

**SUGGESTED ACTIVITIES THAT SENIORS CAN DO AT HOME**

Activity Name	Description	Website Link	Remarks
<b>New Resources</b>			
Activity Booklet 1 – Makan Time  Activity Booklet 2 –My Home, My Kampong  Activity Booklet 3 –Rolling Good Times <b>*NEW*</b>	These activity booklets each contain 16 fun arts-based activities and puzzles with key COVID-19 information in English/Chinese combined. It also has some resources available in 4 languages. The activities are varied in complexity and are intended to a wide range of community dwelling seniors Centres. Depending on their abilities, the activities can either be completed individually or with assistance from caregivers and other loved ones.	<a href="http://aic.buzz/activity-booklets">http://aic.buzz/activity-booklets</a>	
Yoga <b>*NEW*</b>	Sitting and floor exercises by Bonson Chan	Mandarin and Hokkien:  <a href="https://youtu.be/rxice1mZ1qg">https://youtu.be/rxice1mZ1qg</a>	
ActiveSG 健身晨运系列 <b>*NEW*</b>	A series of low impact strength and conditioning exercises suitable for seniors to exercise in the comfort of their home.	Mandarin: <a href="http://go.gov.sg/activemastersworkout-mandarin">go.gov.sg/activemastersworkout-mandarin</a>	
Channel 8 series: 乐学每疫刻  Learn Together With Me <b>*NEW*</b>	Learn Together With Me. A full length public education TV programme targeted at the seniors in our society. It includes messages on how important it is to be safe during this period as well as how to improve our physical and mental well-being.  The series on meWATCH is originally in Mandarin and there are now Malay and Tamil versions as well.	Mandarin:  <a href="https://www.mewatch.sg/en/series/learn-together-with-me/ep1/935559">https://www.mewatch.sg/en/series/learn-together-with-me/ep1/935559</a>  Malay:  <a href="https://www.mewatch.sg/en/series/learn-together-with-me-kekal-sihat-sentiasa-cergas/ep1/953937">https://www.mewatch.sg/en/series/learn-together-with-me-kekal-sihat-sentiasa-cergas/ep1/953937</a>  Tamil:  <a href="https://www.mewatch.sg/en/series/valimaiyudan-needikka-aarokiamaga-irungal/ep1/955917">https://www.mewatch.sg/en/series/valimaiyudan-needikka-aarokiamaga-irungal/ep1/955917</a>	
<b>Physical Exercises</b>			
Sitting Balance Exercises	Facebook videos from St Luke's Eldercare to keep seniors physically engaged while at home.	<a href="https://www.facebook.com/StLukesElderCare/videos/844065889411271/">https://www.facebook.com/StLukesElderCare/videos/844065889411271/</a> <a href="https://www.facebook.com/StLukesElderCare/videos/2834895463296029/">https://www.facebook.com/StLukesElderCare/videos/2834895463296029/</a>	

Exercise Videos	Exercise videos from SportSG	<a href="https://go.gov.sg/activemasters">https://go.gov.sg/activemasters</a>	
7 Easy Exercises to an Active Lifestyle	Seated and standing exercises by Health Promotion Board	English: <a href="https://www.youtube.com/watch?v=4UCkKDIXYk4&amp;t=22s">https://www.youtube.com/watch?v=4UCkKDIXYk4&amp;t=22s</a>  Mandarin: <a href="https://www.youtube.com/watch?v=1Z_VH-uGKIM">https://www.youtube.com/watch?v=1Z_VH-uGKIM</a>  Malay: <a href="https://www.youtube.com/watch?v=P_UQdfd0jmE">https://www.youtube.com/watch?v=P_UQdfd0jmE</a>  Tamil: <a href="https://www.youtube.com/watch?v=XDWzcpmAxRU">https://www.youtube.com/watch?v=XDWzcpmAxRU</a>	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: <a href="https://www.youtube.com/watch?v=fLLHEtRbJ8M">https://www.youtube.com/watch?v=fLLHEtRbJ8M</a>  Mandarin: <a href="https://www.youtube.com/watch?v=JWhBc_BPxi4">https://www.youtube.com/watch?v=JWhBc_BPxi4</a>  Malay: <a href="https://www.youtube.com/watch?v=A09luCRzZQw">https://www.youtube.com/watch?v=A09luCRzZQw</a>  Tamil: <a href="https://www.youtube.com/watch?v=Uoz5yzGAYfk">https://www.youtube.com/watch?v=Uoz5yzGAYfk</a>	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: <a href="https://www.youtube.com/watch?v=DMsQI_beuo0&amp;t=892s">https://www.youtube.com/watch?v=DMsQI_beuo0&amp;t=892s</a>	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 seniors by Health Promotion Board	In English: <a href="https://www.youtube.com/playlist?list=PLw_CrLrIHQhW55gk3PRfkVoVFckcBVoeH">https://www.youtube.com/playlist?list=PLw_CrLrIHQhW55gk3PRfkVoVFckcBVoeH</a>	Seniors that are in good health, active and able-bodied. As

			workout is more 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: <a href="https://youtu.be/f2fCMFwvRRO">https://youtu.be/f2fCMFwvRRO</a>	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: <a href="https://youtu.be/zfCsDZ-P2qE">https://youtu.be/zfCsDZ-P2qE</a>	Seniors that can move on their own.
General Exercise for the Elderly	Seated and standing exercises by Khoo Teck Puat Hospital	English: <a href="https://www.youtube.com/watch?v=NvweN5VszIE">https://www.youtube.com/watch?v=NvweN5VszIE</a>	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: <a href="https://www.youtube.com/watch?v=Ir5hQvakCww">https://www.youtube.com/watch?v=Ir5hQvakCww</a>	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: <a href="https://www.youtube.com/watch?v=JCQ3IfaIVPo">https://www.youtube.com/watch?v=JCQ3IfaIVPo</a>	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: <a href="https://www.youtube.com/watch?v=2qc-zBmkEio">https://www.youtube.com/watch?v=2qc-zBmkEio</a>	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 Association (PA) and Singapore Press Holdings' Chinese Media Group  Monday to Fridays, 16 March to 27 March 2020, 7.00 am to 7.45am	Mandarin: <a href="http://www.zaobao.com.sg">www.zaobao.com.sg</a>	Live-Streamed video series that enables active senior to 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: <a href="https://www.zaobao.com.sg/realtime/singapore/story20200316-1037211">https://www.zaobao.com.sg/realtime/singapore/story20200316-1037211</a>	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	<a href="https://youtu.be/H_hhpCrDNuc">https://youtu.be/H_hhpCrDNuc</a>	For seniors that can move on their own.  Equipment Required: Face towel
Standing Exercises	Standing exercises by SportSG	<a href="https://m.youtube.com/watch?v=2NVJOZ87BFg">https://m.youtube.com/watch?v=2NVJOZ87BFg</a>  <a href="https://m.youtube.com/watch?v=rhjsJJ7pJWM">https://m.youtube.com/watch?v=rhjsJJ7pJWM</a>  <a href="https://m.youtube.com/watch?v=iGyxol6j45M">https://m.youtube.com/watch?v=iGyxol6j45M</a>	Seniors that can move on own or with walking sticks.

		<a href="https://m.youtube.com/watch?v=QAtwvPAEGRU">https://m.youtube.com/watch?v=QAtwvPAEGRU</a>	
Seated Exercises	Seated exercises by SportSG	<a href="https://m.youtube.com/watch?v=mnwr3Rw4TZ4">https://m.youtube.com/watch?v=mnwr3Rw4TZ4</a> <a href="https://m.youtube.com/watch?v=eQCJ7hBWG4w">https://m.youtube.com/watch?v=eQCJ7hBWG4w</a>	Seniors should have fair sitting balance.
Good Life Workout	Seated and standing exercises	<a href="https://www.youtube.com/watch?v=BLL9qcOFXYU&amp;list=PLn_nEJn6R5JmqUihypGen7WykXfcQAU&amp;index=8">https://www.youtube.com/watch?v=BLL9qcOFXYU&amp;list=PLn_nEJn6R5JmqUihypGen7WykXfcQAU&amp;index=8</a>	Seniors should have fair sitting balance.
Chair Drumming	Learn the moves and drum along to your favourite songs	<a href="https://www.youtube.com/watch?v=Il6aXG4W-Z8">https://www.youtube.com/watch?v=Il6aXG4W-Z8</a>  List of popular songs from the 1960s in English, Mandarin and Malay:  <a href="https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Top%20English,%20Chinese%20and%20Malay%20Songs%20from%20the%201960s.pdf">https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Top%20English,%20Chinese%20and%20Malay%20Songs%20from%20the%201960s.pdf</a> (Song List Courtesy of Mediacorp)	20-min video
Workout Videos	Check out the ActiveSG YouTube Channel for workout videos.	<a href="https://www.youtube.com/channel/UCjoAW9NoqtKQCUG_WRysRIw">https://www.youtube.com/channel/UCjoAW9NoqtKQCUG_WRysRIw</a>  <a href="https://www.facebook.com/bedoksportscentre/videos/151045356229142/?vh=e&amp;d=n">https://www.facebook.com/bedoksportscentre/videos/151045356229142/?vh=e&amp;d=n</a>	
Exercise and Educational programmes	Exercise & educational programmes on meWATCH for our Malay seniors.	<a href="https://www.mewatch.sg/en/series/ayuh-sihat-bersama/ep5/934073">https://www.mewatch.sg/en/series/ayuh-sihat-bersama/ep5/934073</a> <a href="https://www.mewatch.sg/en/series/sihat-oh-sihat-s2/ep1/918763">https://www.mewatch.sg/en/series/sihat-oh-sihat-s2/ep1/918763</a>	
Stay Home Workout	A series of stay home workout videos for use during Covid-19, and beyond!	<a href="https://www.facebook.com/alz.org.sg/playlist/221714759175632/?sfnsn=mo">https://www.facebook.com/alz.org.sg/playlist/221714759175632/?sfnsn=mo</a>	

Functional Fitness	Standing and floor exercises	<a href="https://www.youtube.com/watch?v=SYHbyqxjRTU">https://www.youtube.com/watch?v=SYHbyqxjRTU</a>	
Get Fit With Me	Standing and chair exercises (assorted) (Every weekday 10am, Channel 8)	<a href="https://www.youtube.com/playlist?list=PLgvSxx961Tt5o5GPRDSPt2gS04Pe2tzV0">https://www.youtube.com/playlist?list=PLgvSxx961Tt5o5GPRDSPt2gS04Pe2tzV0</a>	
NTUC Health: Exercises for Seniors	Playlist of various exercises for seniors <ul style="list-style-type: none"> <li>- Chair Flexibility exercise</li> <li>- Warm up Exercise</li> <li>- Cool Down exercise</li> <li>- Chair Zumba</li> </ul>	<a href="https://www.youtube.com/channel/UCY2uyWiWYyBqGWz3J58uaSQ">https://www.youtube.com/channel/UCY2uyWiWYyBqGWz3J58uaSQ</a>	
Stay Fit and Healthy with your Family with ActiveSG workouts	Explore exercises to stay fit and healthy with your family, including with seniors!	<a href="https://circle.myactivesg.com/seniors?hsCtaTracking=768200a7-024d-4ec9-8ec9-746c6cb18e5f%7C605df0f2-3691-4ecf-9433-e0425103773d">https://circle.myactivesg.com/seniors?hsCtaTracking=768200a7-024d-4ec9-8ec9-746c6cb18e5f%7C605df0f2-3691-4ecf-9433-e0425103773d</a>	
Channel 8 series: 健康那些事全民来防疫 Get Fit with Me!	Mon - Fri 6.50am, 10am & 2.30pm	Should they miss it, they can also catch it on Me Watch:  <a href="https://www.mewatch.sg/en/series/get-fit-with-me-overcome-covid-19-30-mins/ep1/929368">https://www.mewatch.sg/en/series/get-fit-with-me-overcome-covid-19-30-mins/ep1/929368</a>	
Exercises by ActiveSG Masters	This is the official YouTube Channel of ActiveSG Masters Club of Sport Singapore the country's governing body for sports. This channel aims to promote an active lifestyle through easy to follow fitness videos.	<a href="https://go.gov.sg/activemasters">https://go.gov.sg/activemasters</a>	
Eight Pieces of Silk Brocade –a Qigong exercise (20 mins)	This video presents "Eight Pieces of Silk Brocade", the ancient Chinese qigong exercises.	<a href="https://www.youtube.com/watch?v=cwlvTcWR3Gs">https://www.youtube.com/watch?v=cwlvTcWR3Gs</a>	
Line Dance	Beginner line dance lesson	<a href="https://youtu.be/A7pOBgv-WI4">https://youtu.be/A7pOBgv-WI4</a>	
Simple Seniors Strength Workout	Learn three exercises in 8 mins to get stronger.	<a href="https://youtu.be/6zrYky7jzGE">https://youtu.be/6zrYky7jzGE</a>	
5 ball squeeze exercise for seniors	For seniors who have trouble with their grip strength and finger dexterity, they can try out these exercises.	<a href="https://playhuahee.com/5-ball-squeeze-exercises-for-seniors/">https://playhuahee.com/5-ball-squeeze-exercises-for-seniors/</a>	
Gentle Chair Yoga	Sitting exercises	<a href="https://www.youtube.com/watch?v=G8BsLIPE1m4">https://www.youtube.com/watch?v=G8BsLIPE1m4</a>	

Chair Yoga Routine (printout)	Sitting and standing exercises	<a href="https://www.yogacirclestudio.com/wp-content/uploads/2015/01/Chair-Yoga-.pdf">https://www.yogacirclestudio.com/wp-content/uploads/2015/01/Chair-Yoga-.pdf</a>	
Exercises	Sitting exercises	<a href="https://www.facebook.com/311369752233854/videos/1636189409868694">https://www.facebook.com/311369752233854/videos/1636189409868694</a> <a href="https://www.facebook.com/311369752233854/videos/187701265853437">https://www.facebook.com/311369752233854/videos/187701265853437</a>	
Getting Up After a Fall	Tips from Changi General Hospital	<a href="https://www.cgh.com.sg/notifications/Pages/videos.aspx">https://www.cgh.com.sg/notifications/Pages/videos.aspx</a>	
Stay Home and Stay Active!	Masters & Seniors workout conducted on livestream	Click on <a href="http://go.gov.sg/getactivetv">go.gov.sg/getactivetv</a> and click on the LIVE show. Every Monday to Friday, 7.30am	
<b>Mental Stimulation</b>			
Word Search	Hunt for the right words amidst the word maze, match them up in the quickest time	<a href="http://www.gets.com/large-print-puzzles/puzzles_word-search.htm">http://www.gets.com/large-print-puzzles/puzzles_word-search.htm</a>	Free printable large print with solutions
Sudoku	Solve easy to advance math puzzles	<a href="https://www.puzzles.ca/sudoku/">https://www.puzzles.ca/sudoku/</a>	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	<u>Solitaire</u> <a href="https://www.youtube.com/watch?v=eTG6EgEv1Ag">https://www.youtube.com/watch?v=eTG6EgEv1Ag</a>  <u>Memory</u> <a href="https://www.eduplace.com/ss/act/rules.html">https://www.eduplace.com/ss/act/rules.html</a>	Need 1-2 packs of cards
Jigsaw Puzzles	National Heritage Board #MuseumGames!	Indian Heritage Centre: <a href="https://www.facebook.com/photo?fbid=3917292971629078&amp;set=a.648902918468116">https://www.facebook.com/photo?fbid=3917292971629078&amp;set=a.648902918468116</a>  Indian Heritage Centre: <a href="https://www.facebook.com/photo?fbid=3907318529293189&amp;set=a.28801742455669">https://www.facebook.com/photo?fbid=3907318529293189&amp;set=a.28801742455669</a>	

		<p>Malay Heritage Centre:  <a href="https://www.facebook.com/273631818393/posts/10158345709278394/">https://www.facebook.com/273631818393/posts/10158345709278394/</a></p> <p>Malay Heritage Centre:  <a href="https://www.facebook.com/malayheritage/photos/a.498822433393/10158349793793394/?type=3&amp;_tn=-R">https://www.facebook.com/malayheritage/photos/a.498822433393/10158349793793394/?type=3&amp;_tn=-R</a></p> <p>Sun Yat Sen Nanyang Memorial Hall:  <a href="https://m.facebook.com/story.php?story_fbid=2928583893854131&amp;id=209035949142286">https://m.facebook.com/story.php?story_fbid=2928583893854131&amp;id=209035949142286</a></p> <p>Sun Yat Sen Nanyang Memorial Hall:  <a href="https://m.facebook.com/story.php?story_fbid=2928595733852947&amp;id=209035949142286">https://m.facebook.com/story.php?story_fbid=2928595733852947&amp;id=209035949142286</a></p>	
Colouring Books (downloadable)	Colouring Books from 113 Museums	<a href="http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR2c-YEnwFH8TJUeO8Lti-xfvtPalIN6BNdwtN4cOmh8S9ck2WHJV08uN78">http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR2c-YEnwFH8TJUeO8Lti-xfvtPalIN6BNdwtN4cOmh8S9ck2WHJV08uN78</a>	
Silver activities.com	<ol style="list-style-type: none"> <li>1. Memory Games/Activities</li> <li>2. Dementia Friendly puzzles (Printout)</li> </ol>	<a href="https://silveractivities.com/silverpad#silverpad-contact">https://silveractivities.com/silverpad#silverpad-contact</a>	
<b>Recreational Activities</b>			
Reading Materials Catered to Seniors	A compilation of inspirational and nostalgic and inspirational reads for seniors compiled by Council for Third Age, C3A	<p>English:  <u>Inspirational</u>  <a href="http://www.c3a.org.sg/Learning_search.do?learn=learn&amp;id=31&amp;offset=1">www.c3a.org.sg/Learning_search.do?learn=learn&amp;id=31&amp;offset=1</a></p> <p>Nostalgia  <a href="http://www.c3a.org.sg/Learning_search.do?learn=learn&amp;id=10&amp;offset=1">www.c3a.org.sg/Learning_search.do?learn=learn&amp;id=10&amp;offset=1</a></p>	
Ageing-well, Cooking Demonstration	A compilation senior-centric videos compiled by Council for Third Age, C3A	English and Mandarin: <a href="http://www.c3a.org.sg/WatchVideo_process.do?offset=1">www.c3a.org.sg/WatchVideo_process.do?offset=1</a>	



<p>Cooking Demonstration</p> <p>Come 'n Cook @ zaobao.sg</p>	<p>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</p> <p>Monday to Fridays, 16 March to 27 March 2020, 10.30 am to 11.30am.</p>	<p>Mandarin: <a href="http://www.zaobao.com.sg">www.zaobao.com.sg</a></p>	<p>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.</p>
<p>Singing Segment</p> <p>Come 'n Sing @ zaobao.sg</p>	<p>Teaches audience singing techniques through a mix of Mandarin and Hokkien songs developed by the Ministry of Communications and Information, PA and Singapore Press Holdings' Chinese Media Group</p> <p>Monday to Fridays, 16 March to 27 March 2020, 3.00 pm to 3.45pm.</p>	<p>Mandarin: <a href="http://www.zaobao.com.sg">www.zaobao.com.sg</a></p>	<p>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.</p>
<p>Arts, Ageing and Wellbeing Toolkit</p>	<p>A range of arts based activities for seniors developed by Nanyang Technological University with the support of Agency for Integrated Care</p>	<p><a href="https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Art%20Ageing%20Wellbeing%20Toolkit.pdf">https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Art%20Ageing%20Wellbeing%20Toolkit.pdf</a></p>	
<p>200 Popular Songs from the 1950s</p>	<p>Consists of song lists of 200 popular songs from the 1950s in English, Chinese, Malay, and Tamil (Song list courtesy of Mediacorp)</p>	<p><a href="https://partners.aic.sg/productivity-quality/aic-wellness-programme">https://partners.aic.sg/productivity-quality/aic-wellness-programme</a></p>	<p>English, Chinese, Malay and Tamil songs. List is in PDF and excel format. Links to Spotify playlists are also available.</p>

Treasury of Art Activities for Older People	Consists 50 art activities, both long and short, for seniors	<a href="https://cdn.baringfoundation.org.uk/wp-content/uploads/BF-Treasury-of-art-activities_WEB2.pdf">https://cdn.baringfoundation.org.uk/wp-content/uploads/BF-Treasury-of-art-activities_WEB2.pdf</a> (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 arts based activities for frail seniors by the National Arts Council and Agency for Integrated Care	<a href="https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/AIC%20Toolkit%20Full.PDF">https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/AIC%20Toolkit%20Full.PDF</a>	
Hand in Hand Activity Guide	A range of 30 activities for centre based clients developed by Agency for Integrated Care	<a href="https://partners.aic.sg/sites/aicassets/AssetGallery/Publications/Hand%20In%20Hand%20Activity%20Guide.pdf">https://partners.aic.sg/sites/aicassets/AssetGallery/Publications/Hand%20In%20Hand%20Activity%20Guide.pdf</a>	
Origami	Learn the Japanese art of paper folding and make these beautiful creations	<a href="https://www.origami-fun.com/printable-origami.html">https://www.origami-fun.com/printable-origami.html</a>	Printable with step by step instructions
Crochet	Start learning how to crochet now with these simple steps	<a href="https://extension.usu.edu/sewing/ou-files/crocheting.pdf">https://extension.usu.edu/sewing/ou-files/crocheting.pdf</a>  Video <a href="https://www.youtube.com/watch?v=aAxGTnVNjIE">https://www.youtube.com/watch?v=aAxGTnVNjIE</a>	E-book with step by step instructions  Video for beginners
Knitting	Start learning how to knit now with these simple steps	<a href="https://www.paradisefibers.com/pages/knitting-101-knitting-for-beginners">https://www.paradisefibers.com/pages/knitting-101-knitting-for-beginners</a>	Instructional videos
Scrapbook	Create a scrapbook filled with your favourite memories	<a href="https://www.youtube.com/watch?v=2DLHixTnwdg">https://www.youtube.com/watch?v=2DLHixTnwdg</a>  <a href="https://www.youtube.com/watch?v=H6NHCLzkavk">https://www.youtube.com/watch?v=H6NHCLzkavk</a>	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	<a href="https://thewhoot.com/whoott-news/crafty-corner/diy-cactus-stones">https://thewhoot.com/whoott-news/crafty-corner/diy-cactus-stones</a>	Instructional Video

Activity Resource Repository (in AIConnect)	A selection of toolkits (arts, reminiscence, etc) and resources from overseas and locally.	<a href="https://partners.aic.sg/aiconnect/quality-productivity/aic-wellness-programme/wellness-lnks">https://partners.aic.sg/aiconnect/quality-productivity/aic-wellness-programme/wellness-lnks</a> (login required, registration details provided at the link)	
Chinese Development Assistance Council (CDAC) series <a href="#">“在线加油站 e-Kiosk 234”</a> (vernacular content)	Sharing by professionals of different backgrounds on empowering the seniors with exposure to topics such as insights into different occupations, health and wellness and topics that are relevant to them. At the same time, it also hopes to motivate and encourage seniors during the circuit breaker period.	Conducted in Mandarin on every Tuesday, Wednesday and Thursday. <a href="#">“在线加油站 e-Kiosk 234”</a>	
大声D茶室 / <b>Warung Cakap Apa</b>	3Pumpkins will be broadcasting programmes from radio plays, storytelling, and talk shows. The programmes will run every Tuesday to Sunday at 9pm from 5 May to mid-July. Programmes are in Mandarin, dialects, and Malay, born out of the need to engage seniors and promote intergenerational and intercultural understanding.	<a href="https://www.youtube.com/c/3Pumpkins">https://www.youtube.com/c/3Pumpkins</a> OR <a href="https://www.facebook.com/three3pumpkins/">https://www.facebook.com/three3pumpkins/</a>	
Videos of Gardens by the Bay Exhibitions	Bringing Gardens by the Bay exhibitions to your home.	<a href="https://m.gardensbythebay.com.sg/en/stayhomewithgb/videos/gardens-explorer.html">https://m.gardensbythebay.com.sg/en/stayhomewithgb/videos/gardens-explorer.html</a>	
13 Virtual Train Rides from around the world	Experience these virtual train rides which offer viewers the chance to calm the mind and see beautiful landscapes from around the world.	<a href="https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides?utm_medium=social&amp;utm_source=facebook.com&amp;utm_content=link&amp;utm_campaign=travelandleisure_travelandleisure&amp;utm_term=F29B7BA0-8647-11EA-BE6B-A12B3A982C1E">https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides?utm_medium=social&amp;utm_source=facebook.com&amp;utm_content=link&amp;utm_campaign=travelandleisure_travelandleisure&amp;utm_term=F29B7BA0-8647-11EA-BE6B-A12B3A982C1E</a>	
Virtual Visits (e.g., Visits from Relatives via Skype/FaceTime)	Use Skype/FaceTime/Facebook Live/Zoom to connect with others		
NSA virtual roadshow	This is an online event where seniors can visit virtual booths, attend live/recorded talks and communicate with participating partners through voice call or email. This	<a href="https://www.c3a.org.sg">https://www.c3a.org.sg</a>	

	roadshow will be happening from early July 2020.		
NSA e-Nuggets Series-Live Talks	This consists of a series of live talks on C3A's Facebook page which covers wide-ranging topics from health, finance to technology and hobbies, at 2pm every Tuesday and Friday.	<a href="http://www.facebook.com/councilforthirdage/live_videos/">www.facebook.com/councilforthirdage/live_videos/</a>	
Active SG Online Resources	Follow the official Active Health SG Facebook page for the latest exercise and health tips.	<a href="https://www.facebook.com/getactivetv">https://www.facebook.com/getactivetv</a> <a href="https://www.facebook.com/activehealthsingapore">https://www.facebook.com/activehealthsingapore</a> <a href="https://www.youtube.com/c/ActiveSG">https://www.youtube.com/c/ActiveSG</a> <a href="https://m.youtube.com/channel/UCuxLiBJZxsbBx9tpVOKTt7A">https://m.youtube.com/channel/UCuxLiBJZxsbBx9tpVOKTt7A</a> <a href="https://www.youtube.com/user/kelvinchuayh/playlists">https://www.youtube.com/user/kelvinchuayh/playlists</a>	
Online Games	Indoor and Outdoor Games for Seniors	<a href="https://seniors.lovetoknow.com/Games_and_Activities_for_Senior_Citizens">https://seniors.lovetoknow.com/Games_and_Activities_for_Senior_Citizens</a>	
Colourise Sg	Reminiscence Activity – Colourise your black and white photos	<a href="http://www.colourise.sg">www.colourise.sg</a>	
Art Therapy Exercises	100 Art therapy exercises to help your cope with your emotions and relax.	<a href="https://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-exercises.html">https://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-exercises.html</a>	
Colouring Sheets	National Heritage Board <a href="#">#ColourOurCollections</a> movement	<p>Indian Heritage Centre:  <a href="https://www.facebook.com/photo?fbid=3931034390254936&amp;set=a.288017424556669">https://www.facebook.com/photo?fbid=3931034390254936&amp;set=a.288017424556669</a></p> <p>Indian Heritage Centre:  <a href="https://www.facebook.com/photo?fbid=3941660549192320&amp;set=a.288017424556669">https://www.facebook.com/photo?fbid=3941660549192320&amp;set=a.288017424556669</a></p> <p>Malay Heritage Centre:  <a href="https://www.facebook.com/malayheritage/photos/a.498">https://www.facebook.com/malayheritage/photos/a.498</a></p>	

		<p><a href="https://www.facebook.com/822433393/10158361665493394/?type=3&amp;_tn=-R">822433393/10158361665493394/?type=3&amp;_tn=-R</a></p> <p>Malay Heritage Centre:  <a href="https://www.facebook.com/malayheritage/photos/a.498822433393/10158361726878394/?type=3&amp;_tn=-R">https://www.facebook.com/malayheritage/photos/a.498822433393/10158361726878394/?type=3&amp;_tn=-R</a></p> <p>Sun Yat Sen Nanyang Memorial Hall:  <a href="https://m.facebook.com/story.php?story_fbid=2937778656267988&amp;id=209035949142286">https://m.facebook.com/story.php?story_fbid=2937778656267988&amp;id=209035949142286</a></p> <p>Sun Yat Sen Nanyang Memorial Hall:  <a href="https://m.facebook.com/story.php?story_fbid=2937794222933098&amp;id=209035949142286">https://m.facebook.com/story.php?story_fbid=2937794222933098&amp;id=209035949142286</a></p>	
Re(create) Art Challenge	National Heritage Board – Recreate Artworks	<p>Indian Heritage Centre:  <a href="https://www.facebook.com/254479141243831/posts/3911487002209675/">https://www.facebook.com/254479141243831/posts/3911487002209675/</a></p> <p>Malay Heritage Centre:  <a href="https://www.facebook.com/malayheritage/posts/10158367546918394?_tn=-R">https://www.facebook.com/malayheritage/posts/10158367546918394?_tn=-R</a></p>	
Easy Terrarium Making online video	Learn to make a terrarium at home by Gardens by the Bay	<a href="https://www.gardensbythebay.com.sg/en/stayhomewithgb/videos/terrarium-making-workshop.html">https://www.gardensbythebay.com.sg/en/stayhomewithgb/videos/terrarium-making-workshop.html</a>	
Recipes with easy to find ingredients	Some recipes by Gardens by the Bay	<a href="https://m.gardensbythebay.com.sg/en/stayhomewithgb/articles-infographics/culinary-creations.html">https://m.gardensbythebay.com.sg/en/stayhomewithgb/articles-infographics/culinary-creations.html</a>	
Project BUDDY	This aims to reach out to lonely or isolated seniors with a phone call once a week by a volunteer buddy. Seniors can sign up if they want a buddy, or if they want to be a volunteer. This is part of C3A's collaboration with Ageless Online and U 3rd Age	<a href="https://agelessonline.net/want-a-buddy/">https://agelessonline.net/want-a-buddy/</a> .	

My daily schedule	This provides suggestions on how seniors can plan their day with proposed activities to stay physically and mentally active while they are at home.	<a href="http://www.c3a.org.sg/microsite/dailyschedule.html">www.c3a.org.sg/microsite/dailyschedule.html</a>	
SMILE pack	To help seniors uplift their spirits amidst the current situation, the SMILE Pack serves as an informal communication platform that offers positive messages, uplifting music, upcoming activities and latest updates via multi-channels twice a week to keep seniors company as we ride through these unprecedented times together.	<a href="https://www.c3a.org.sg/Home_subscribe.do">https://www.c3a.org.sg/Home_subscribe.do</a>	
Music Memories List	Built by the BBC Archive with the help of Playlist for Life, BBC Music Memories is a website containing 30 second snippets of popular music and 60 second snippets of classical music. The tracks are organised by decade, genre and special items like Social Music, and TV and radio themes.	<a href="https://musicmemories.bbc.co.uk/">https://musicmemories.bbc.co.uk/</a>	
Spotify playlist (by decades)	Spotify playlist for different years and decades by Playlist for life	<a href="https://open.spotify.com/user/playlistdementia?si=1SGb2RT1QFqJ8s_xVDZNfQ">https://open.spotify.com/user/playlistdementia?si=1SGb2RT1QFqJ8s_xVDZNfQ</a>	
NLB Audio Books	Access through the web or through Libby App.	<a href="https://nlb.overdrive.com">https://nlb.overdrive.com</a>	
Memories Café Live with Goldies Jukebox 金典音乐盒	Mandarin Oldies songs	<a href="https://youtu.be/Ghyn2wQi6WQ">https://youtu.be/Ghyn2wQi6WQ</a>	
Memories Café Live with SN Volunteers	Mandarin, Hokkien and Cantonese Oldies songs	<a href="https://youtu.be/9H9WPIpmq5I">https://youtu.be/9H9WPIpmq5I</a>	
Memories Café Live with Neil Chan	English and Mandarin Oldies songs	<a href="https://youtu.be/2VGXEIzizUo">https://youtu.be/2VGXEIzizUo</a>	
Crafts Worksheets	Printable worksheets and crafts for all ages by Gardens by the Bay	<a href="https://www.gardensbythebay.com.sg/en/stayhomewithgb/crafts-worksheets.html">https://www.gardensbythebay.com.sg/en/stayhomewithgb/crafts-worksheets.html</a>	
The Nostalgia Machine	Online resource for a music generator. Pick from years 1951 to 2015.	<a href="http://www.thenostalgiamachine.com">www.thenostalgiamachine.com</a>	
Relax Your Muscles	Mindfulness Practice	<a href="https://www.youtube.com/watch?v=MGxk12ml4t8&amp;feature=youtu.be">https://www.youtube.com/watch?v=MGxk12ml4t8&amp;feature=youtu.be</a>	

Short Mindfulness of Breathing Guided Practice	Mindfulness Practice	<a href="https://www.youtube.com/watch?v=ieoSXtq9HXs">https://www.youtube.com/watch?v=ieoSXtq9HXs</a>	
10-minute Body Scan Mindfulness Practice (Lying Down)	Mindfulness Practice	<a href="https://www.youtube.com/watch?v=aWPCJ_hOIXk">https://www.youtube.com/watch?v=aWPCJ_hOIXk</a>	
<b>Online Courses</b>			
Online Courses	Online portals which offer free courses	<p>Udemy <a href="https://www.udemy.com/courses/search/?ref=home&amp;src=ukw&amp;q=free">https://www.udemy.com/courses/search/?ref=home&amp;src=ukw&amp;q=free</a></p> <p>Coursera <a href="https://www.coursera.org/">https://www.coursera.org/</a></p> <p>Edx <a href="https://www.edx.org/">https://www.edx.org/</a></p> <p>Skillsfuture <a href="https://www.myskillsfuture.sg/content/portal/en/training-exchange/course-landing.html">https://www.myskillsfuture.sg/content/portal/en/training-exchange/course-landing.html</a></p>	Digitally-savvy seniors
NSA Online Courses	This involves short e-learning courses for seniors by the partners of National Silver Academy. You can view the selected courses at the provided link.	<a href="http://www.c3a.org.sg/microsite/nacourses.html">www.c3a.org.sg/microsite/nacourses.html</a> .	
Platform for Seniors to learn and stay updated on COVID-19 developments	“Stay Home, Stay Active” This is a one-stop platform where seniors can find curated content with a variety of online learning options and stay updated on COVID-19 developments.	( <a href="https://www.c3a.org.sg/microsite/">https://www.c3a.org.sg/microsite/</a> )	
IMDA Stay Healthy Go Digital (Learn Online) and IMSilver	Stay Healthy Go Digital online resources to help seniors stay engaged and connected while being at home.	<a href="https://www.imda.gov.sg/for-community/We-Go-Digital/Learn-Online">https://www.imda.gov.sg/for-community/We-Go-Digital/Learn-Online</a> and <a href="http://www.imsilver.imda.sg">www.imsilver.imda.sg</a>	
National University of Singapore Courses	Free Online NUS courses including multi-disciplinary courses and cross-faculty enrichment	<a href="https://www.classcentral.com/university/nus">https://www.classcentral.com/university/nus</a>	