ROLLING GOOD TIMES
美好时光

Activity Booklet for Seniors
乐龄创意手册

agency for integrated care

If you know of any seniors and caregivers who need information about community care services or assistance with care, contact Agency for Integrated Care (AIC).	如果您认识需要社区护理服务或资讯的年长者和看护者，请联系护联中心(AIC)。	Jika anda tahu warga emas dan penjaga yang memerlukan maklumat mengenai khidmat penjagaan masyarakat untuk warga emas, atau memerlukan bantuan penjagaan warga emas, sila hubungi Agensi Penjagaan Bersepadu (AIC).	உங்களுக்கு சமூக பராமரிப்பு சேவைகள் அல்லது பராமரிப்பு உதவிகள் தேவைப்படும் முதியோர்கள் / பராமரிப்பாளர்கள் பற்றி தெரிந்தால், ஒருங்கிணைந்த பராமரிப்புக்கான நிறுவனம் (AIC)ஐ தொடர்புக்கொள்ளுங்கள்.
Call 📞 1800-650-6060 (Monday-Friday 8.30am-8.30pm; Saturday 8.30am-4pm)	电话：📞1800-650-6060 服务时间：周一至周五，早8点30分 -晚8点30分 周六，周日， 早8点30分-下午4点	Melalui 📞1800-650-6060 (Isnin-Jumaat 8.30 pagi-8.30 malam; Sabtu 8.30 pagi-4.00 petang)	📞1800-650-6060 (திங்கள் முதல் வெள்ளிக்கிழமை காலை 8.30 முதல் இரவு 8.30 மணி வரை; சனிக்கிழமை காலை 8.30 முதல் மதியம் 4 மணி வரை).
Website: https://www.aic.sg	网址：https://www.aic.sg	Lungsuri: https://www.aic.sg	இணையத்தளம்: https://www.aic.sg
Visit 浏览 Kunjungi பார்வையிடவும்		AIC Link (https://www.aic.sg/resources/AIC%20Link)	



Welcome!

This is the third activity booklet for seniors, entitled *Rolling Good Times!*

We hope the 16 activities in this last instalment will rekindle wonderful memories of the many games and entertainment of yesteryears.

Please keep well and stay safe with your family!

Agency for Integrated Care (AIC)

欢迎！

这是第三本乐龄创意手册，名为《美好时光》。

我们希望这最后一期的16项活动能够让您重温过去许多游戏和娱乐活动的美好回忆。

请保持安全，注意健康！

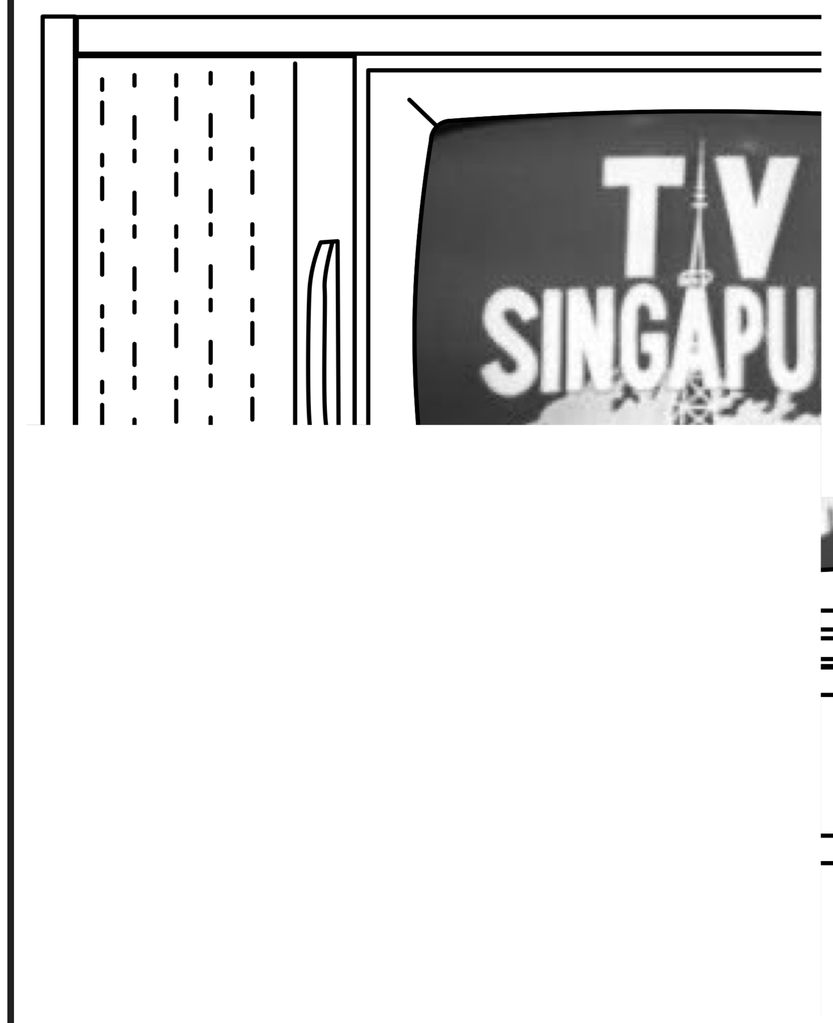
护联中心 (AIC)

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Concept, design & illustration: Chee Seam, Joanne Lio, Karen Koh, Lee Sze-Chin, Moses Sia.

Draw the Other Half
画出另一半



Do you remember how television (TV) sets looked like in the past? Draw in the missing parts and add on items that you have on top and below the TV. What was your favourite programme?

您还记得电视机过去的样子吗？ 画出缺少的部分，并添加电视机上面和下面摆着的东西。 您最喜欢的电视节目是什么?

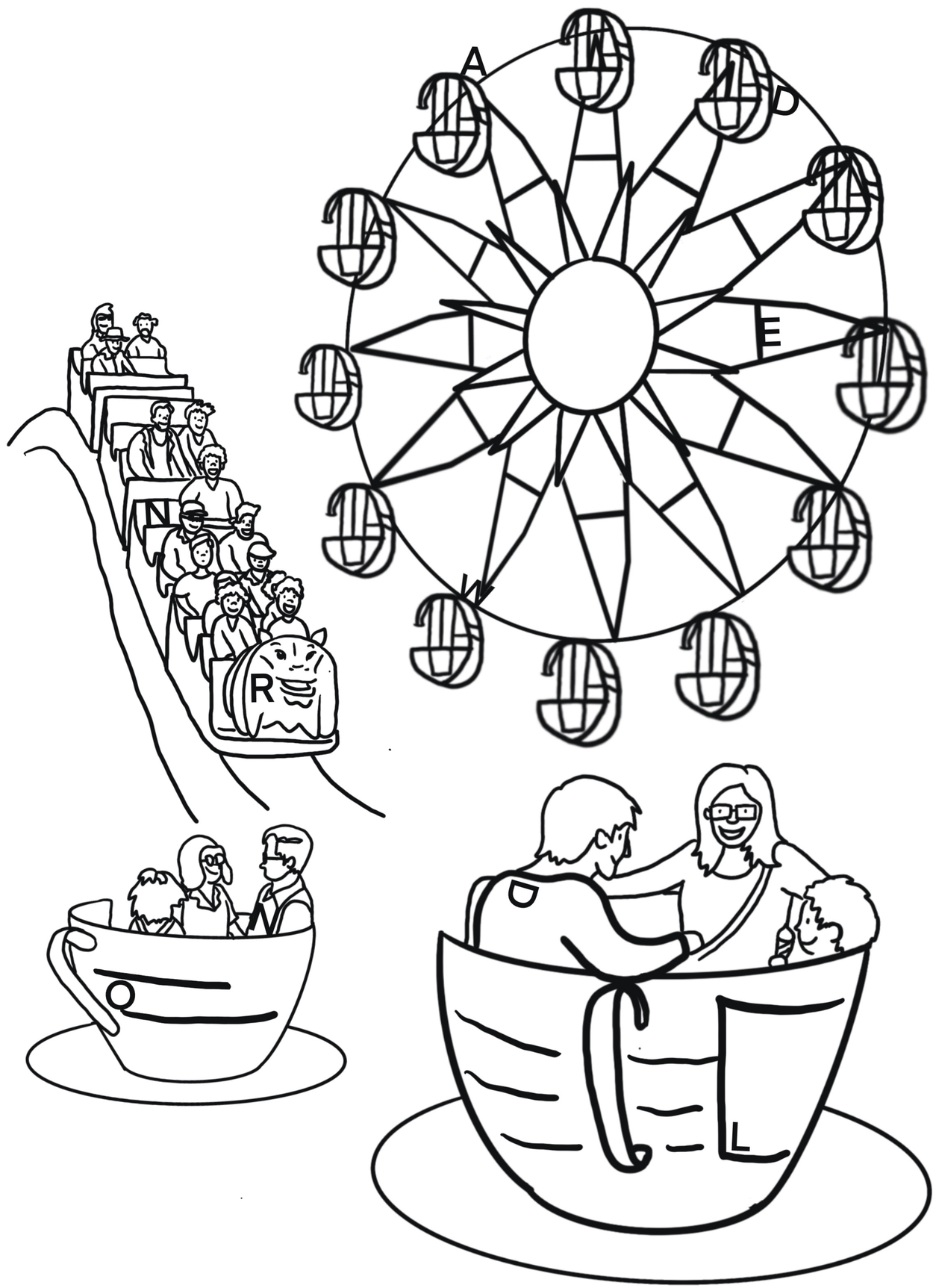
Find It
找一找

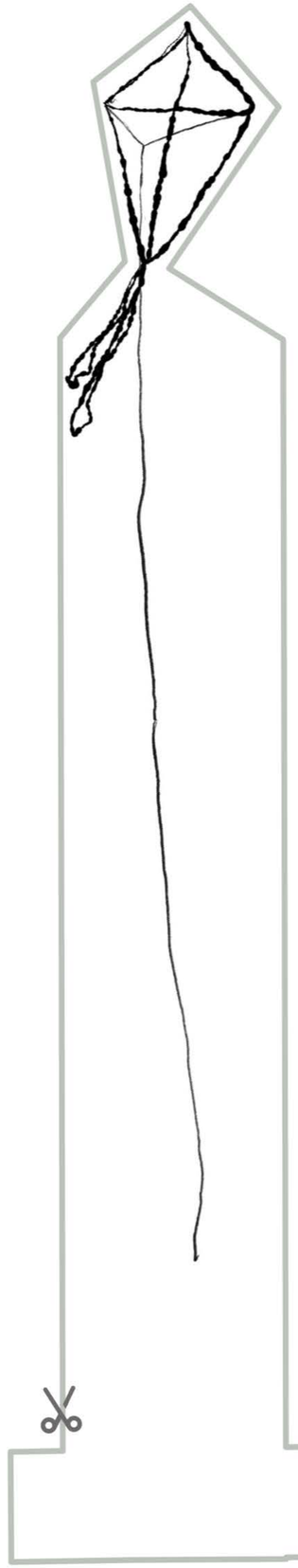


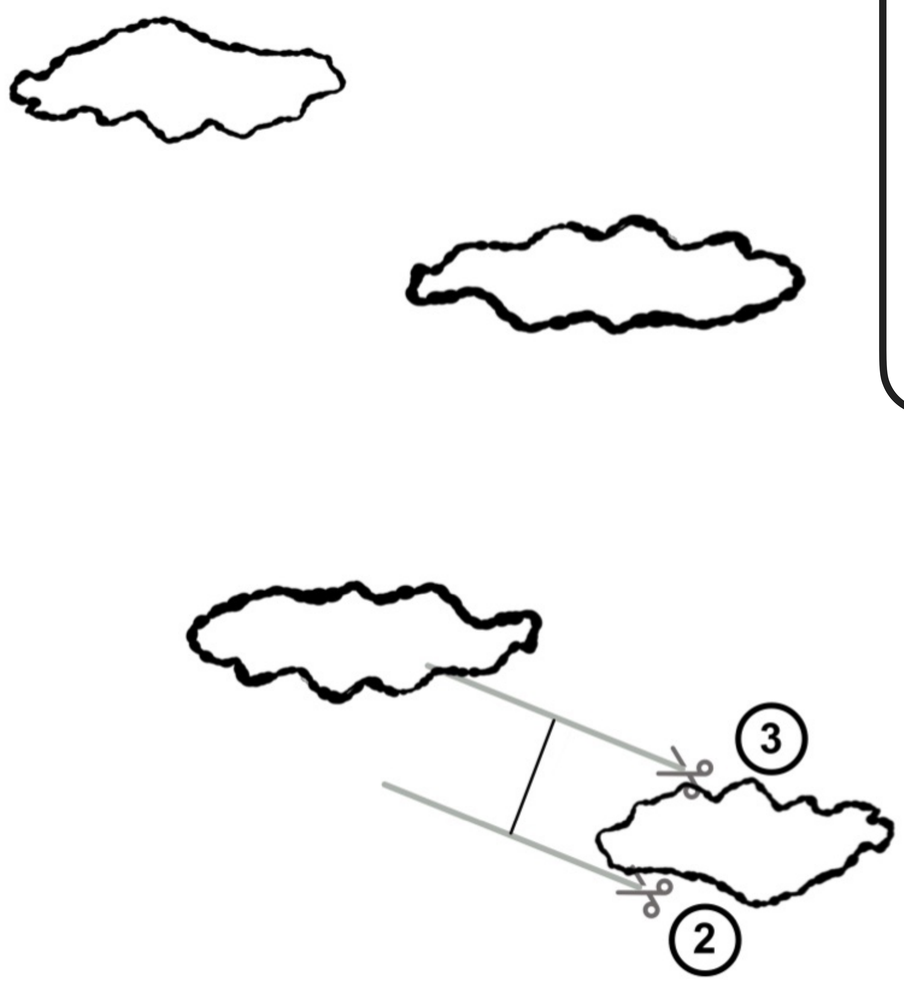
Look at the drawing on the right and circle the hidden alphabets that spell out **WONDERLAND**.

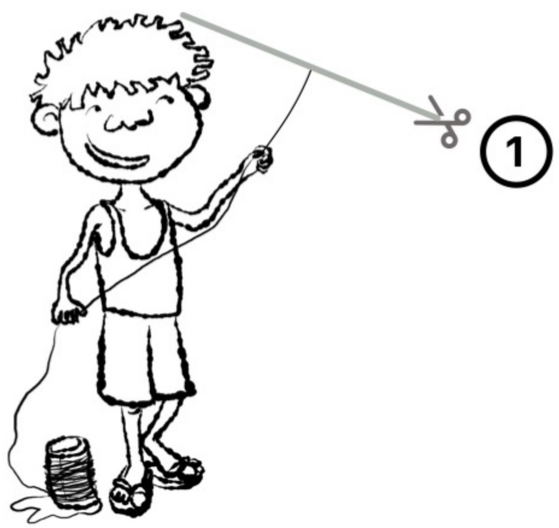
在右边的图里，圈出拼出**WONDERLAND**的隐藏字母。

W
O
N
D
E
R
L
A
N
D

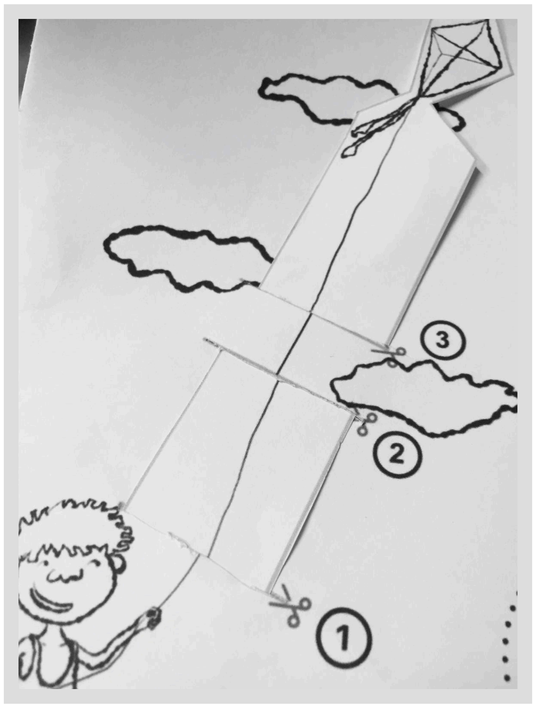








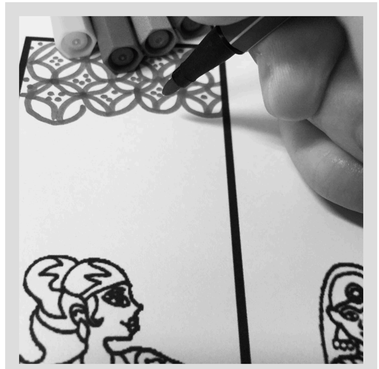
Layang Layang
放风筝

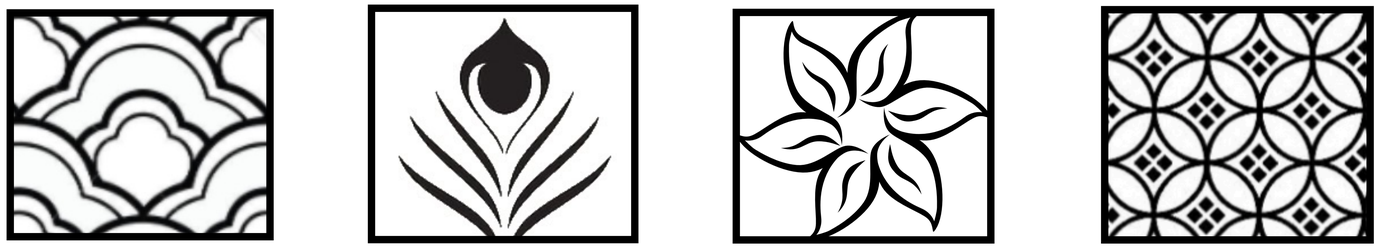


Cut out the kite on the left along the cut lines and cut the slits 1, 2 and 3.
From the back, weave the kite out from slit 1, into slit 2 and back out from slit 3. Now, you can “fly your kite” by sliding it up and down.

把左边的风筝剪出，并在此页上剪开缝隙1、2和3。从背面，将风筝从缝隙1编织到缝隙2，再从缝隙3编织出来。现在，您可以通过上下滑动的动作来 “放风筝” 。

Your Design
您的设计





Do you remember when you last watched a traditional Chinese opera or *Wayang Kulit*? Add colourful designs to the backdrop for these performances.

Some patterns are provided to give you ideas.

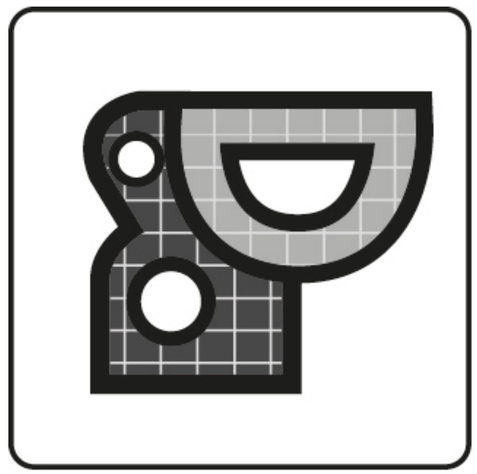
您还记得最后一次观看民间戏剧或皮影戏是什么时候吗？为这些表演者的背景添加色彩鲜艳的设计。

右上角有一些图案可供您参考。



Your Playground
您的游乐场



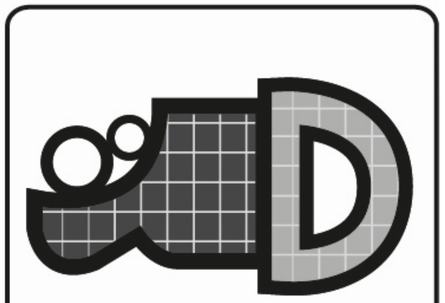


This Pelican Playground was built in the 1980s. It comprises many different types of shapes.
Design your own playground with these shapes.

这个鹈鹕游乐场建于1980年代。 如图所示，它由一些基本形状组成。
用这些形状画出自己的游乐场设计。



Example 例子

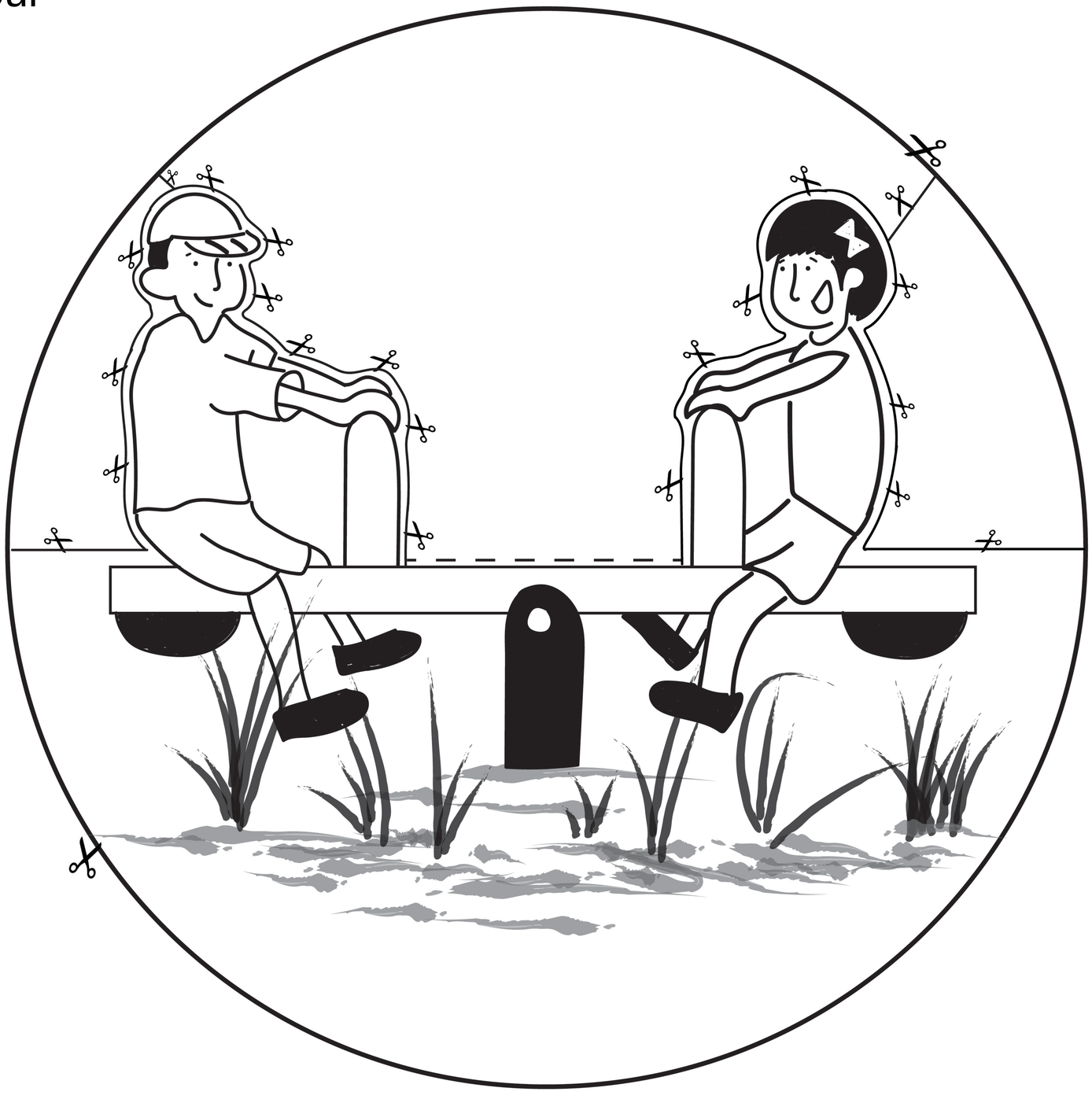


The wooden see-saws were much loved in our playgrounds. Cut out the circle, then cut along the lines indicated with the scissors. Lastly, fold along the dotted lines and colour the picture to make your own see-saw!

游乐场里，常见受人喜欢的木制跷跷板！剪下圆圈，然后沿剪刀指示的线剪下。 最后，沿着虚线折叠并给图片上色，以制作自己的跷跷板！

See-Saw
跷跷板





Maze
迷宫

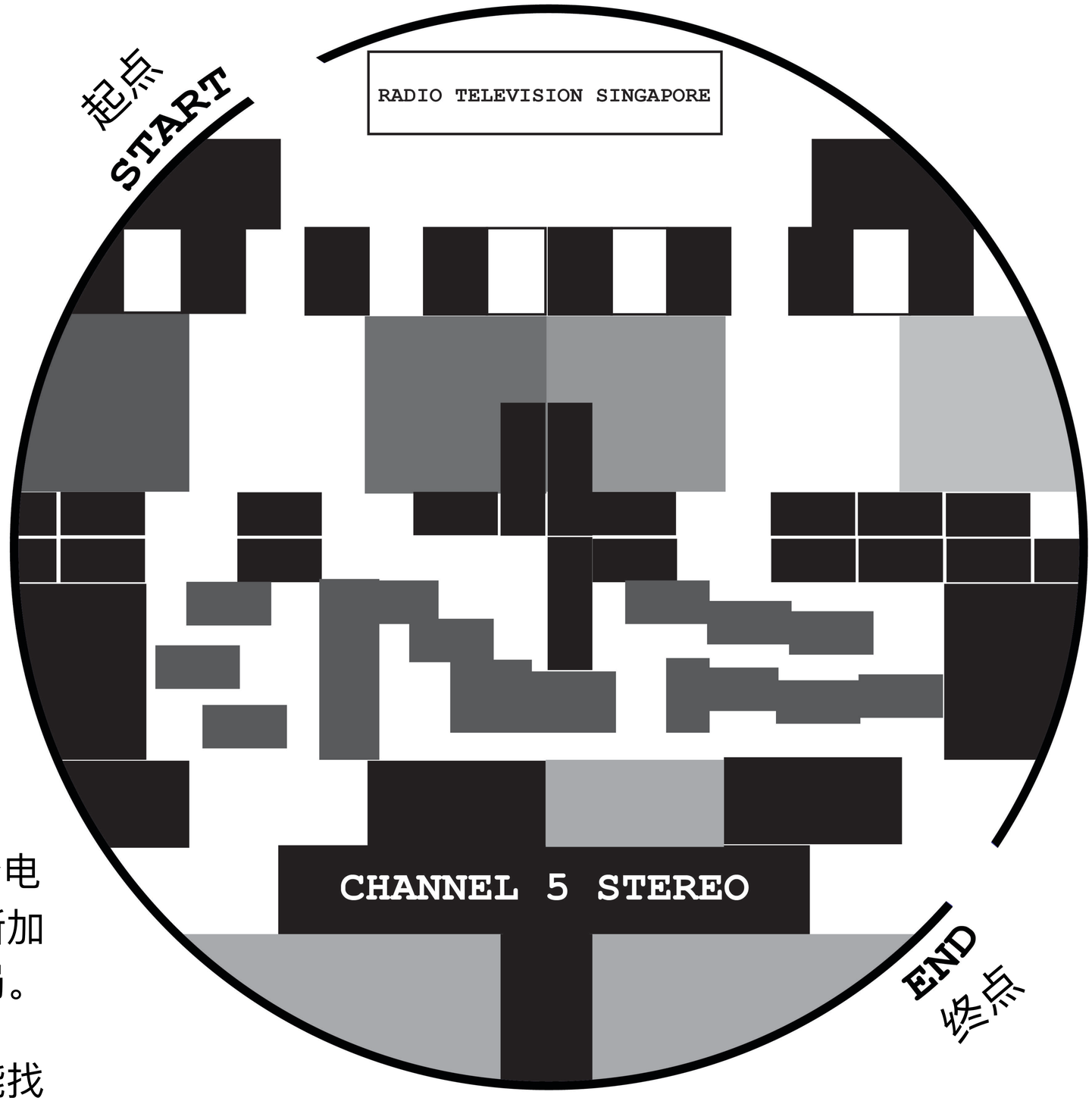


The first television programme aired on Television Singapura's Channel 5 in 1963. After Singapore's independence, Radio Singapura and Television Singapura merged to form Radio Television Singapore.

The maze shows a TV test pattern that was commonly used back then. Can you find your way through the picture maze from the start to the end?

在1963年新加坡电视台5频道播出了第一个电视节目。新加坡独立后，新加坡电视台和新加坡广播电台合并，成立了新加坡广播电视局。

迷宫显示电视台常用的电视测试图案。您能找到从起点到终点的方法吗?



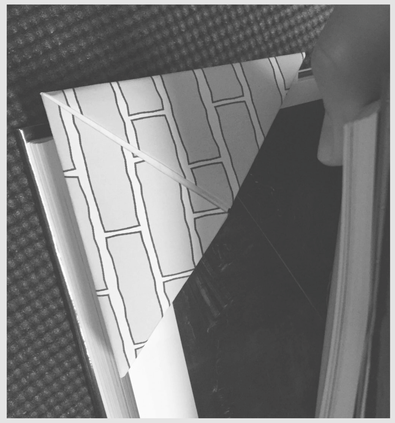
Sound of Music
音乐之声

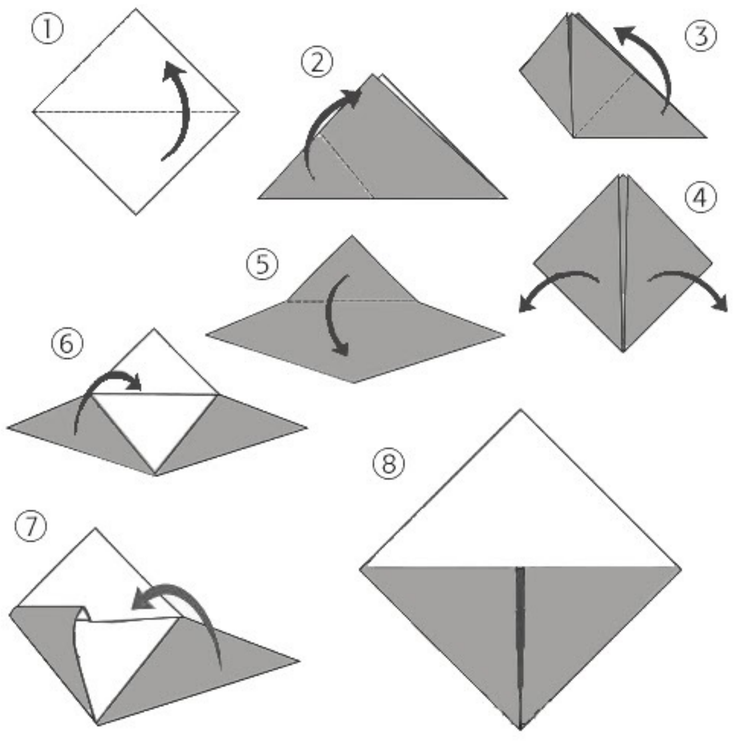
Vinyl records were the main ways we could enjoy our favourite music repeatedly. Draw your favourite record cover.

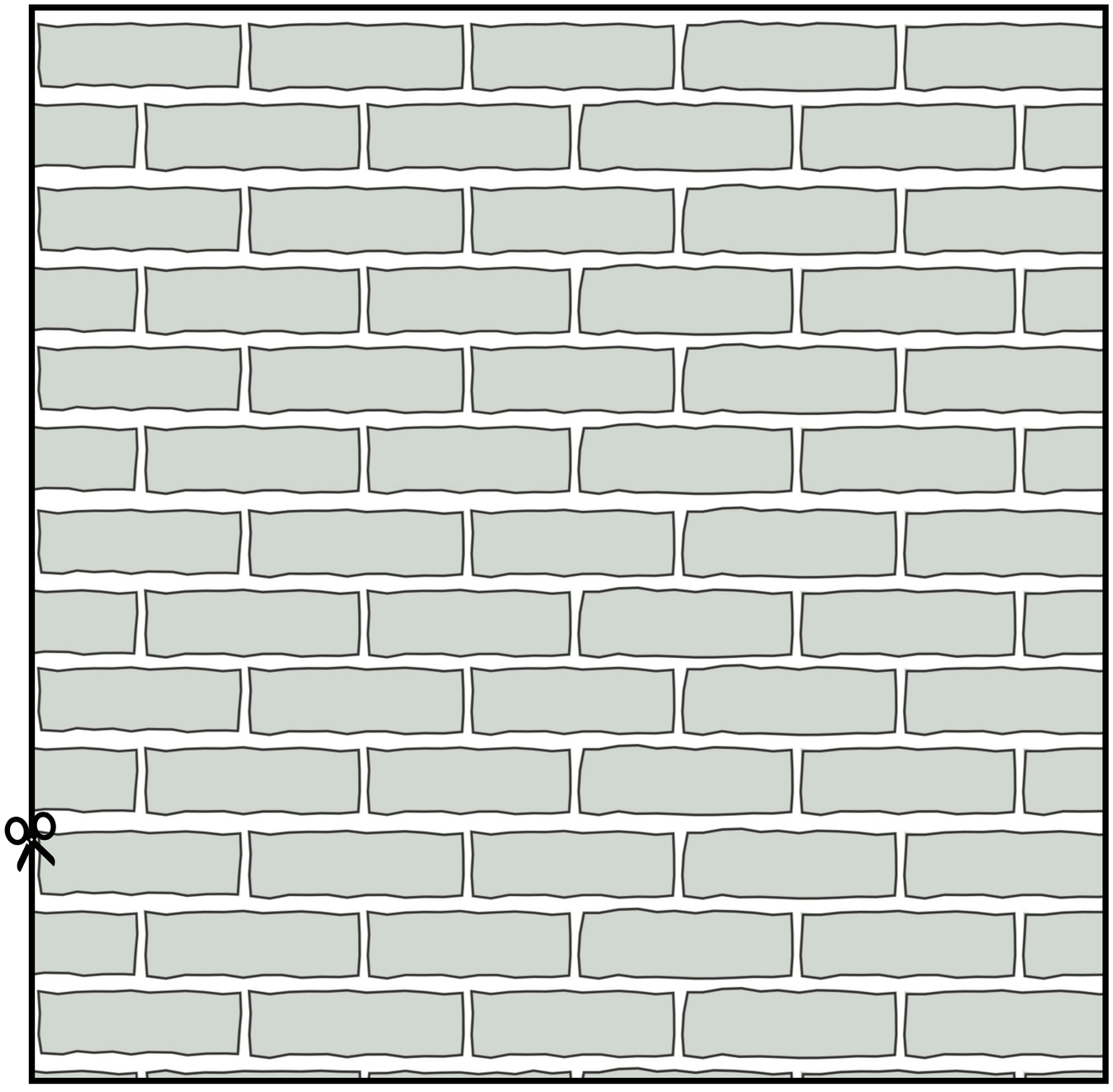
黑胶唱片是我们欣赏自己喜欢的音乐的主要方式。画出您最喜欢的黑胶唱片封面设计。



Library Bookmark
书签







Do you remember the red brick walls of the old National Library? That place was a haunt for book lovers! Cut out the square and fold according to the instructions to make a bookmark that is inspired by that library.

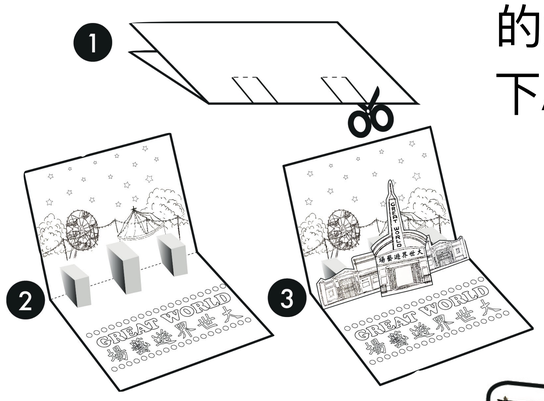
您还记得旧国家图书馆的红砖墙吗？ 那是爱书者的宝库。 剪出四方形并按照说明折成让您想起那图书馆的书签。

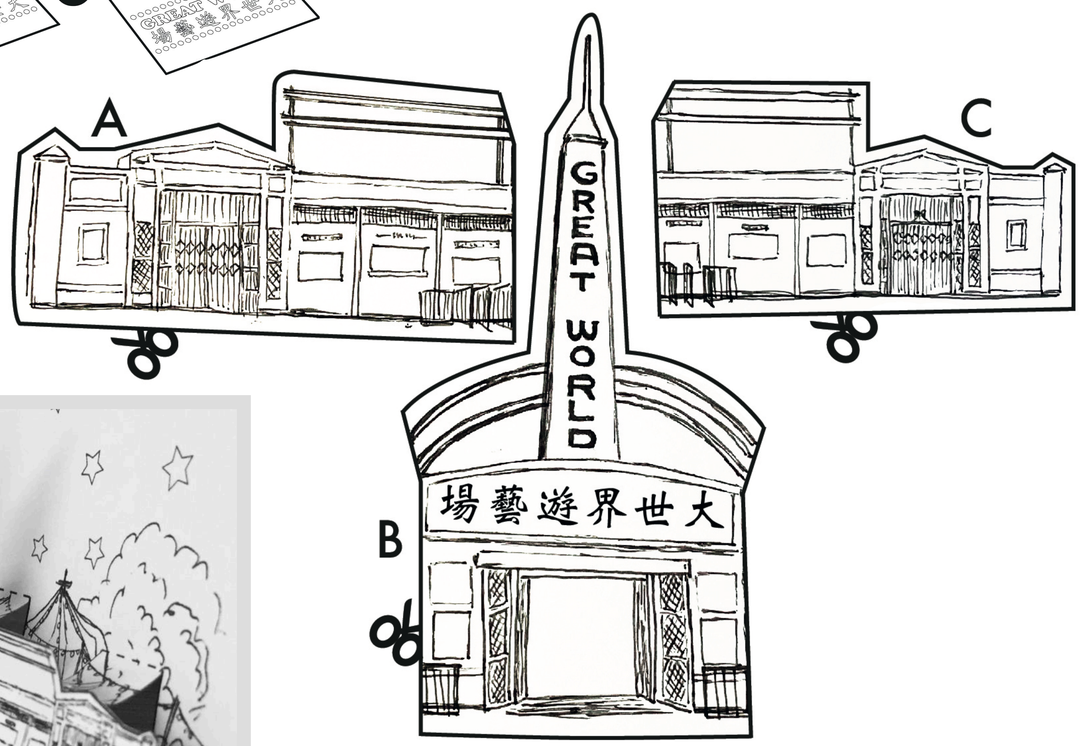
Pop-Up Card
立体卡片

Great World Amusement Park provided entertainment and leisure for all ages from 1929 to 1978.

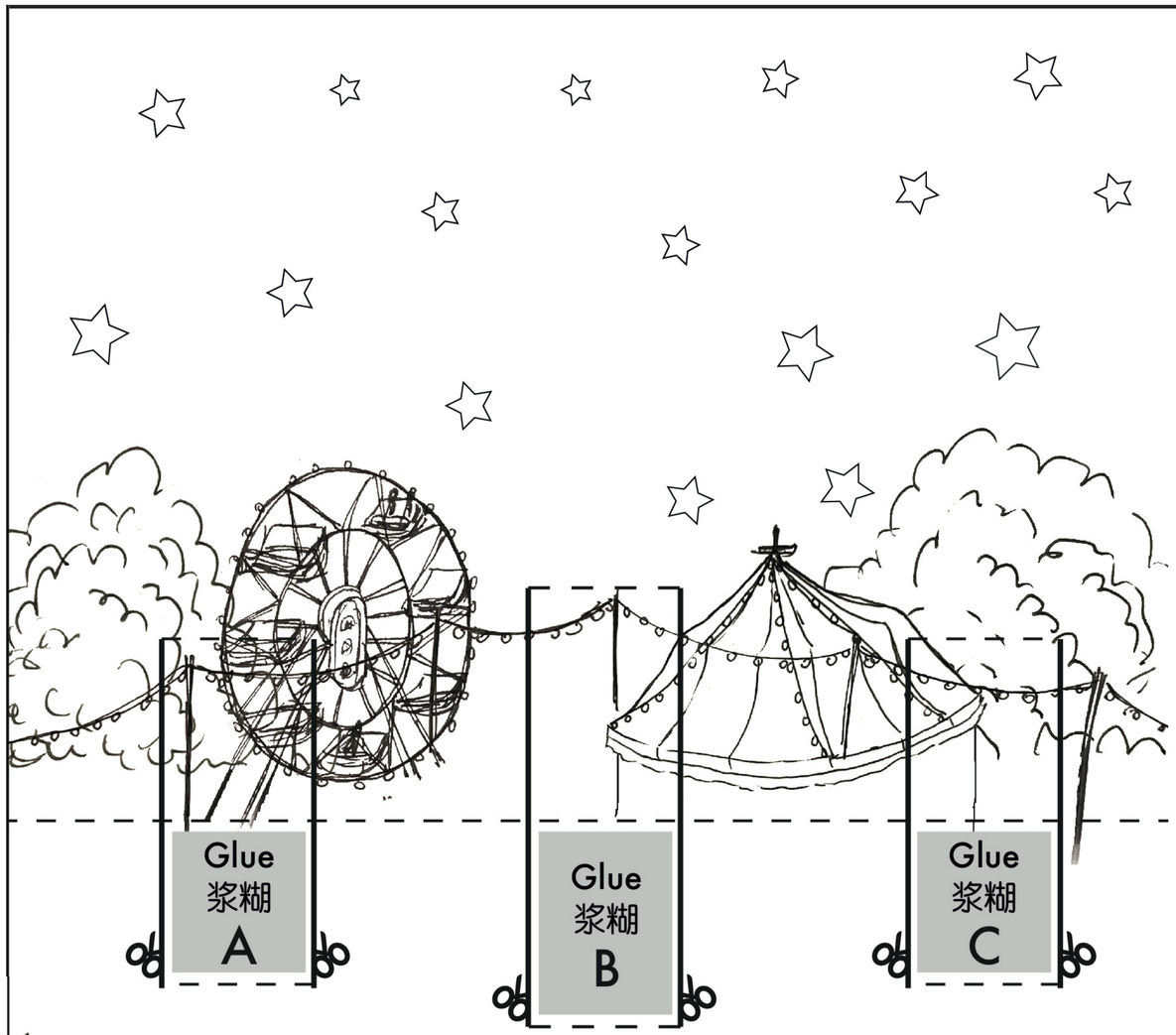
Cut out the rectangle on the right, fold and cut the slits. Then, cut out parts A, B and C to glue on as indicated. Add colours to your pop-up card too.

从1929年到1978年，大世界游艺场为人们提供了娱乐和休闲。剪出右边的矩形，折叠并切开缝隙。然后，剪下A，B和C部分，按照提示进行粘贴并为您的立体卡片添加颜色。









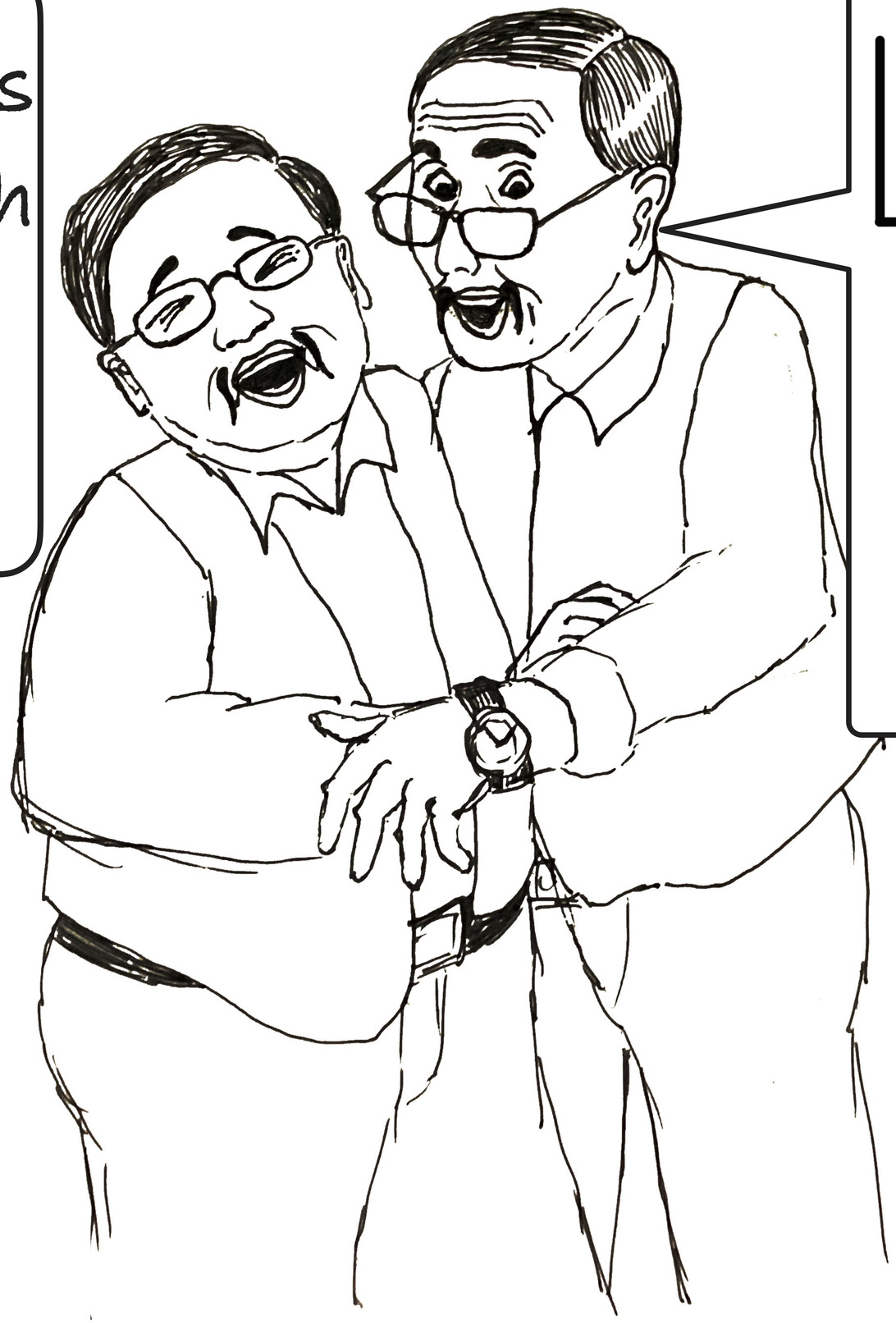
GREAT WORLD
場藝遊界世大

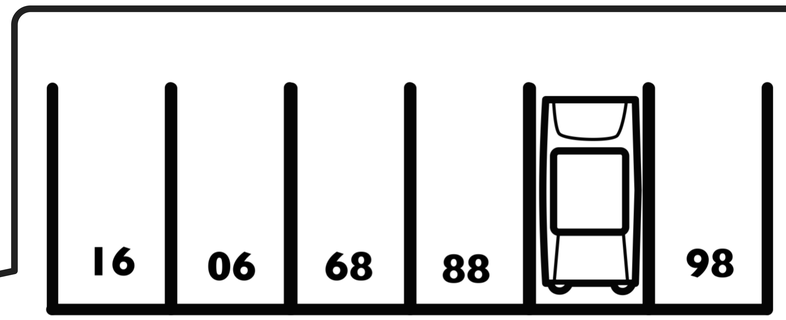
Make a Guess
Have a Laugh

猜一猜
笑一笑

Do you remember this famous pair of Singaporean comedians from the 1960s and 70s?

您还记得这对来自1960和70年代的著名新加坡喜剧演员吗?





?

Can you guess the the parking lot number that this car is in?

您能猜出这辆车的停车位号码吗?

Spot the Difference
找出不同

Capitol Theatre, which first opened in 1930, remained a popular spot for movies and social gatherings right through the 60s and into the 80s.

在1930年开业的首都剧院，一直是60年代至80年代电影和社交聚会的热门地点。

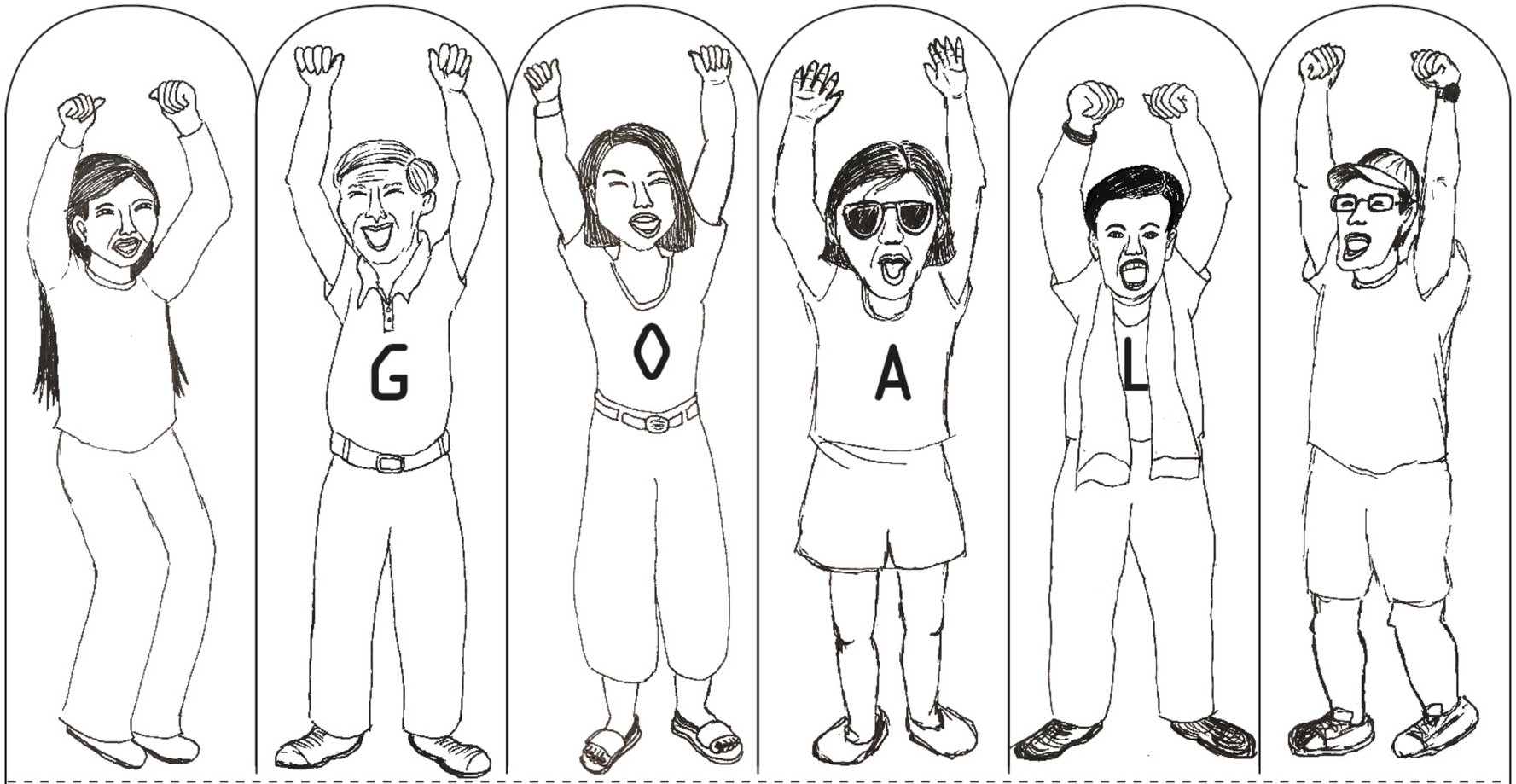
Can you spot 10 differences?

您能找出10个不同的地方吗?





Soccer Fever
足球狂热







Remember the “Kallang Wave” during football matches at the old National Stadium? Relive those moments by creating your own mini version. 3 cheers to good health!
还记得新加坡人曾经在旧国家体育场以“加冷浪”为国家足球对欢呼吗？ 创造自己的迷你版本来重温那些时刻。 祝您身体健康！

Catch the Kacang
捕花生

Do you remember catching *kacang puteh* with your mouth? Try catching it with this cone.

您还记得用嘴捉丢到空中的花生吗？尝试用这个圆锥形抓住它。



A Glue 浆糊

B Glue 浆糊



Part 1 部分1

A Glue 浆糊

B Glue 浆糊

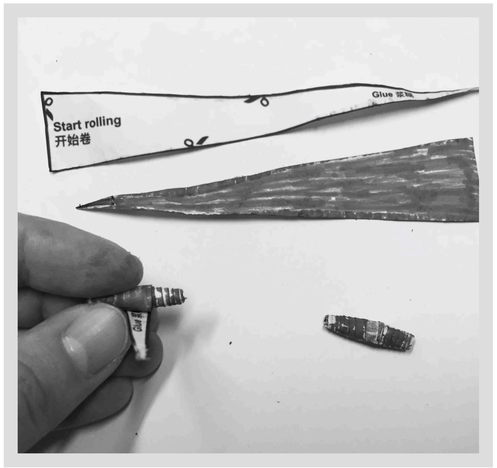
Part 2 部分2

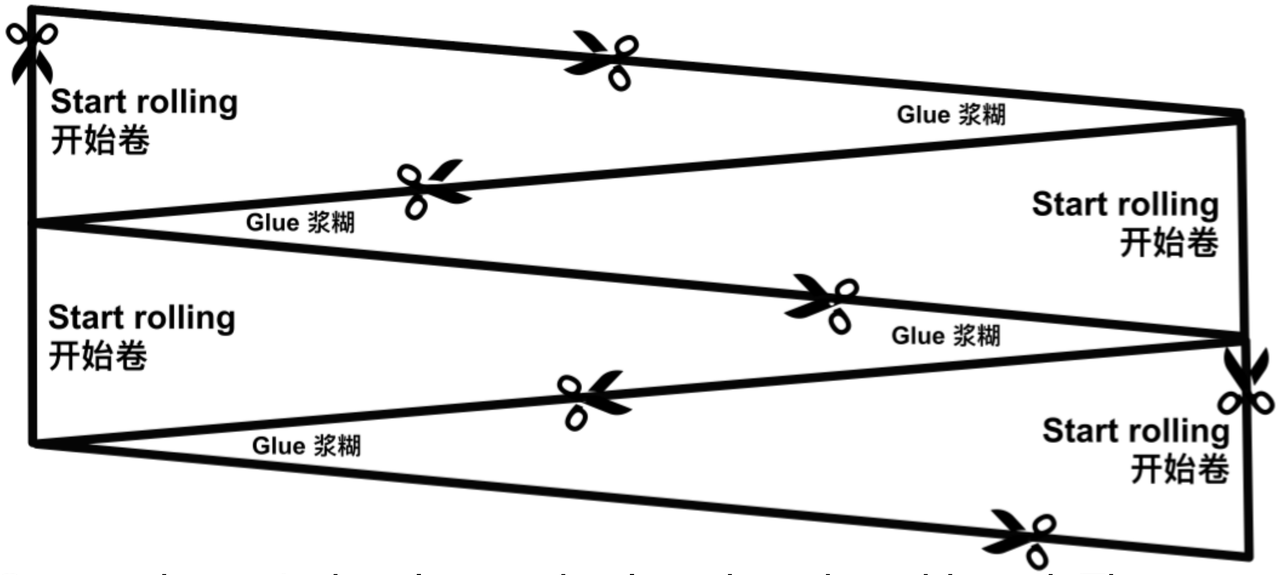
Cut Parts 1 and 2 out. Curl Part 1 into a cone. Crush one end of Part 2 before gluing the other end to Part 1.

剪下*1*和*2*的部分。 将*1*的部分卷曲成圆锥形。之后将部分*2*的一端压成球状，然后将部分*2*的另一端用浆糊连接到*1*的部分。

Crush into a ball shape.
压成球状。

Saga Seeds
相思豆



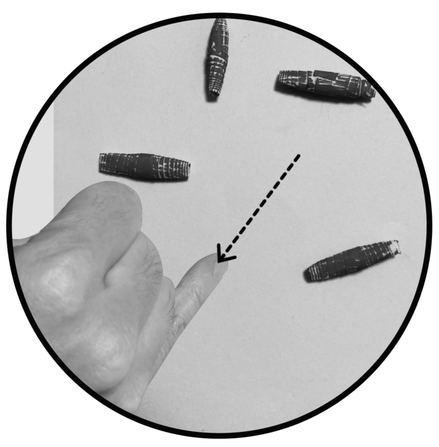


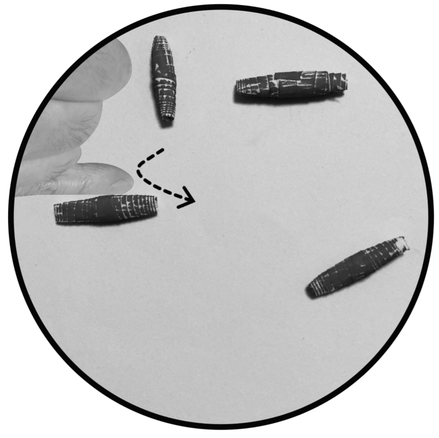
We used to pick up red and shiny “Saga Seeds” from the ground and play games with them.

我们曾经常从地面上捡起红色闪亮的相思豆来玩游戏。

Cut out these 4 triangles, and colour the other side red. Then, start rolling them from the broader end and glue the other end down to make your own “Saga Seeds”.

剪下这4个三角形，将背面彩上红色。然后，从更宽的一端开始卷起，用浆糊粘好另一端，以制作自己的“相思豆”。

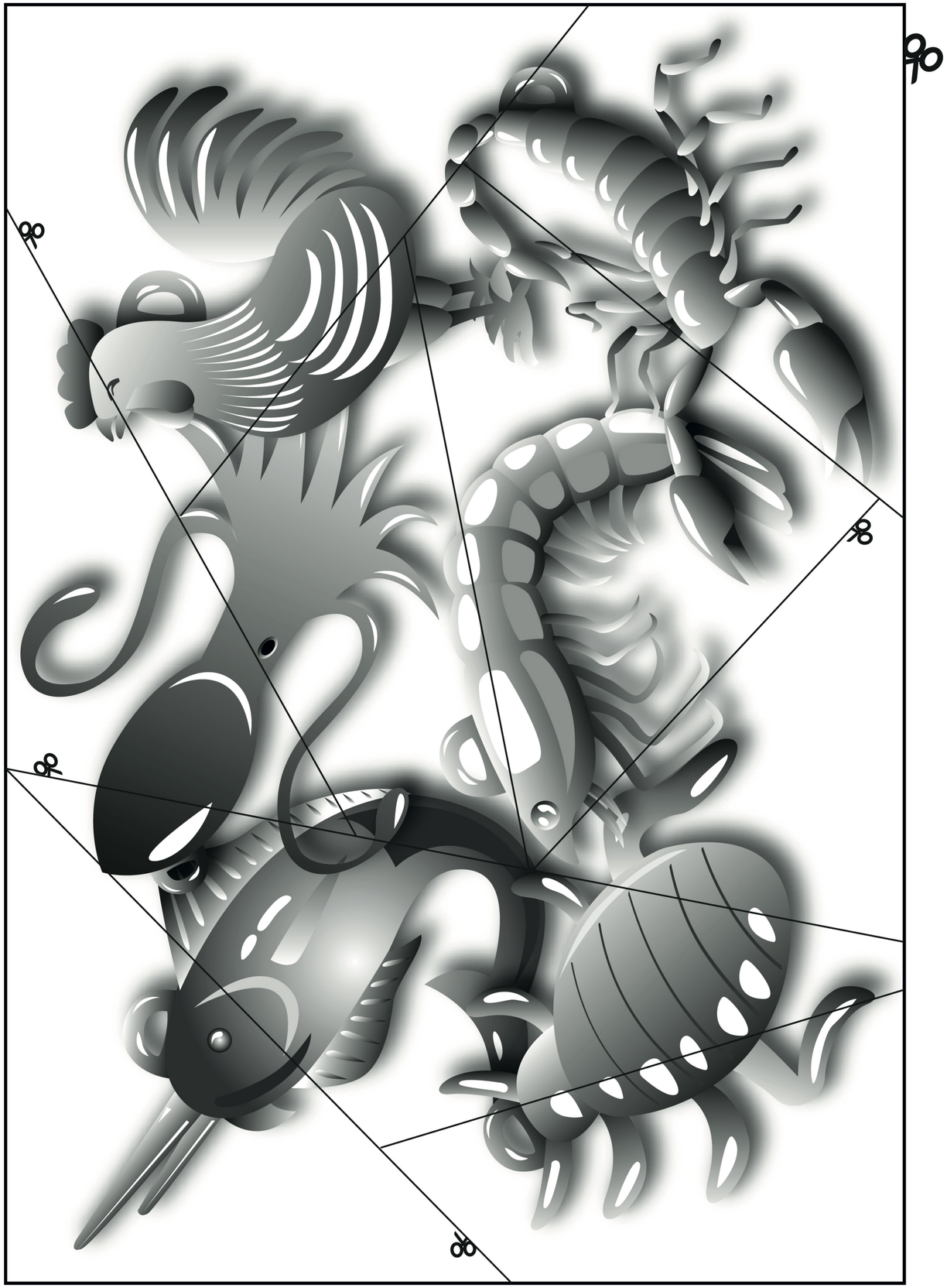






Toss the 4 “Saga Seeds” on the table. Select 2 seeds and use your last finger to draw a line between them. Then flick one seed towards the other with your last finger. If it hits the other without touching any other seed, you win both.

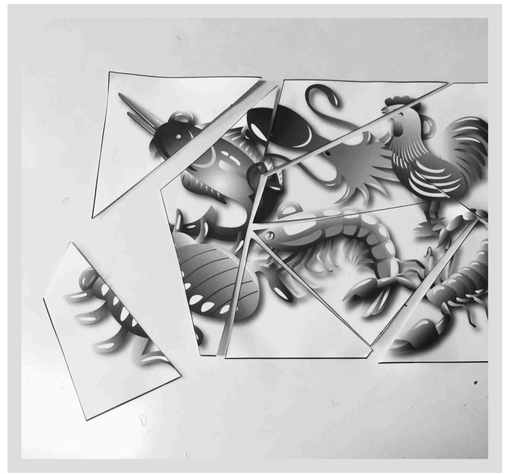
将这4个“相思豆”扔到桌上。然后，从中选择2个后，用小指在它们之间画一条线。之后用小指将一个豆朝另一个豆轻弹。如果它碰到了另一个豆而没有碰到其他的豆，您就赢得那两个豆。



Remember?

记得吗?





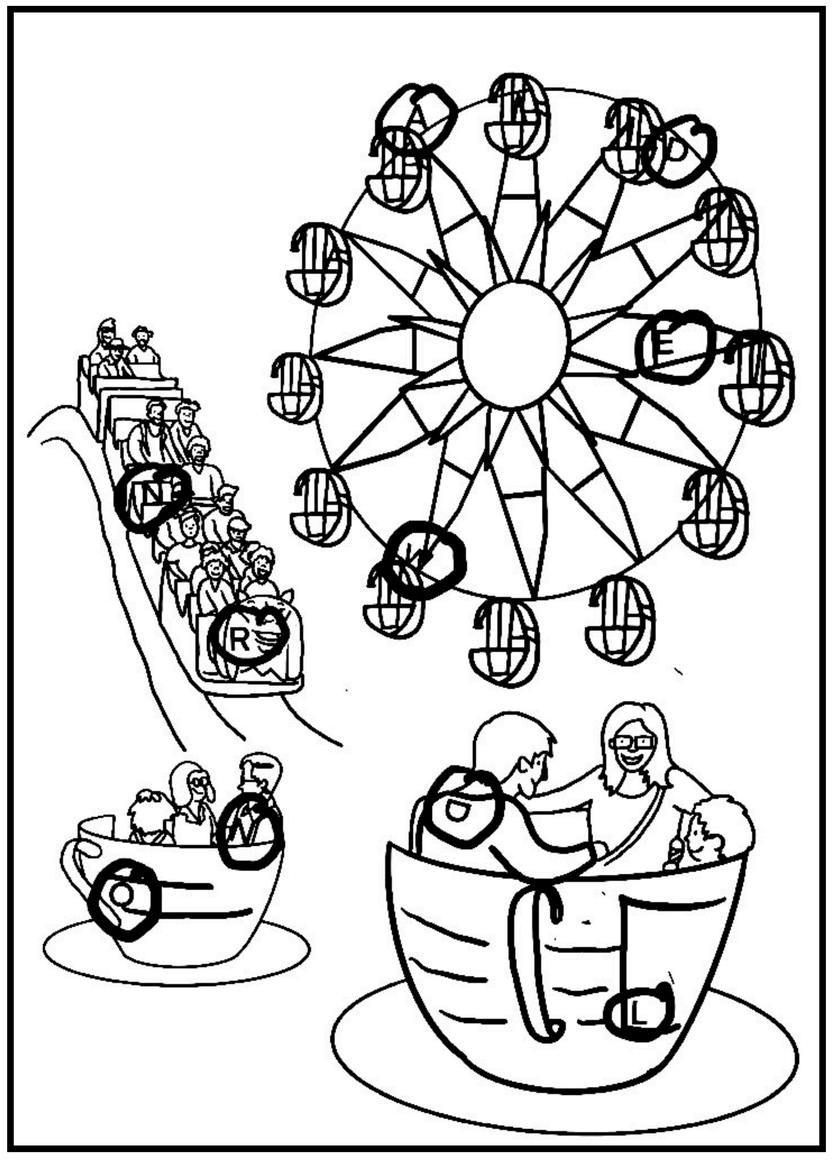
Do you remember *Kuti-Kuti* and how you would try to flip your plastic animals/objects on top of your opponent's to claim their item? Cut along the lines, shuffle the puzzle pieces and try and reform this puzzle in the quickest time.

您还记得*Kuti-Kuti*吗？我们如何尝试将这些塑料动物/物体翻转到对手的上方以赢取他的*Kuti-Kuti*。沿线剪开拼图，然后尝试在最快的时间内重新把图拼好。

Answers 答案

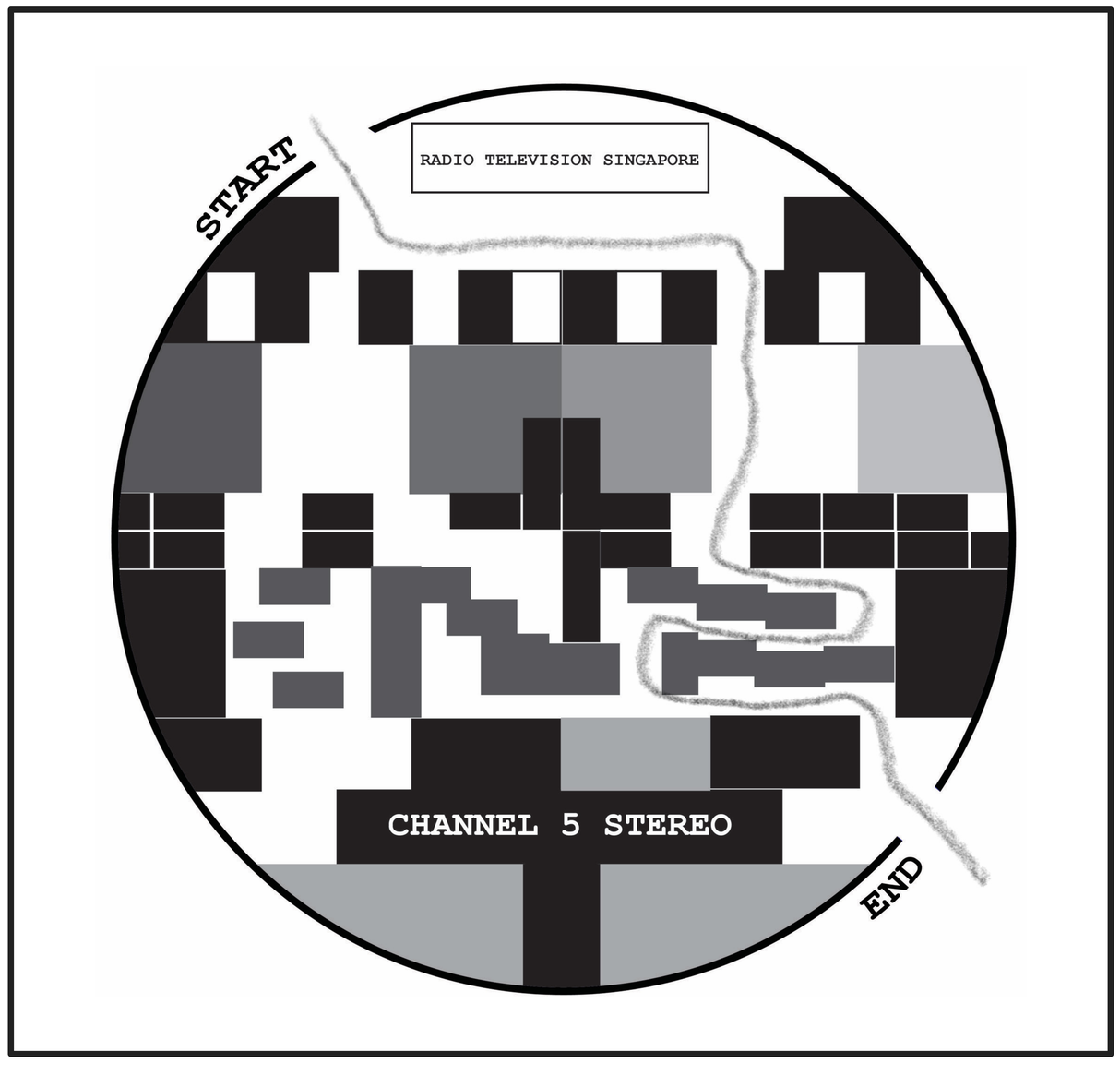
Find It 找一找

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Maze 迷宫

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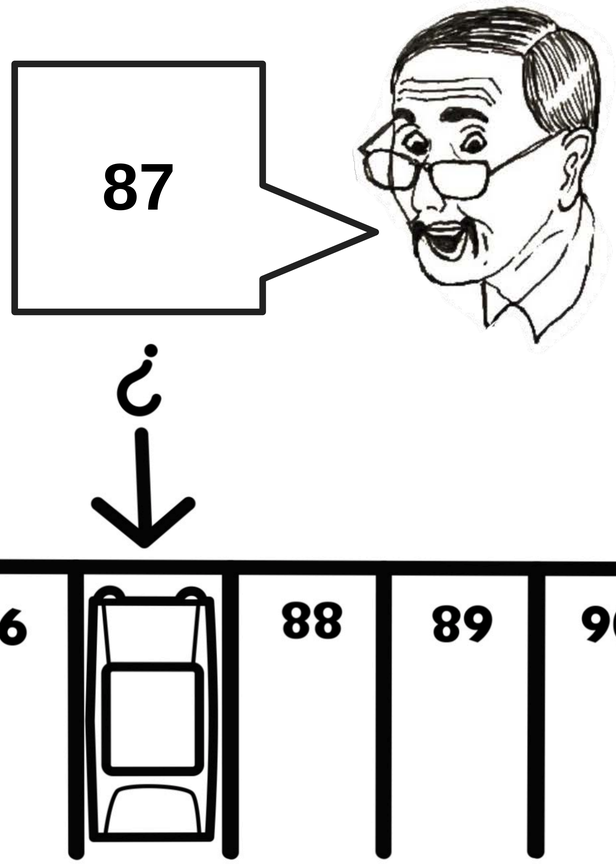


Answers 答案



Wang Sa &
Ye Fong

王沙和野峰



Make a Guess
Have a Laugh
猜一猜
笑一笑

Answers 答案

Spot the Difference
找出不同

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Resources
资源

8 STEPS TO CLEAN YOUR HANDS



洗手8步骤



Source: https://www.gov.sg/article/what-can-you-do-to-protect-yourself-from-covid-19

8 LANGKAH UNTUK CUCI TANGAN



கைகளைக் கழுவுவதற்கான 8 படிநிலைகள்



Source: https://www.gov.sg/article/what-can-you-do-to-protect-yourself-from-covid-19

Physical exercises 运动

7 Easy Exercises to an Active Lifestyle
Seated and standing exercises by **Health Promotion Board**

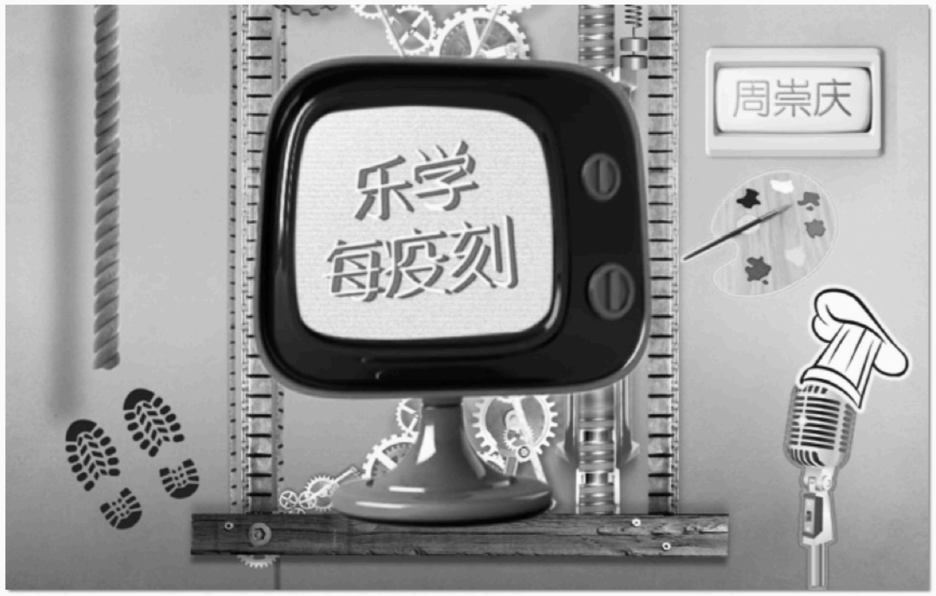
English: https://www.youtube.com/watch?v=4UCkKDlXYk4
Mandarin: https://www.youtube.com/watch?v=1Z_VH-uGKIM
Malay: https://www.youtube.com/watch?v=P_UQdfd0jmE
Tamil: https://www.youtube.com/watch?v=XDWzcpmAxRU

English: Mandarin: Malay: Tamil:

“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=A09IuCRzZQw
Tamil: https://www.youtube.com/watch?v=Uoz5yzGAyFk

English: Mandarin: Malay: Tamil:



https://www.mewatch.sg/episode/Learn-Together-With-Me-S3-E1-153274

Learn Together With Me is a full length public education TV programme in Chinese 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.

《乐学每疫刻》是特地为乐龄人士量身制作的居家学习节目。在2019冠状病毒疾病防疫期间，乐龄人士不能如平日一般出外活动，所以我们特地打造了这个节目，教导年长人士继续在家里快乐的学习！有关身心健康的知识、正确的防疫做法、快乐的说说唱唱都在这里!



Get Fit With Me. Let's workout even when we are at home! Sports experts share exercise tips and routines.

- 《健康那些事》即使需要减少群体活动，自己一人同样能运动！运动达人们传授各种适合乐龄人士的运动，教大家不断强身健体。https://www.mewatch.sg/episode/Get-Fit-With-Me-S6-E1-171663

- Ayuh Sihat Bersama Versi 2.0 (Let's Get Healthy Together Version 2.0) (in Malay) - https://www.mewatch.sg/show/Ayuh-Sihat-Bersama-Versi-20-166806

- Arokiam Aarambam (Get Fit With Me) (in Tamil) - https://www.mewatch.sg/show/Arokiam-Aarambam-145367

For more activity toolkits, visit **https://aic.buzz/AIC-Wellness-Programme.**
若想获取其他活动手册，请浏览 **https://aic.buzz/AIC-Wellness-Programme** 查询详情。

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