

SUGGESTED ACTIVITIES THAT SENIORS CAN DO AT HOME

Activity Name	Description	TV Programme	Remarks
Elderly Learning Series (10 episodes)	Programme consisting of exercises, recreational activities and health informatics	Channel 8 Every Tuesday, 2.30pm * Starts 14 April	

Activity Name	Description	Website Link	Remarks
<i>Physical Exercises</i>			
7 Easy Exercises to an Active Lifestyle	Seated and standing exercises by Health Promotion Board	English: https://www.youtube.com/watch?v=4UCkDIXYk4&t=22s Mandarin: https://www.youtube.com/watch?v=1Z_VH-uGKIM Malay: https://www.youtube.com/watch?v=P_UQdfd0jmE Tamil: https://www.youtube.com/watch?v=XDWzcpmAxRU	Seniors that can move on own or with walking sticks or quad sticks. Seniors should have good sitting balance.
“You Can Get Moving”	Seated exercises by Health Promotion Board	English: https://www.youtube.com/watch?v=fLLHEtRbJ8M Mandarin: https://www.youtube.com/watch?v=JWhBc_BPxi4 Malay: https://www.youtube.com/watch?v=A09luCRzZQw Tamil: https://www.youtube.com/watch?v=Uoz5yzGAYFk	Seniors that are unable to stand on own without help. Seniors should have some sitting balance.
Ready, Steady, Go	Strength, Balancing and Flexibility Exercises (seated and standing) by Health Promotion Board	English and Mandarin: https://www.youtube.com/watch?v=DMsQI_beuo0&t=892s	Seniors that can move on own or with walking sticks or quad sticks. Seniors should have good sitting balance.
Exercises for Active and Mobile Seniors	A series of 12 exercise videos (including HIIT workout) for very active and able-bodied	In English: https://www.youtube.com/playlist?list=PLw_CrLrIHQhW55gk3PRfkVoVFckcBVoeh	Seniors that are in good health, active and able-bodied. As workout is more

	seniors by Health Promotion Board		intense, care and discretion is required during recommendation of exercises to seniors.
Strength, Balance and Flexibility Exercise	Strength, Balance and Flexibility Exercise tailored for seniors by Health Promotion Board	In English: https://youtu.be/f2fCMFvwRR0	Seniors that can move on their own Equipment required: Water bottles (optional), sturdy chair and towel.
Retro Dance	Retro Dance Exercise tailored for seniors by Health Promotion Board	In English: https://youtu.be/zfCsDZ-P2qE	Seniors that can move on their own.
General Exercise for the Elderly	Seated and standing exercises by Khoo Teck Puat Hospital	English: https://www.youtube.com/watch?v=NvweN5VszIE	Seniors that can move on their own.
Strengthening Exercises for the Elderly (with Theraband)	Seated exercises (Upper Body) by Singapore General Hospital Elderly exercise programme lead by a physiotherapist. It features various exercises for the upper body. The exercises aim to improve balance, flexibility and improve muscle mass.	English: https://www.youtube.com/watch?v=lr5hQvakCww	Seniors should have good sitting balance. Equipment Required: Sturdy Chair and Resistant Band
Strengthening Exercises for the Elderly (with Theraband)	Seated and standing exercises (Lower Limbs) by Singapore General Hospital Elderly exercise programme lead by a physiotherapist. It features various exercises for the lower body. The exercises aim to improve balance, flexibility and improve muscle mass.	English: https://www.youtube.com/watch?v=JCQ3IfaIVPo	Seniors that can move on own or with walking sticks or quad sticks. Seniors should have good sitting balance. Equipment Required: Sturdy Chair and Resistant Band
Resistance Band Exercises for Upper and Lower Limbs	Standing and floorbased exercises by Singapore General Hospital Exercise programme lead by a physiotherapist. Two sets of exercises are featured: upper limbs and lower limbs.	English: https://www.youtube.com/watch?v=2qc-zBmkEio	Seniors that can move onto floor and get up easily. Equipment Required: Resistant Band
Morning Exercises Come 'n Exercise @ zaobao.sg	Targeted workout sessions for seniors developed by Ministry of Communications and Information, People's	Mandarin: www.zaobao.com.sg	Live-Streamed video series that enables active senior to

	Association (PA) and Singapore Press Holdings' Chinese Media Group Monday to Fridays, 16 March to 27 March 2020, 7.00 am to 7.45am		participate in these activities in the comfort of their own home. Videos can be watched online after livestreamed as well.
Seated Exercises	Seated exercises developed by the Ministry of Communications and Information, PA and Singapore Press Holdings' Chinese Media Group	Mandarin: https://www.zaobao.com.sg/realttime/singapore/story20200316-1037211	Seniors that can move on own or with walking sticks.
7 Step Towel Workout with Trainers	Home exercise by Active SG Bedok Exercises 1. 1 Min Towel March 2. 1 Min Shoulder Rotation 3. 1 Min Tricep Extension (Left & Right) 4. 1 Min Towel Throw 5. 1 Min Single Leg Twist 6. 1 Min Forward Lunge Pass Under 7. 1 Min 'X' Balance	https://youtu.be/H_hhpCrDNuc	For seniors that can move on their own. Equipment Required: Face towel
Standing Exercises	Standing exercises by SportSG	https://m.youtube.com/watch?v=2NVJJOZ87BFg https://m.youtube.com/watch?v=rhjsIJ7pJWM https://m.youtube.com/watch?v=jGyx0I6j45M https://m.youtube.com/watch?v=QAtwvPAEGRU	Seniors that can move on own or with walking sticks.
Seated Exercises	Seated exercises by SportSG	https://m.youtube.com/watch?v=mnwr3Rw4TZ4 https://m.youtube.com/watch?v=eQCJ7hBWG4w	Seniors should have fair sitting balance.
Good Life Workout	Seated and standing exercises	https://www.youtube.com/watch?v=BLL9qcOFXYU&list=PLn_nEJn6R5JmqUihypGen7WYkXfcQAU&index=8	Seniors should have fair sitting balance.
Chair Drumming	Learn the moves and drum along to your favourite songs	https://www.youtube.com/watch?v=Il6aXG4W-Z8 List of popular songs from the 1960s in English, Mandarin and Malay:	20 mins video

		https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Top%20English,%20Chinese%20and%20Malay%20Songs%20from%20the%201960s.pdf	
<i>Mental Stimulation</i>			
Word Search	Hunt for the right words amidst the word maze, match them up in the quickest time	http://www.qets.com/large-print_puzzles/puzzles_word-search.htm	Free printable large print with solutions
Sudoku	Solve easy to advance math puzzles	https://www.puzzles.ca/sudoku/	Free printable large print with solutions
Card Games	Put your memory and luck to the test by playing cards games like solitaire and the “memory” card game	Solitaire https://www.youtube.com/watch?v=eTG6EgEv1Ag Memory https://www.eduplace.com/ss/act/rules.html	Need 1-2 packs of cards
<i>Recreational Activities</i>			
Reading Materials Catered to Seniors	A compilation of inspirational and nostalgic and inspirational reads for seniors compiled by Council for Third Age, C3A	English: www.c3a.org.sg/Learning_search.do?learn=learn&id=31&offset=1 Nostalgia www.c3a.org.sg/Learning_search.do?learn=learn&id=10&offset=1	-
Ageing-well, Cooking Demonstration	A compilation senior-centric videos compiled by Council for Third Age, C3A	English and Mandarin: www.c3a.org.sg/WatchVideo_process.do?offset=1	-
Cooking Demonstration Come ‘n Cook @ zaobao.sg	Live cooking demonstration featuring chefs specializing in Chinese cooking developed by the Ministry of Communications and Information, PA and Singapore Press Holdings’ Chinese Media Group Monday to Fridays, 16 March to 27 March 2020, 10.30 am to 11.30am.	Mandarin: www.zaobao.com.sg	Live-streamed video series that enables active seniors to participate in these activities in the comfort of their own home. Videos can be watched online after livestreamed as well.
Singing Segment	Teaches audience singing techniques through a mix of	Mandarin: www.zaobao.com.sg	Live-streamed video series that

Come 'n Sing @ zaobao.sg	Mandarin and Hokkien songs developed by the Ministry of Communications and Information, PA and Singapore Press Holdings' Chinese Media Group Monday to Fridays, 16 March to 27 March 2020, 3.00 pm to 3.45pm.		enables active seniors to participate in these activities in the comfort of their own home. Videos can be watched online after livestreamed as well.
Arts, Ageing and Wellbeing Toolkit	A range of artsbased activities for seniors developed by Nanyang Technological University with the support of Agency for Integrated Care <u>Suggested Activities</u> <ul style="list-style-type: none"> • Activity 4: Move Your Lines • Activity 6: Frame It Up • Activity 8: Swirl, Curl and Twirl 	https://partners.aic.sg/sites/aicasets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Art%20Ageing%20Wellbeing%20Toolkit.pdf	-
100 Popular Songs from the 1960s	Consists of song lists of 100 popular songs from the 1960s in English, Chinese and Malay	https://www.aic.sg/aic-wellness-programme	English, Chinese and Malay songs. List is in PDF and excel format.
Treasury of Art Activities for Older People	Consists 50 art activities, both long and short, for seniors	https://cdn.baringfoundation.org.uk/wp-content/uploads/BF-Treasury-of-art-activities_WEB2.pdf (Large file: 79MB)	English Medium. PDF To refer to the "Themed menu" page on pg109 and select more relevant activities such as under "One-to-one & small groups"
SPARKS! Art for Wellness Toolkit	A range of artsbased activities for frail seniors by the National Arts Council and Agency for Integrated Care <u>Suggested Activities</u> <ul style="list-style-type: none"> • Creative Expression • Let's Say Hello to... • Blossoming Flowers • Circle of Life • My Garden Collage • Creating Clay Animals • Let's Dress Up 	https://partners.aic.sg/sites/aicasets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/AIC%20Toolkit%20Full.PDF	-
Hand in Hand Toolkit	A range of 30 activities for centrebased clients	https://partners.aic.sg/sites/aicasets/AssetGallery/Publications/	-

	developed by Agency for Integrated Care <u>Suggested Activities</u> <ul style="list-style-type: none"> • Easy Felt Envelope • Tshirt Bag • Window Art • Button Tree Cushion Cover • Origami Tulip • DIY Terrarium 	Hand%20In%20Hand%20Activity%20Guide.pdf	
Origami	Learn the Japanese art of paper folding and make these beautiful creations	https://www.origami-fun.com/printable-origami.html	Printable with step by step instructions
Crochet	Start learning how to crochet now with these simple steps	https://extension.usu.edu/sewing/ou-files/crocheting.pdf <u>Video</u> https://www.youtube.com/watch?v=aAxGTnVNjIE	Ebook with step by step instructions Video for beginners
Knitting	Start learning how to knit now with these simple steps	https://www.paradisefibers.com/pages/knitting-101-knitting-for-beginners	Instructional videos
Scrapbook	Create a scrapbook filled with your favourite memories	https://www.youtube.com/watch?v=2DLHixTnwdg https://www.youtube.com/watch?v=H6NHCLzkavk	Scrapbooking ideas videos
Creating a Painted Cactus Garden	An easy and fun activity to create your own cactus garden which is made out of painted stones	https://thewhoot.com/whoot-news/crafty-corner/diy-cactus-stones	Instructional Video
<i>Relaxation and Mindfulness</i>			
Mindfulness: Breathing Exercise	11-minute guided practice by the Brahm Centre	https://www.youtube.com/watch?v=ieoSxtq9HXs	Guided mindfulness session
30-Minute Breath Awareness Mindfulness Practice	30-minute guided practice by the Brahm Centre	https://www.youtube.com/watch?v=81pJQFBISms	Guided mindfulness session
<i>Online Courses</i>			
Online Courses	Online portals which offer free courses	Udemy https://www.udemy.com/courses/search/?ref=home&src=ukw&q=free Coursera https://www.coursera.org/ Edx https://www.edx.org/	Digitally-savvy seniors

		Skillsfuture https://www.myskillsfuture.sg/content/portal/en/training-exchange/course-landing.html	
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