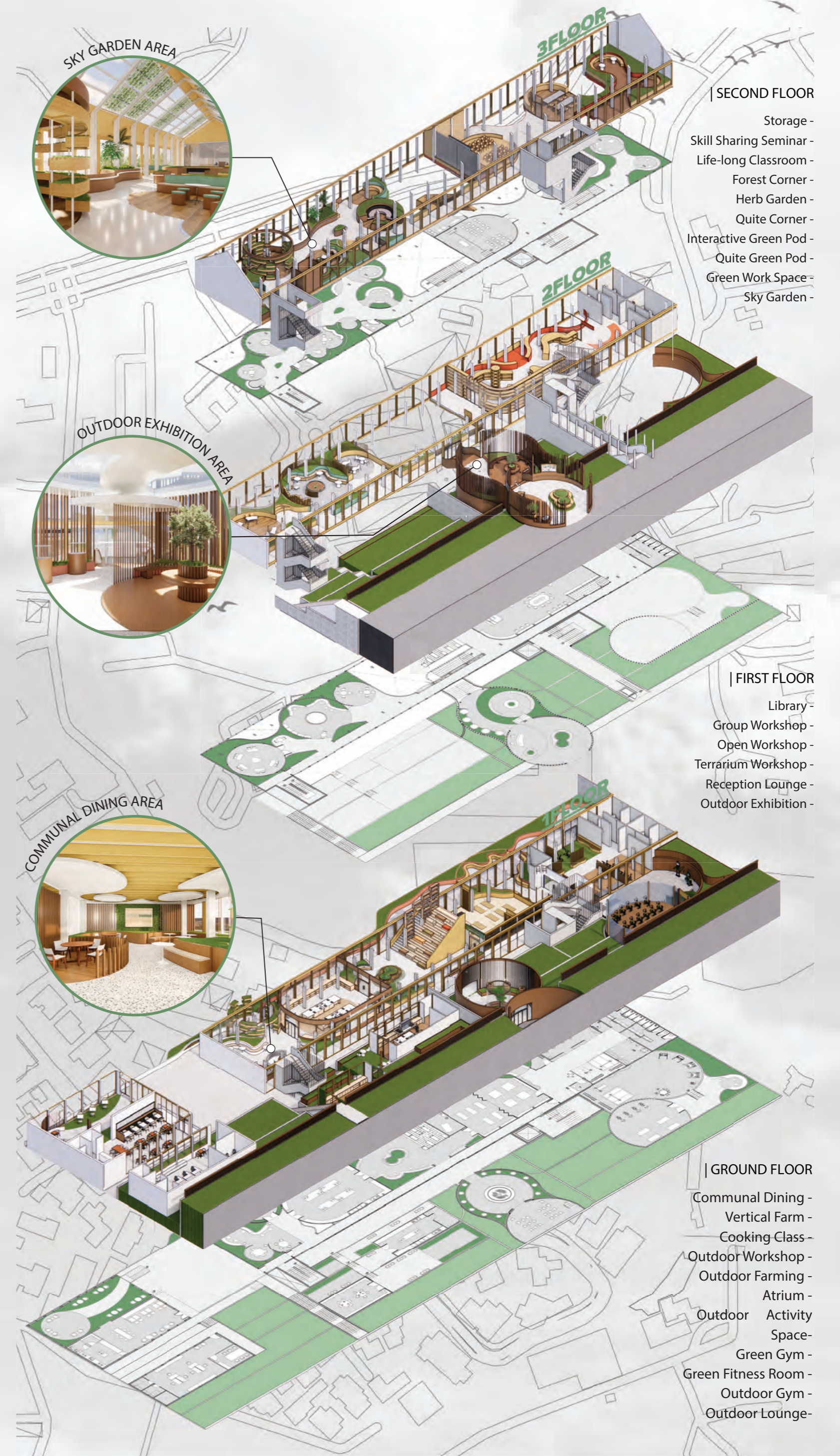
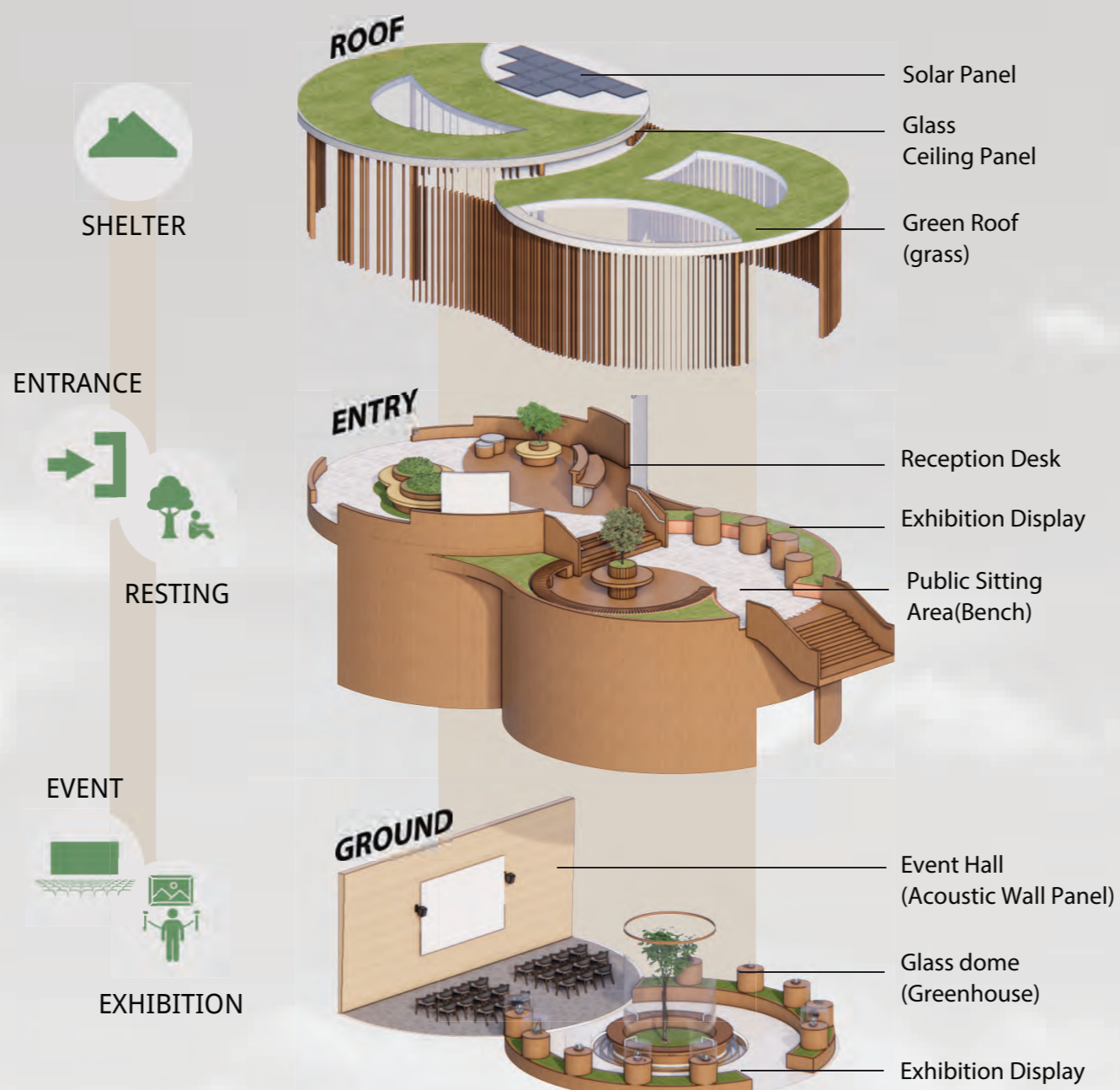
BIOPHILIC DESIGN

The main focus is on biophilic design, which has a significant impact on the health of seniors. Biophilic design positively affects their mental well-being. Natural light, greenery, and beautiful views not only help reduce feelings of depression, anxiety, and stress, but also create a sense of comfort and happiness. Additionally, biophilic design promotes seniors' physical health. Getting enough natural light improves sleep quality and boosts energy levels, while having green spaces encourages seniors to be more active, reducing the risk of heart disease. By incorporating biophilic elements, the design strategy greatly improves the overall health and well-being of seniors.

SPACE CONCEPTS



EXHIBITION AREA | Hall of exhibitions and special events



INDOOR & OUTDOOR FITNESS SPACE

GREEN FITNESS AREA | Promoting physical health of the elderly within natural space.



NATURE INTERACTIVE ACTIVITIES

Green Fitness is dedicated to creating a captivating natural environment that promotes the physical health of seniors while facilitating their social connection through community-based exercise. To achieve this, Green Fitness places great emphasis on providing a comfortable exercise space tailored specifically for seniors. The facility is divided into outdoor and indoor spaces, each offering distinct advantages.

The indoor space is designed to provide a cozy and familiar atmosphere, featuring traditional Asian-style wooden interiors and bamboo flooring that resonate with seniors. Wide windows allow an abundance of natural light to flood the interior, creating a warm and inviting ambiance while offering breathtaking views of the surrounding natural scenery.

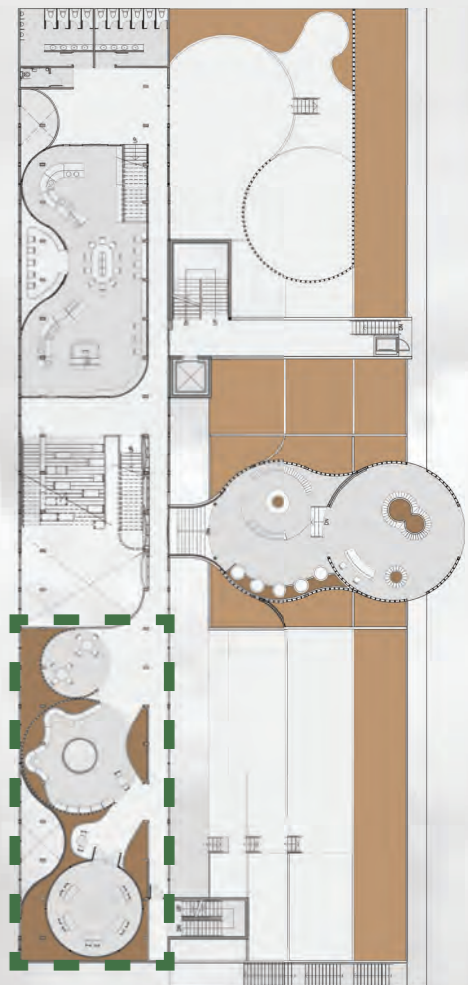
The outdoor space serves as a versatile area for a range of activities, including walking with friends, resting, and participating in group exercise sessions. The curvilinear design of the walls not only ensures a strong sense of security but also adds an element of excitement and exploration. Vines that grow on wooden canopies and wires offer just the right amount of shade, making it possible to engage in various outdoor activities even during hot daytime weather.



WORKSHOP AREA | Nature interactive workshop activities area, such as, terrarium crafting



KEY PLAN



OUTDOOR WORKSHOP SPACE |



INTERACTIVE GREEN POD |



COOKING CLASS | Accessible farm-to-table cooking class for seniors



The outdoor workshop area is a nature interactive space connected to activities such as farm-to-table cooking classes and terrarium workshops with an abundant amount of urban farming spaces cultivating fresh herbs and vegetables by seniors.

Interactive Green Pod is an indoor greenhouse that grows various kinds of herbs and plants. You can experience multi-sensory experiences of touching, seeing, and experiencing plants in person, and not only can you learn about new plants, but it is also able to draw positive responses by recalling good memories of familiar plants.

LIFE-LONG LEARNING SPACE

SKILL-SHARING SEMINAR | Connecting Seniors and public by sharing skills and experience



LIBRARY AND CLASSROOM | Brings intellectual abundance for seniors providing life long educations



LIFE-LONG LEARNING

The life-long learning space consists of three areas: library, classroom, and seminal, and through various learning activities, it helps senior build self-reliance and re-join into our community.

The seminar focuses on sharing experiences and knowledge between the senior group and the young public. It is a mix of senior groups and young people in their 20s and 30s, for example, seniors with a lot of social experience and skills give lectures to help young people in their 20s who start their careers, or young publics talking about the trending technologies and markets for seniors looking to start a new career in another field, Through this, experienced seniors are encouraged to actively contribute to our community again as an active members. Classes are held in small groups, and classes and workshops related to various hobbies such as liberal arts classes and taking pictures are held. The purpose of classroom is to promote senior interested in new learning and to acquire new hobbies through various activities to feel fun and rewarding.

FOREST CORNER | Small resting area full of greenery inside the building space



Located at the far right of the Life-long learning section, forest corner is an indoor garden area where you can relax before the activity begins or relax for a while after the activity is over. It not only provides clean air through abundant natural lighting and abundant plant landscapes, but also provides a sense of security as if you were in a quiet forest.

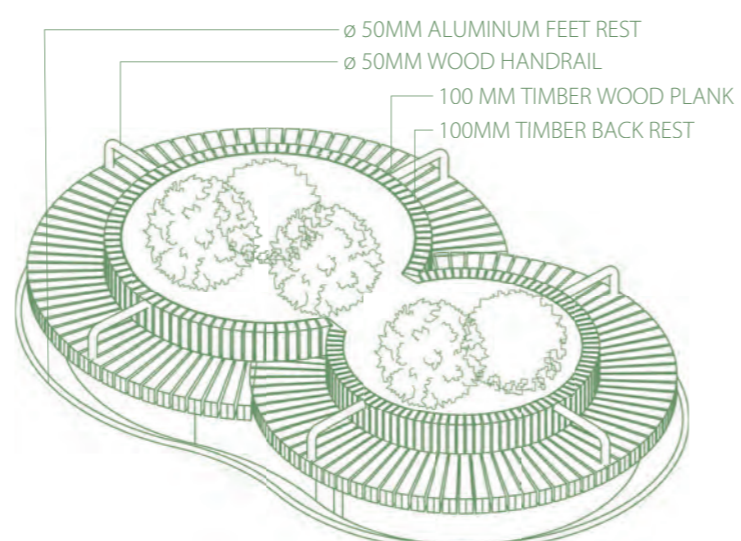




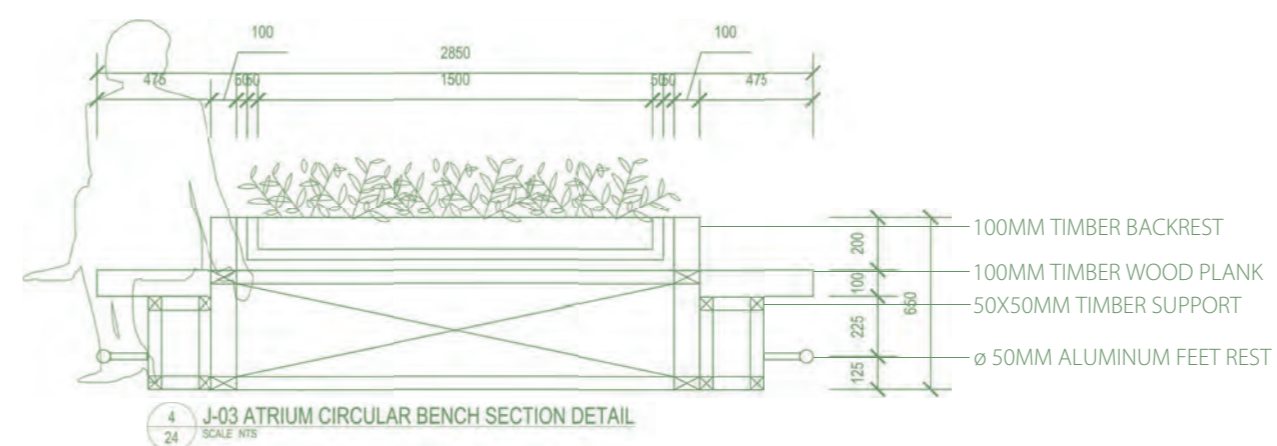
ATRIUM AREA

The atrium area is both the main focal area of the Green Ageing community center and the main communal resting space. The curvilinear-shaped bench design embodies the beautiful natural scenery surrounding the project site, and the integrated planter with the bench gives a fresh feeling of the tropical forest of Singapore. The sitting stair area is connected to the library on the second floor and is a great place to read or relax or read books with family or friends on soft, comfortable cushion sitting.

BENCH DETAIL DRAWINGS



J-03 ATRIUM CIRCULAR BENCH ISOMETRIC
SCALE: 1/10



J-03 ATRIUM CIRCULAR BENCH SECTION DETAIL
SCALE: 1/10

ANIMATION QR CODE

