



ROLLING GOOD TIMES 美好时光

Activity Booklet for Seniors
乐龄创意手册





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!

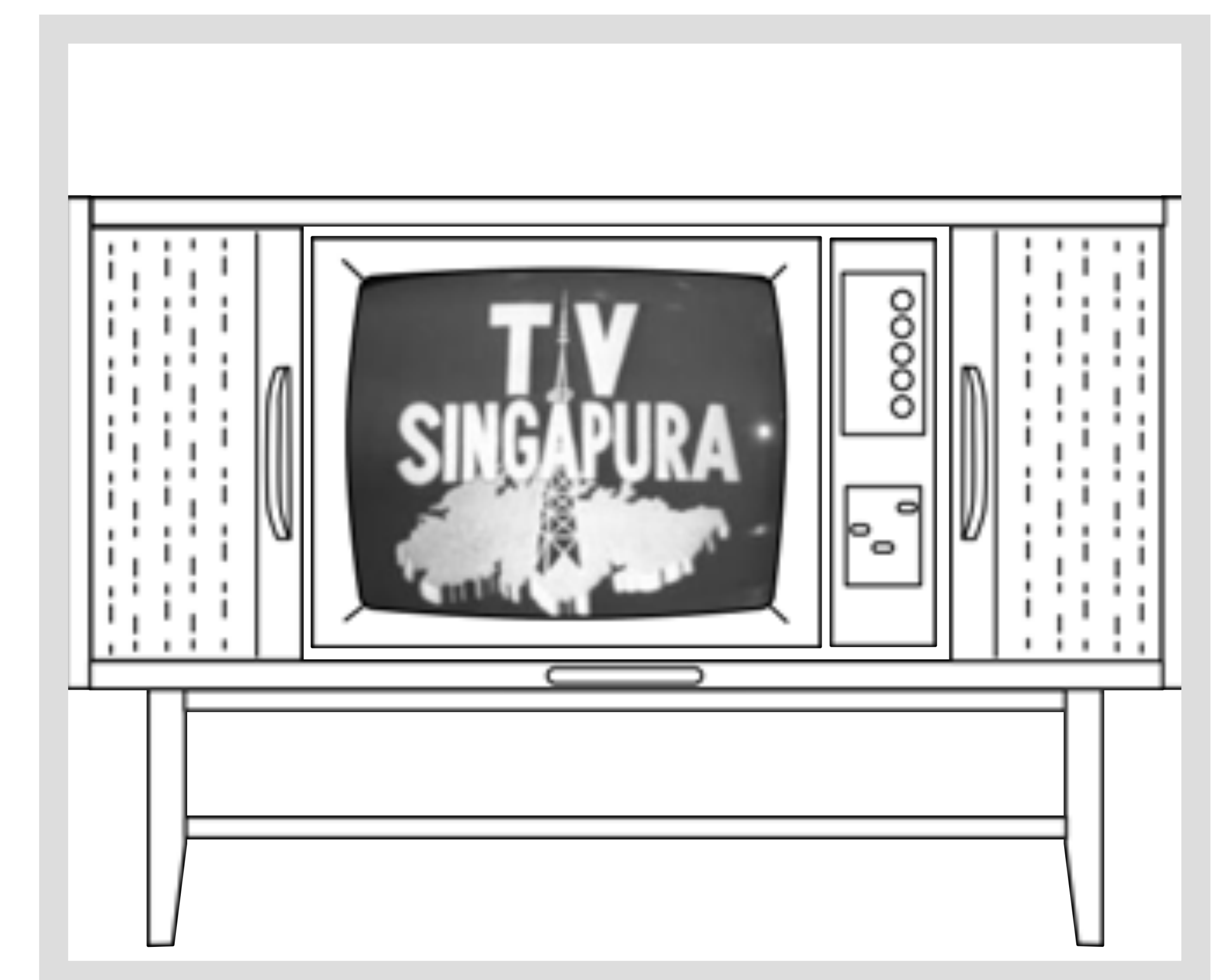
护联中心 (AIC)

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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？

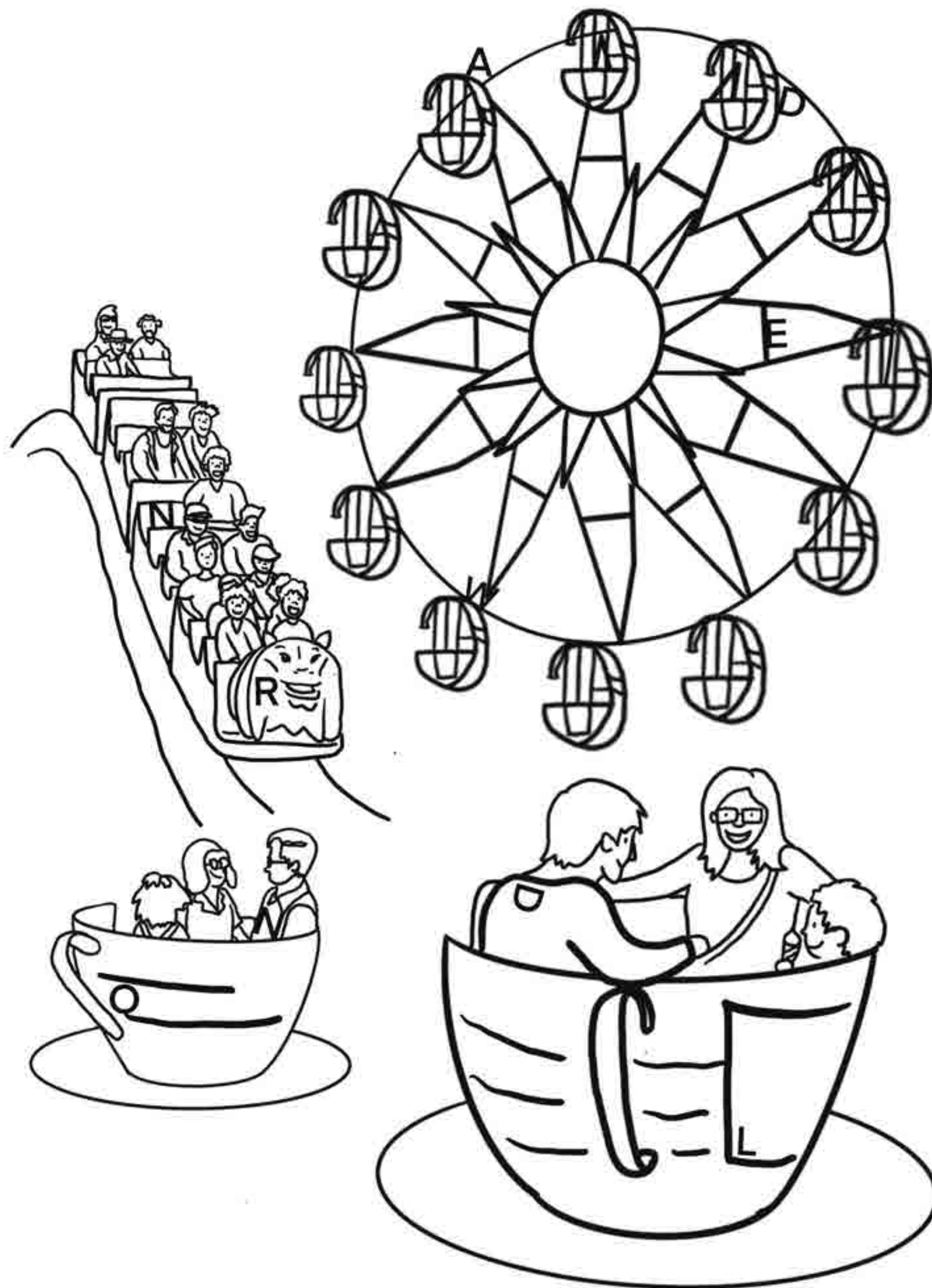
Find it 找一找



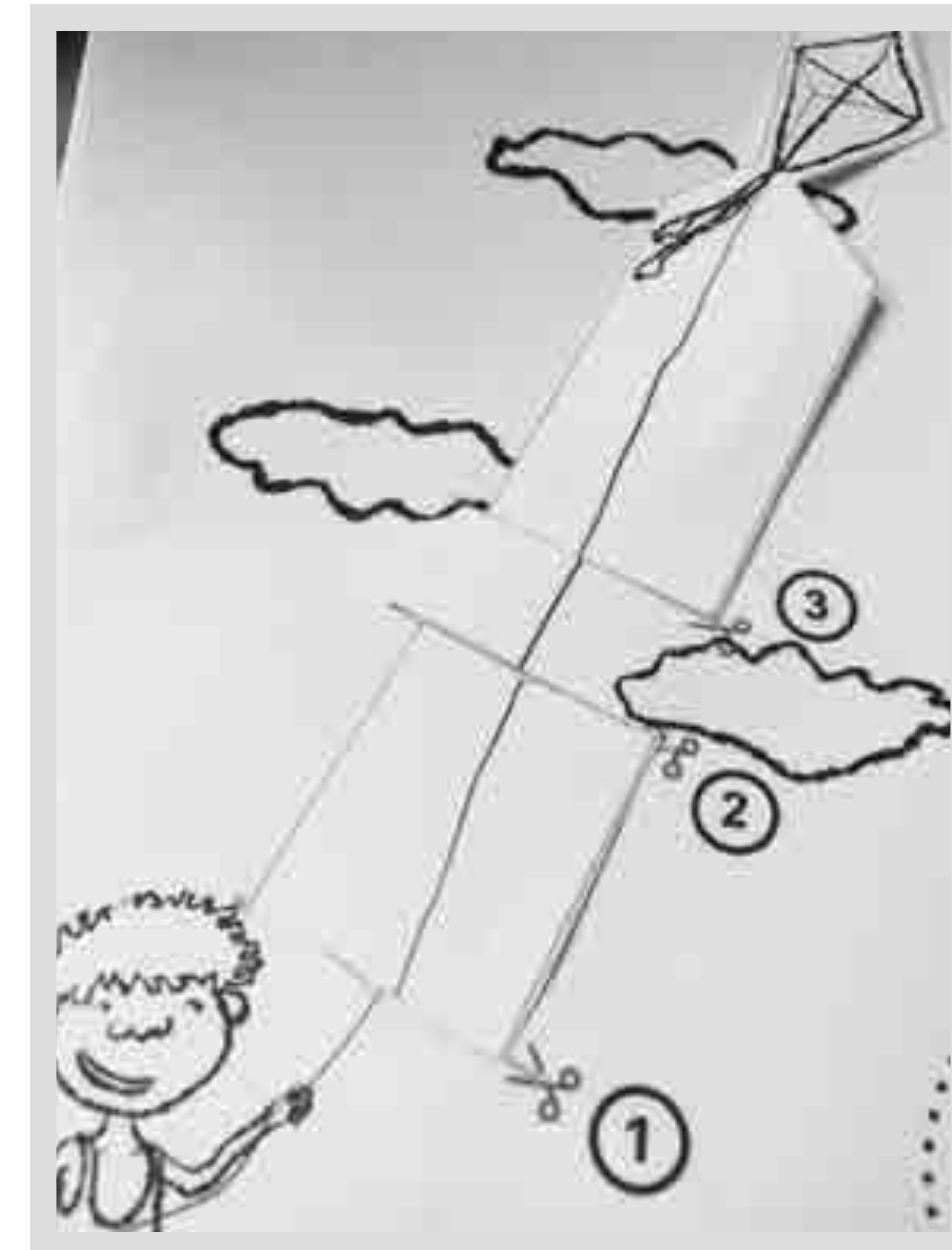
Look at the drawing on the right and circle the hidden alphabets that spell out **WONDERLAND**.

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

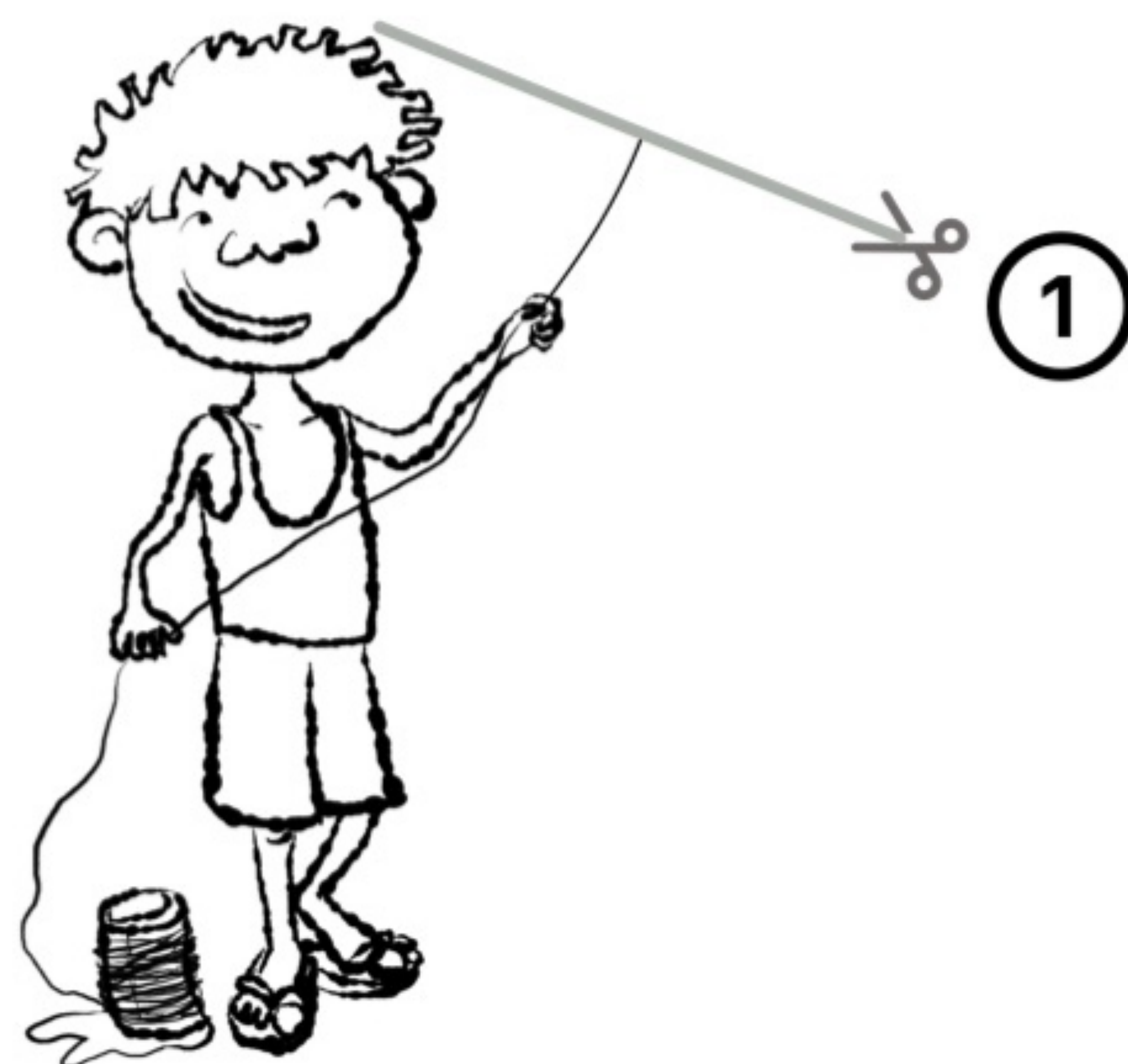
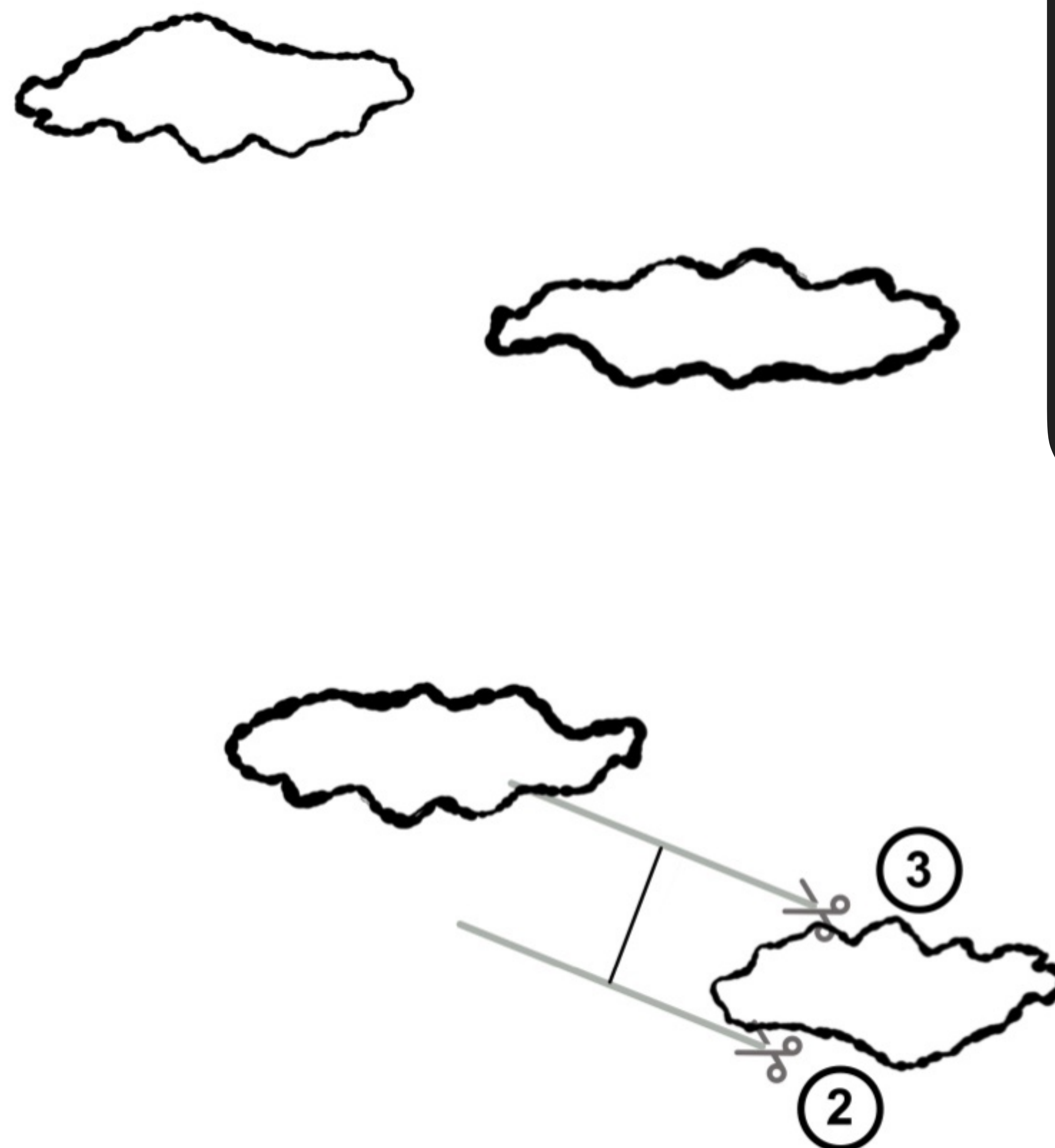
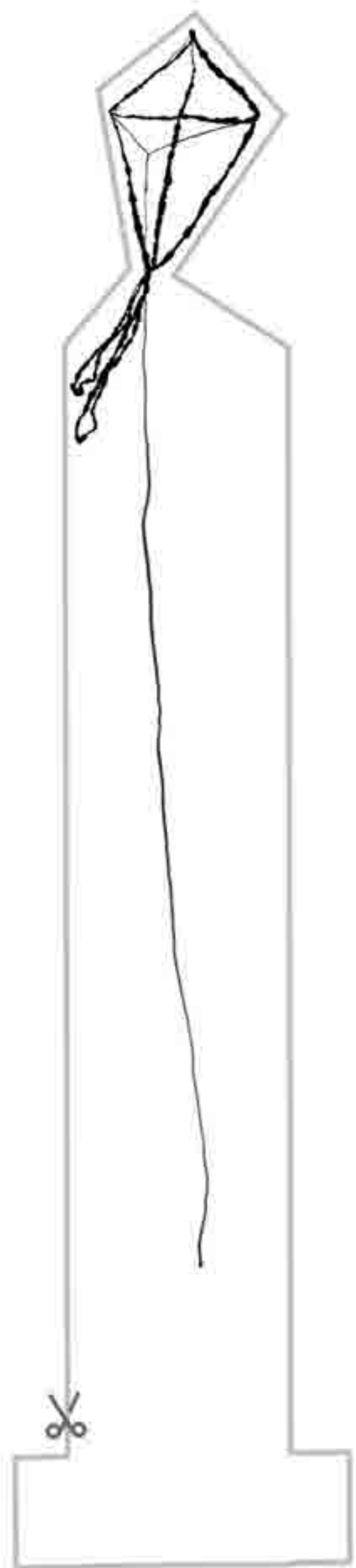


Layang Layang 放风筝

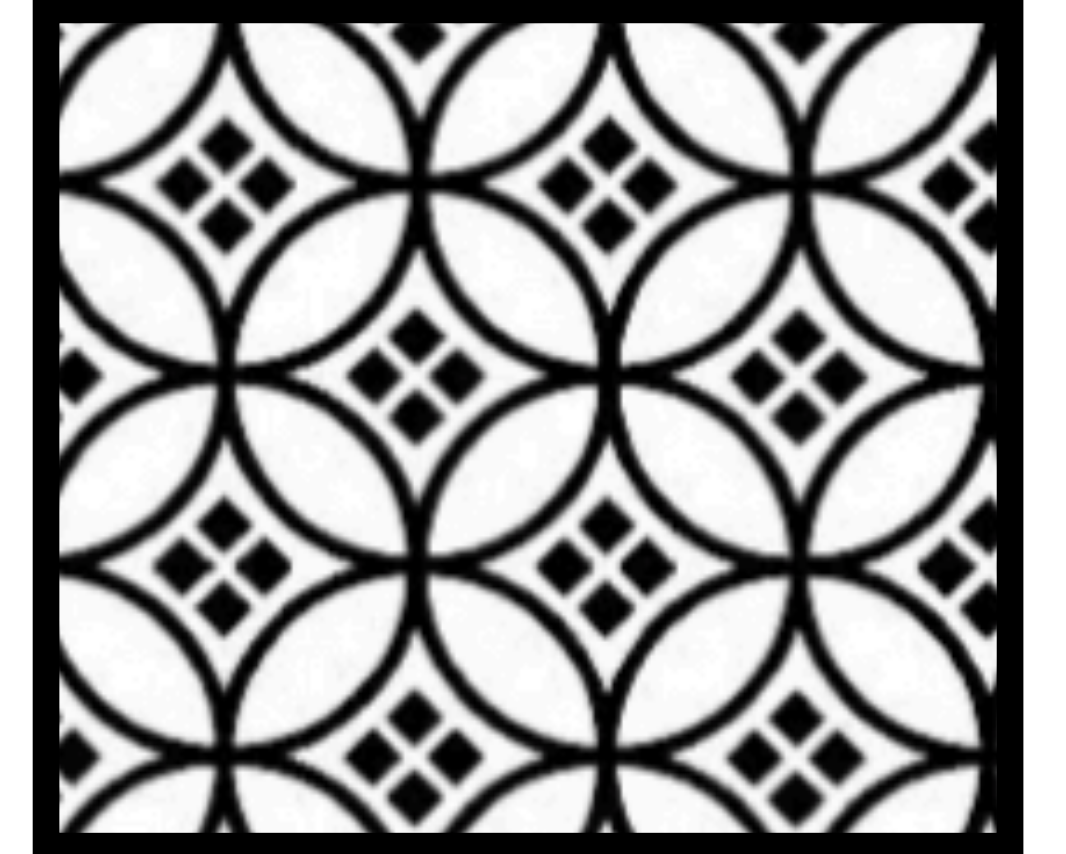


Cut out the kite on the left along the cut lines and cut the slits 1, 2 and 3.
From the back, weave the kite out from slit 1, into slit 2 and back out from slit 3. Now, you can “fly your kite” by sliding it up and down.

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.

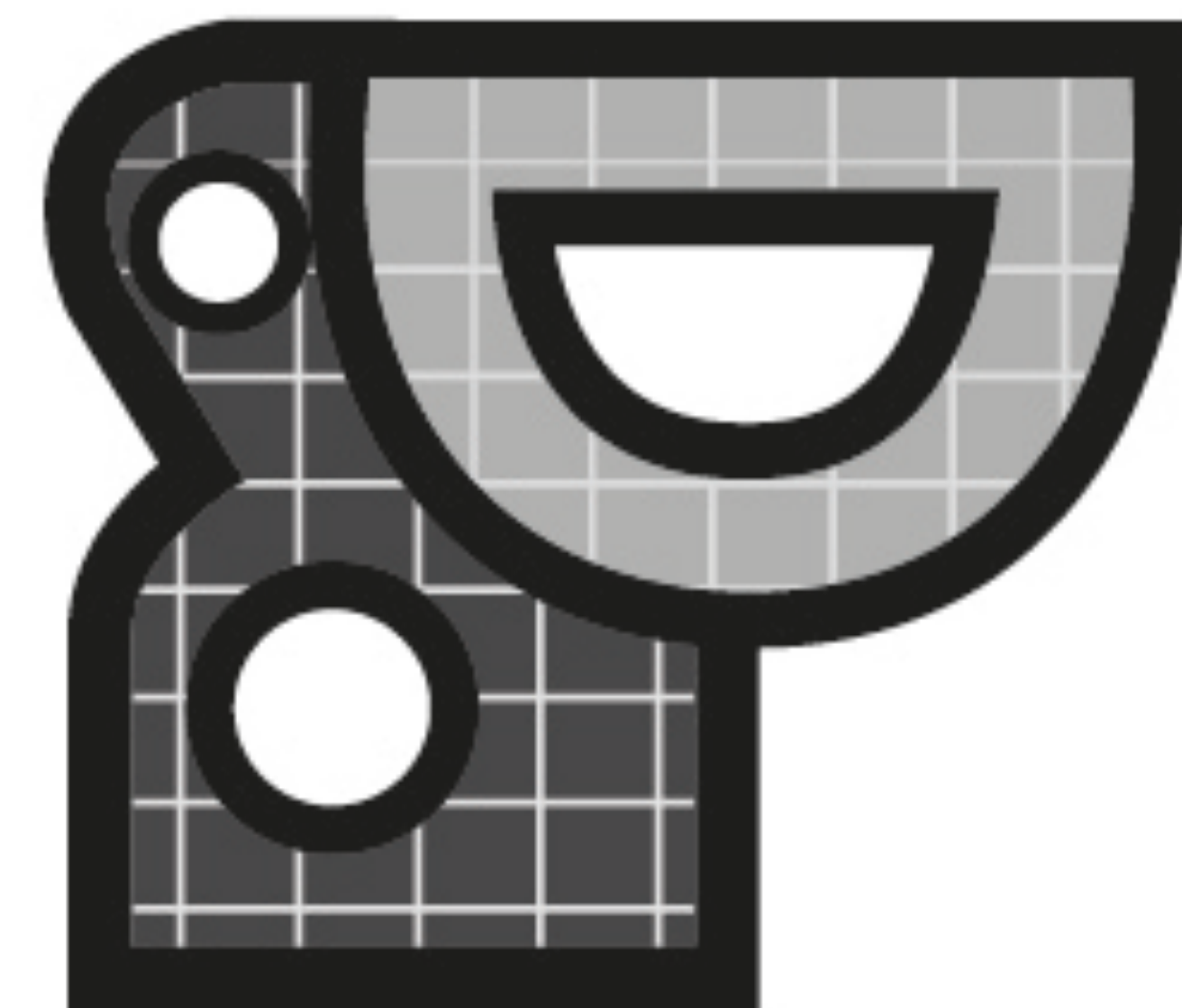
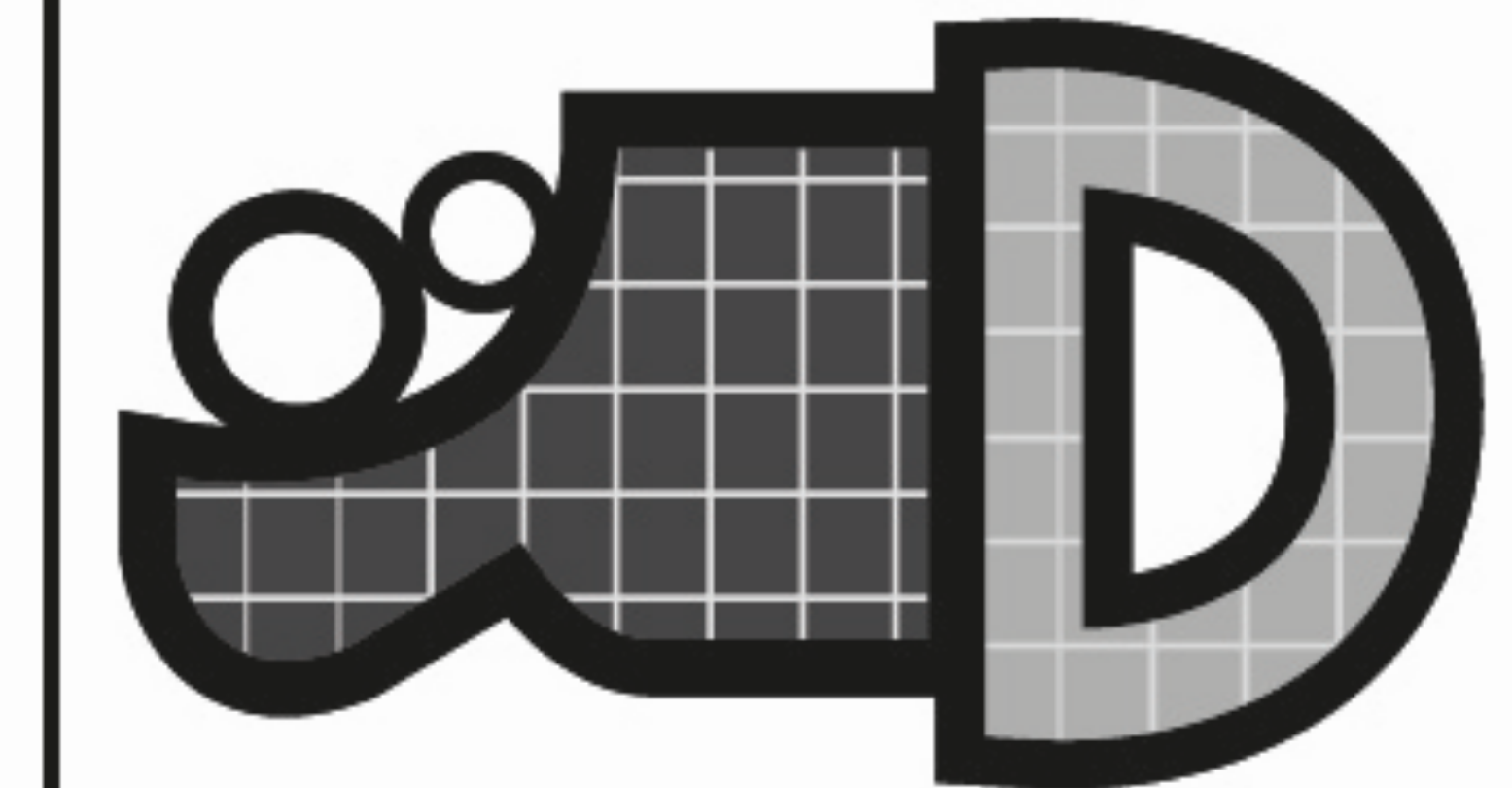
您还记得最后一次观看民间戏剧或皮影戏是什么时候吗？为这些表演者的背景添加色彩鲜艳的设计。

右上角有一些图案可供您参考。



Your Playground 您的游乐场

Example 例子



This Pelican Playground was built in the 1980s. It comprises many different types of shapes.

Design your own playground with these shapes.

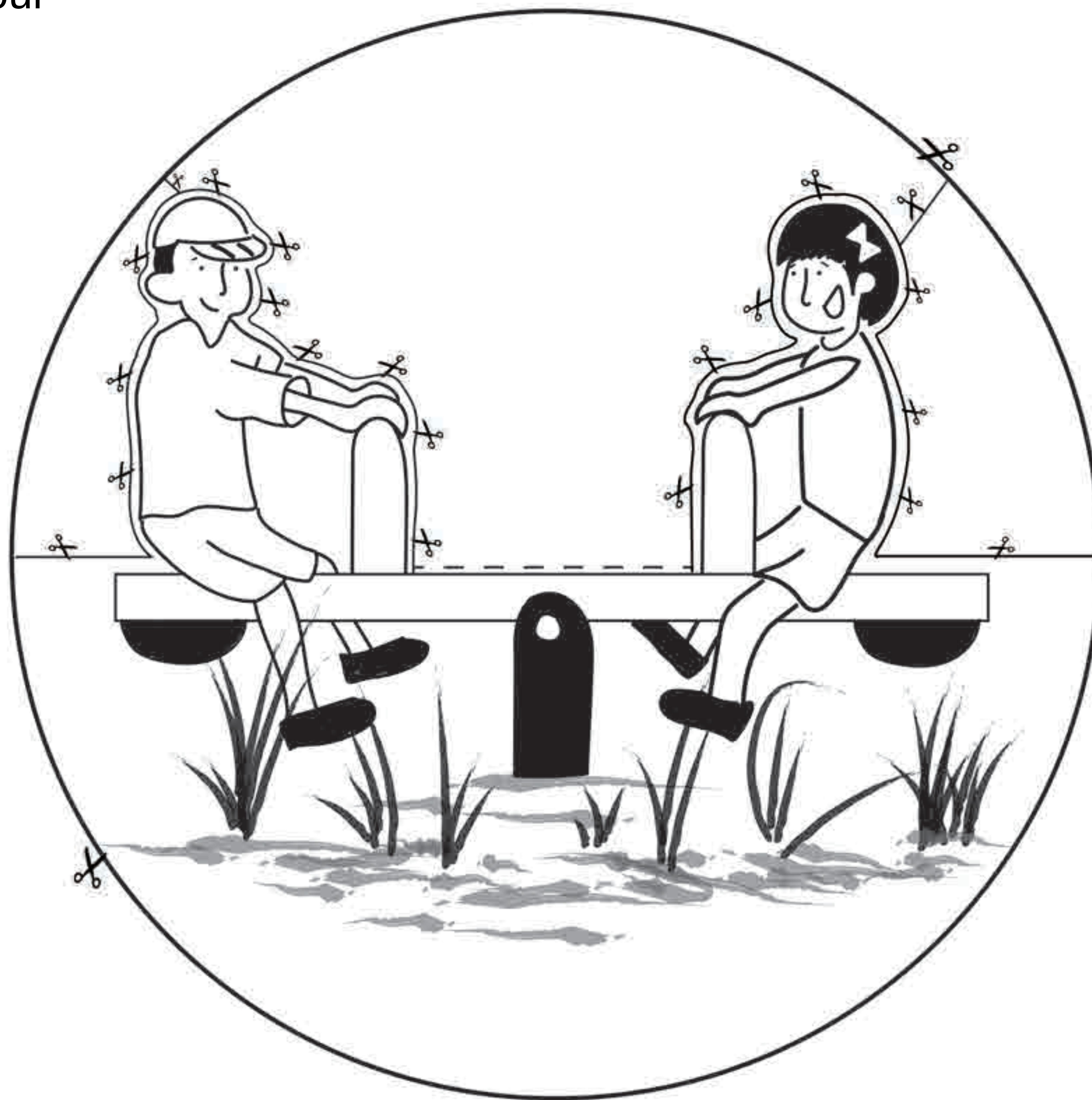
这个鹈鹕游乐场建于1980年代。如图所示，它由一些基本形状组成。
用这些形状画出自己的游乐场设计。

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!

See-saw
跷跷板



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！



Maze 迷宫

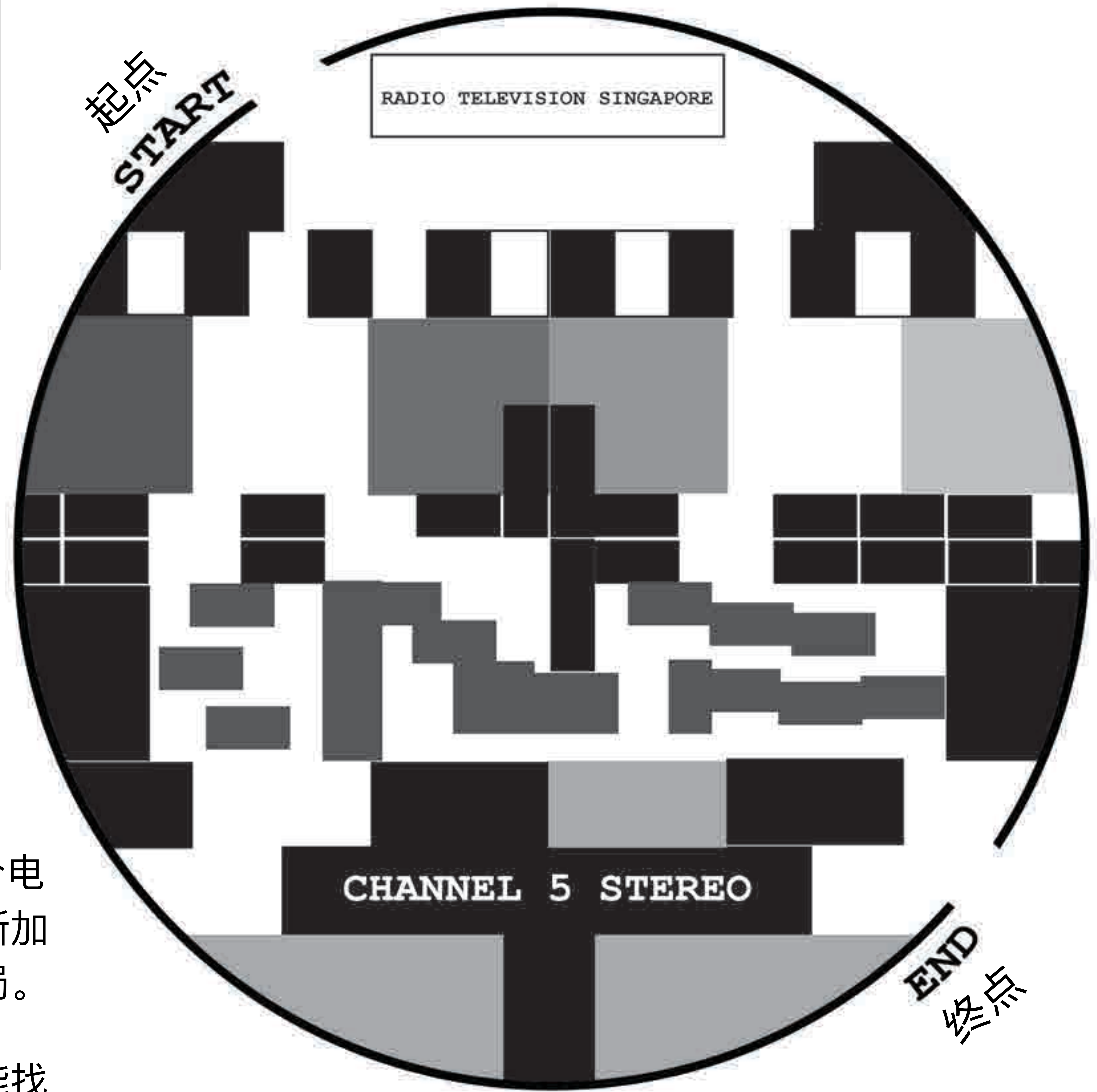


The first television programme aired on Television Singapura's Channel 5 in 1963. After Singapore's independence, Radio Singapura and Television Singapura merged to form Radio Television Singapore.

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？



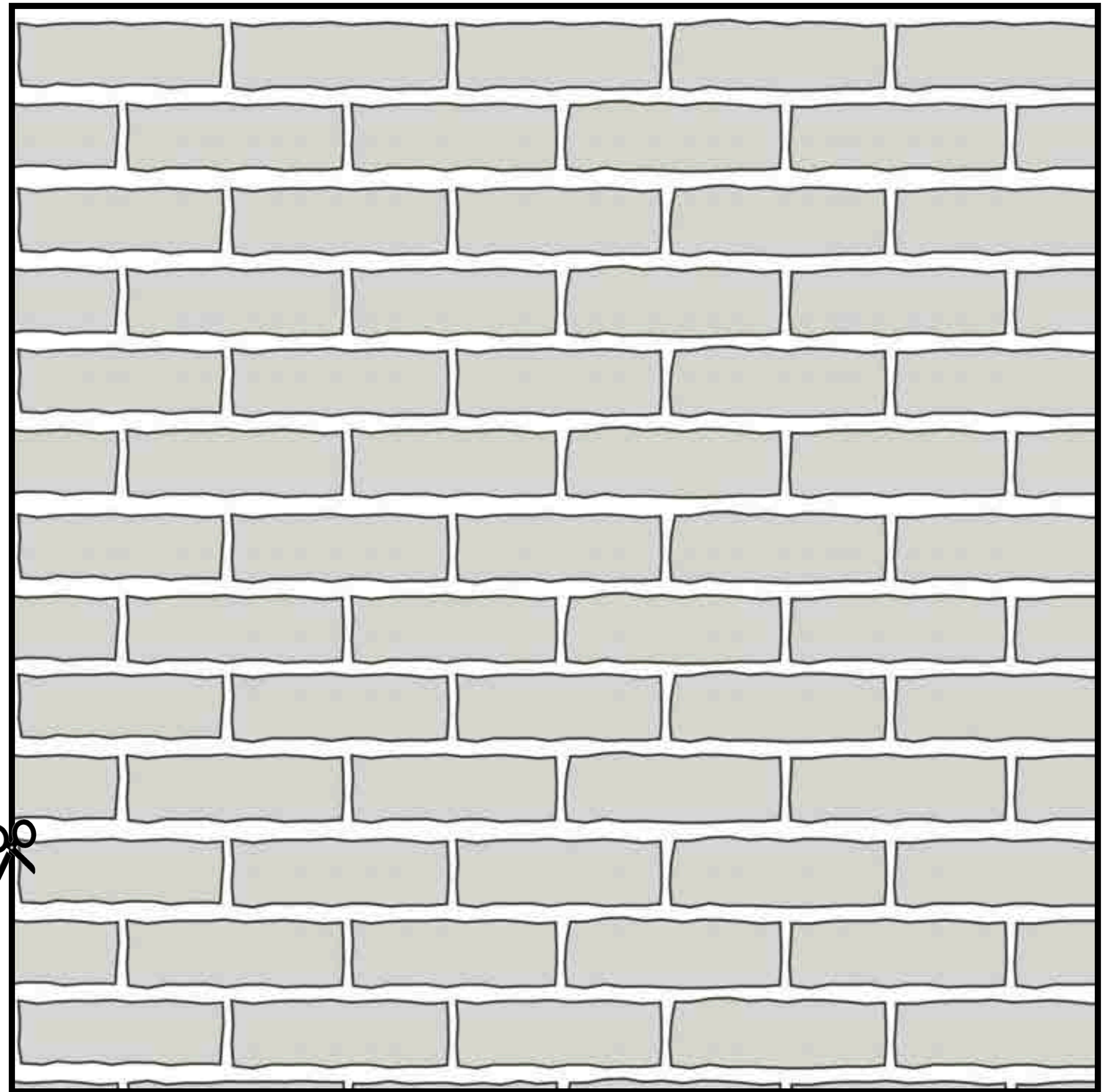
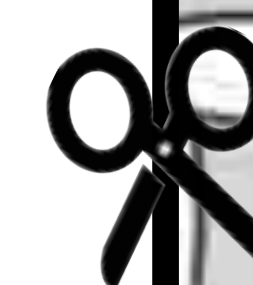
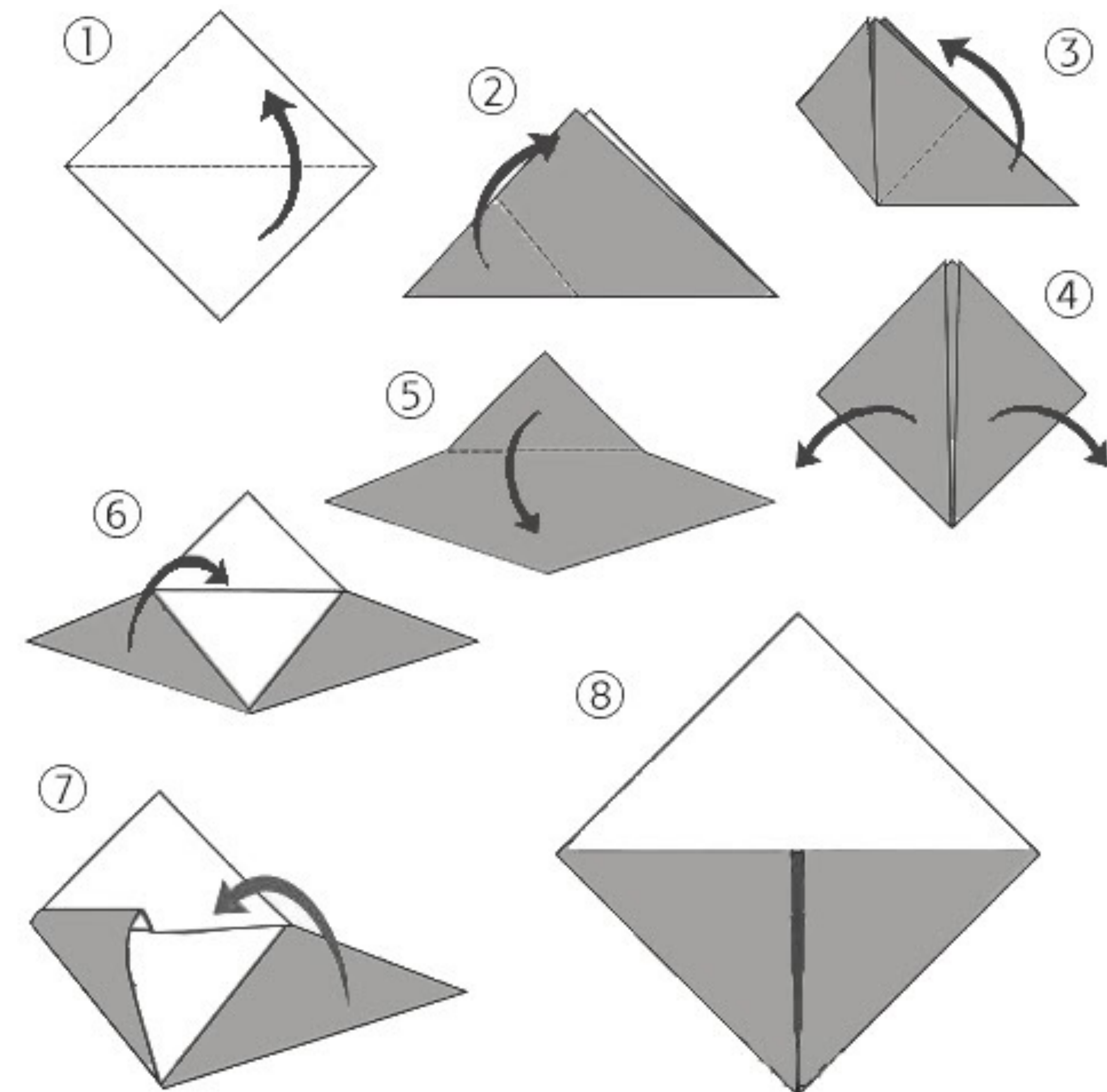
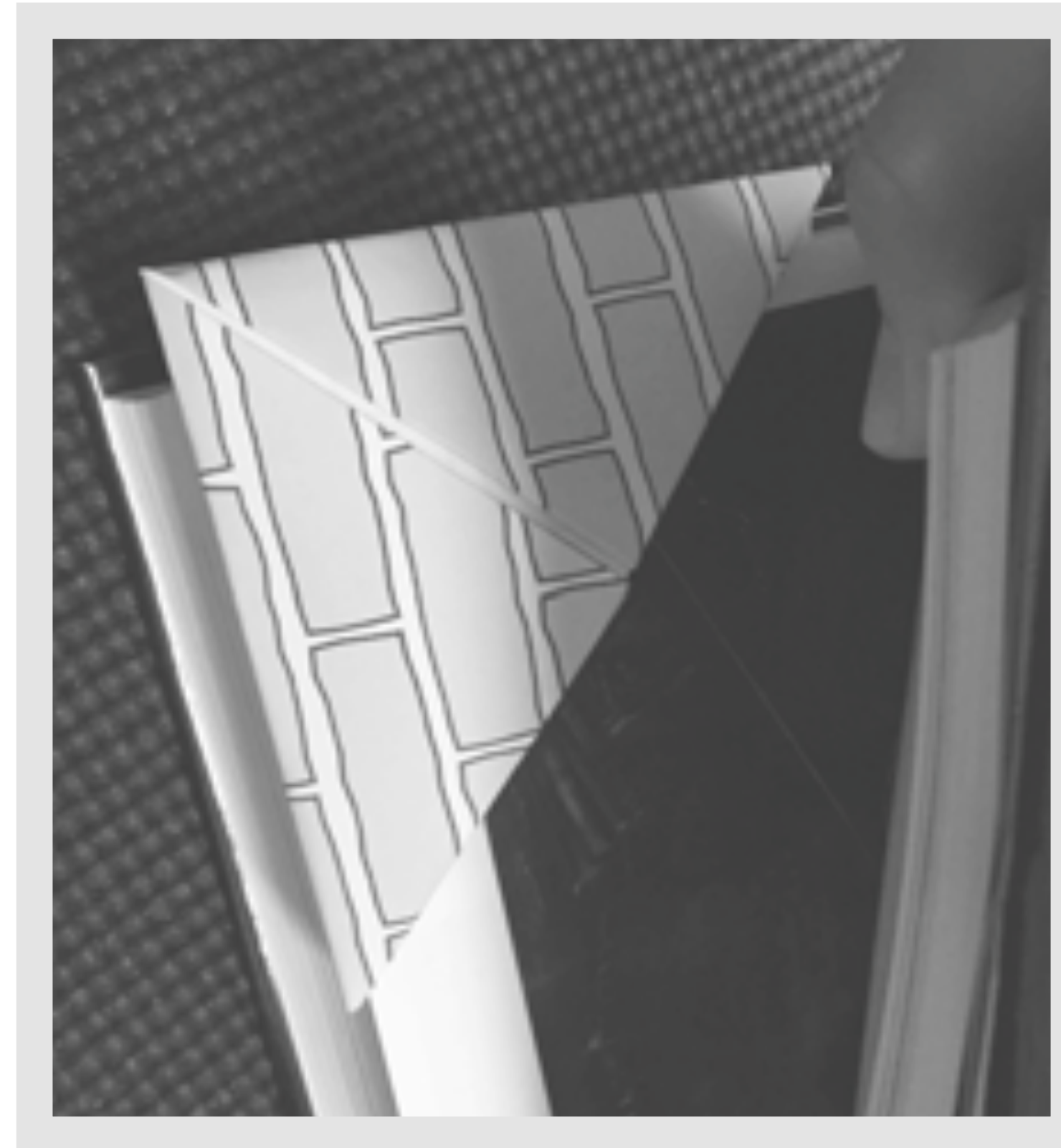
Sound of Music 音乐之声

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

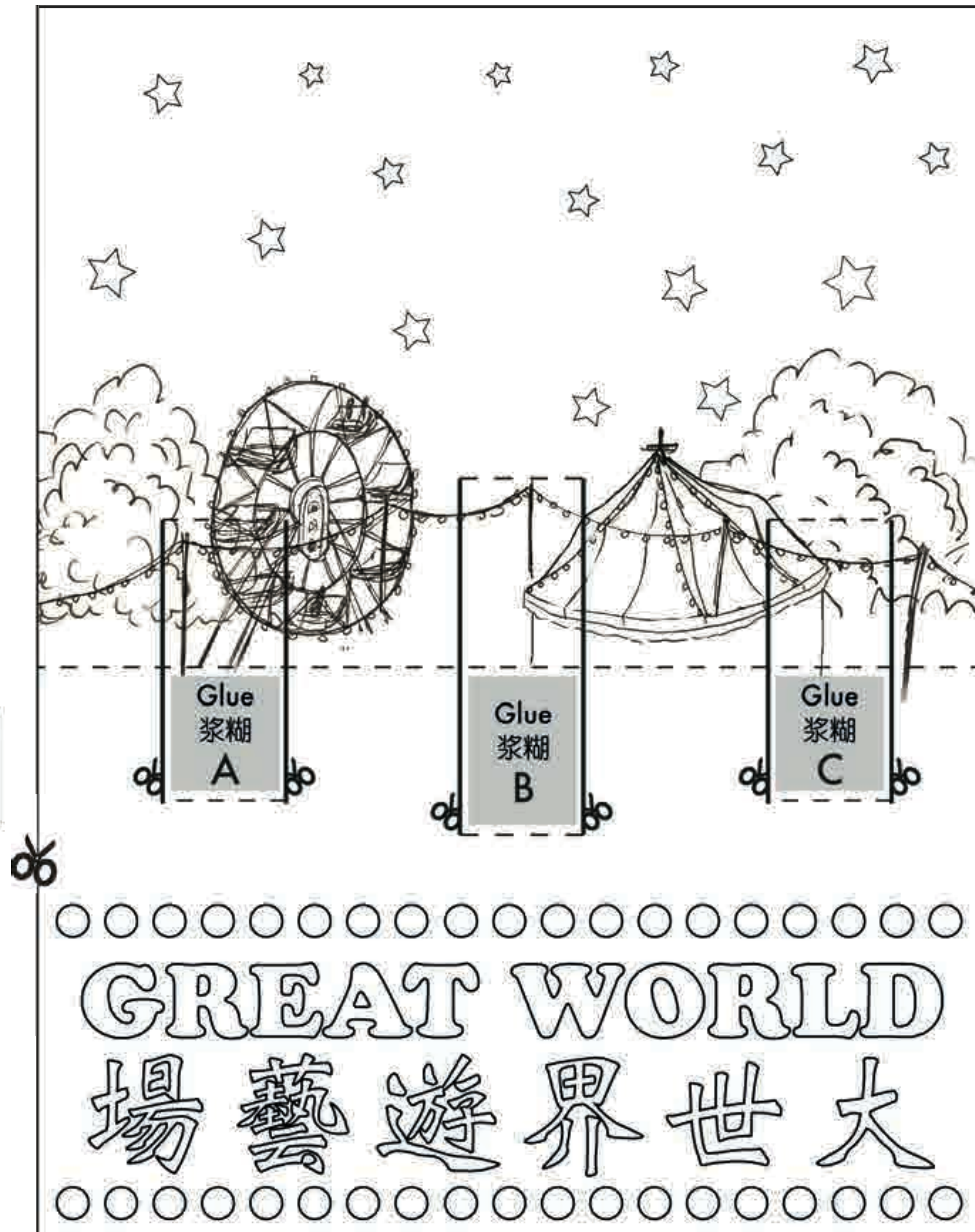
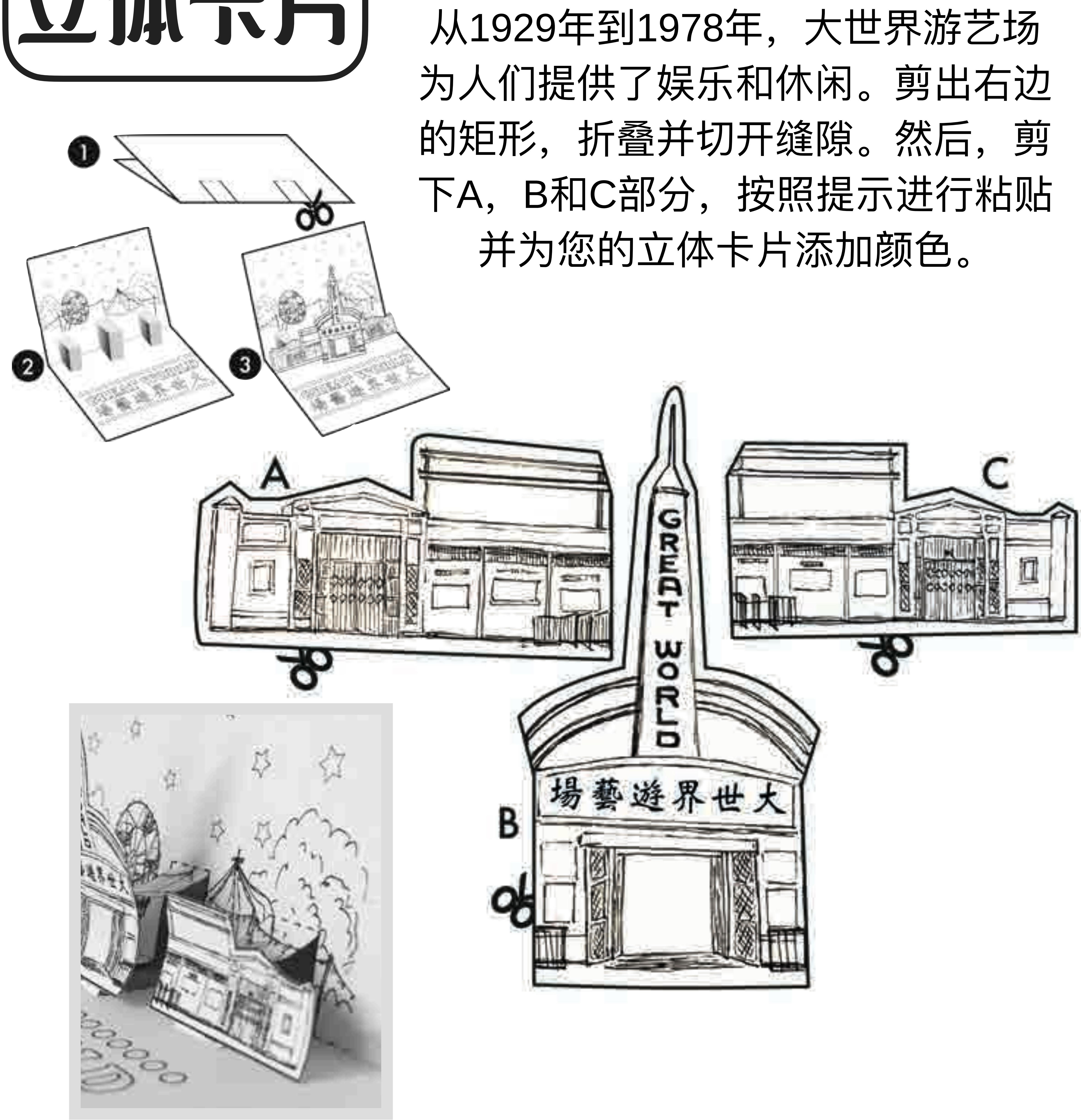


Do you remember the red brick walls of the old National Library? That place was a haunt for book lovers! Cut out the square and fold according to the instructions to make a bookmark that is inspired by that library.

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.

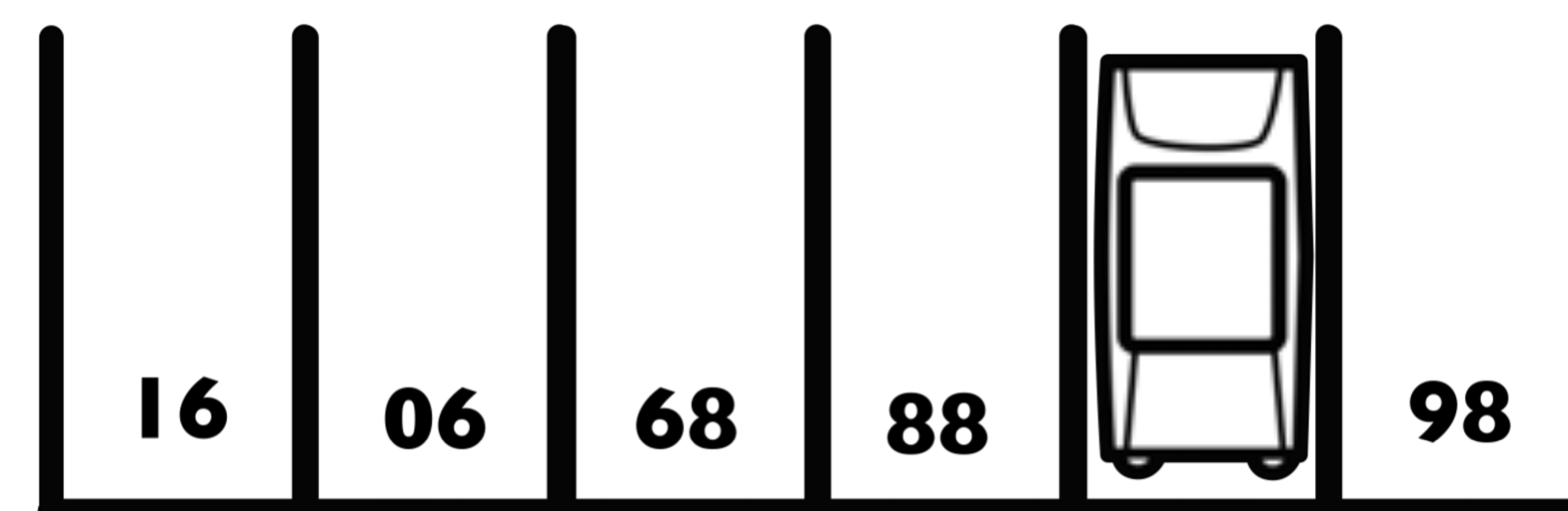


Make a Guess
Have a Laugh

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.

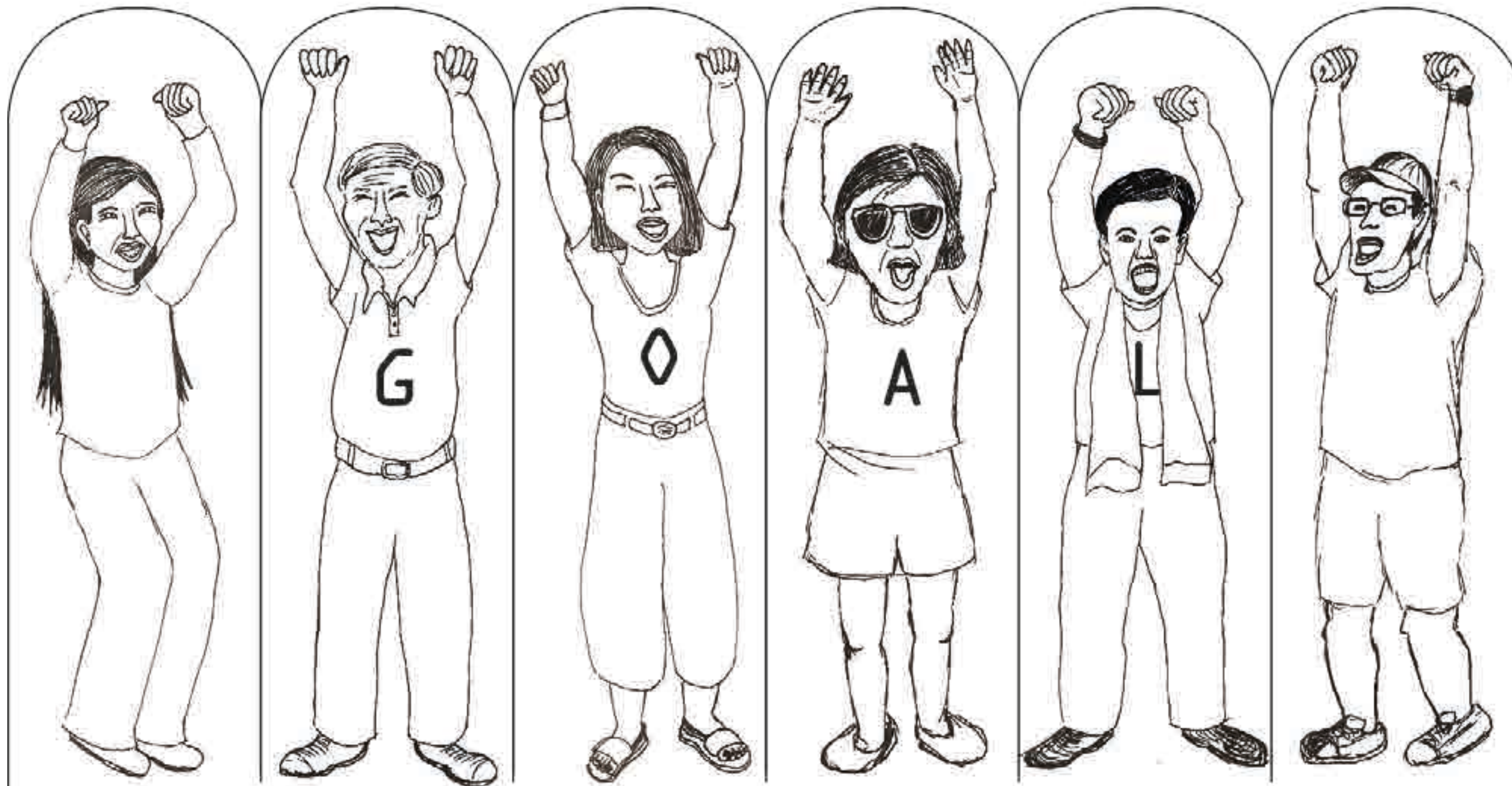
在1930年开业的首都剧院，一直是60年代至80年代电影和社交聚会的热门地点。

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

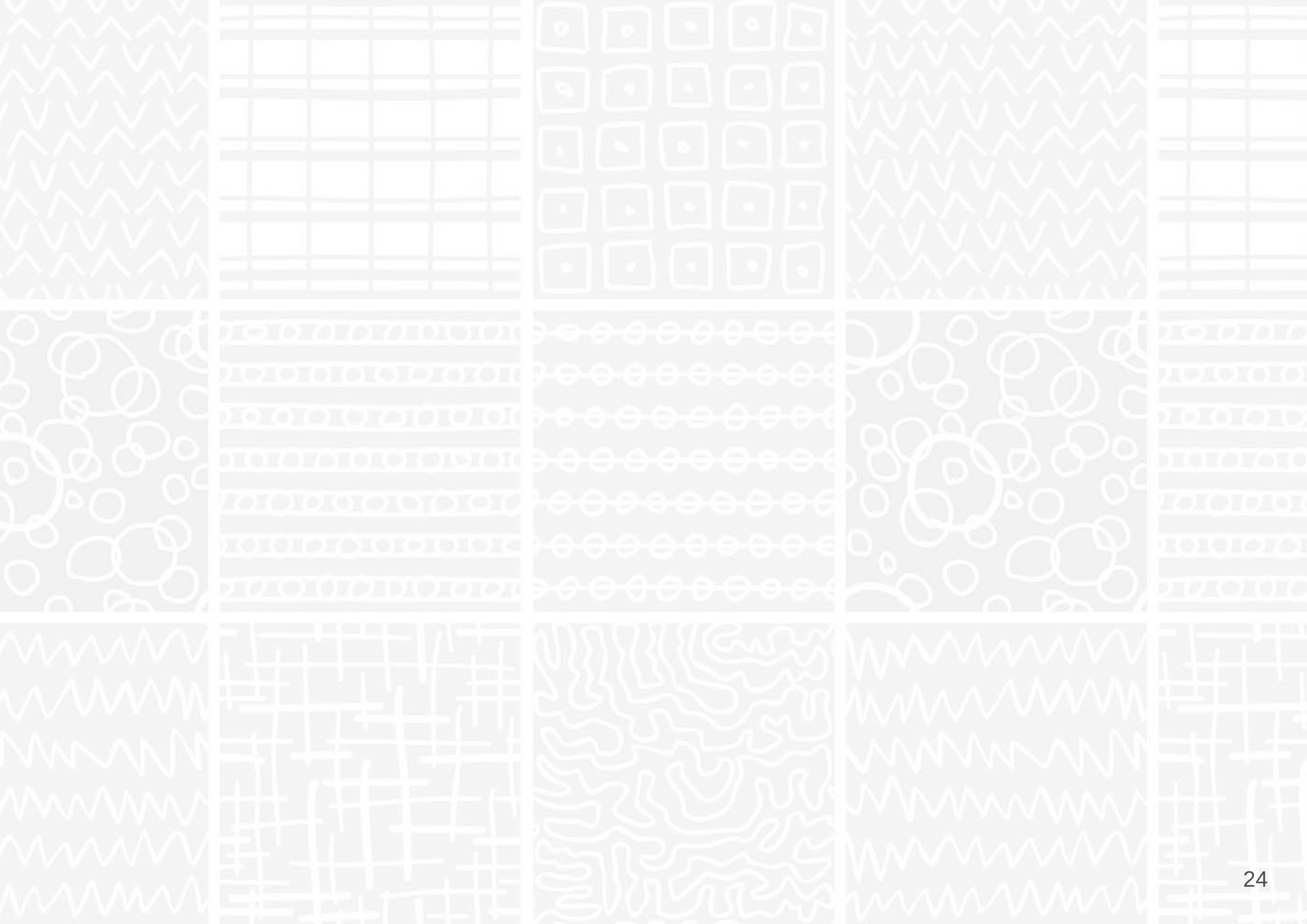
Part 2 部分2



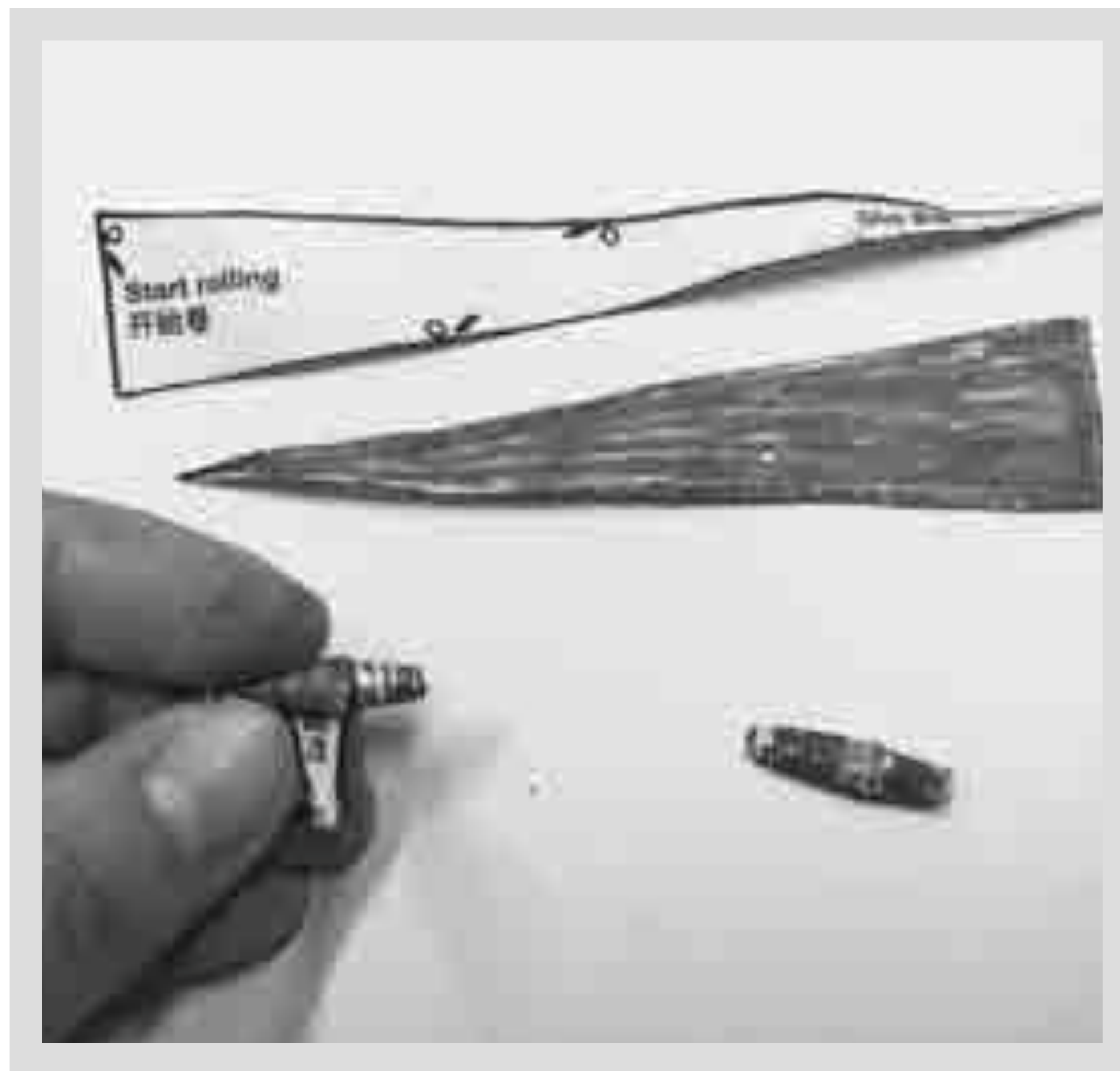
Crush into
a ball
shape.
压成球
状。

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。

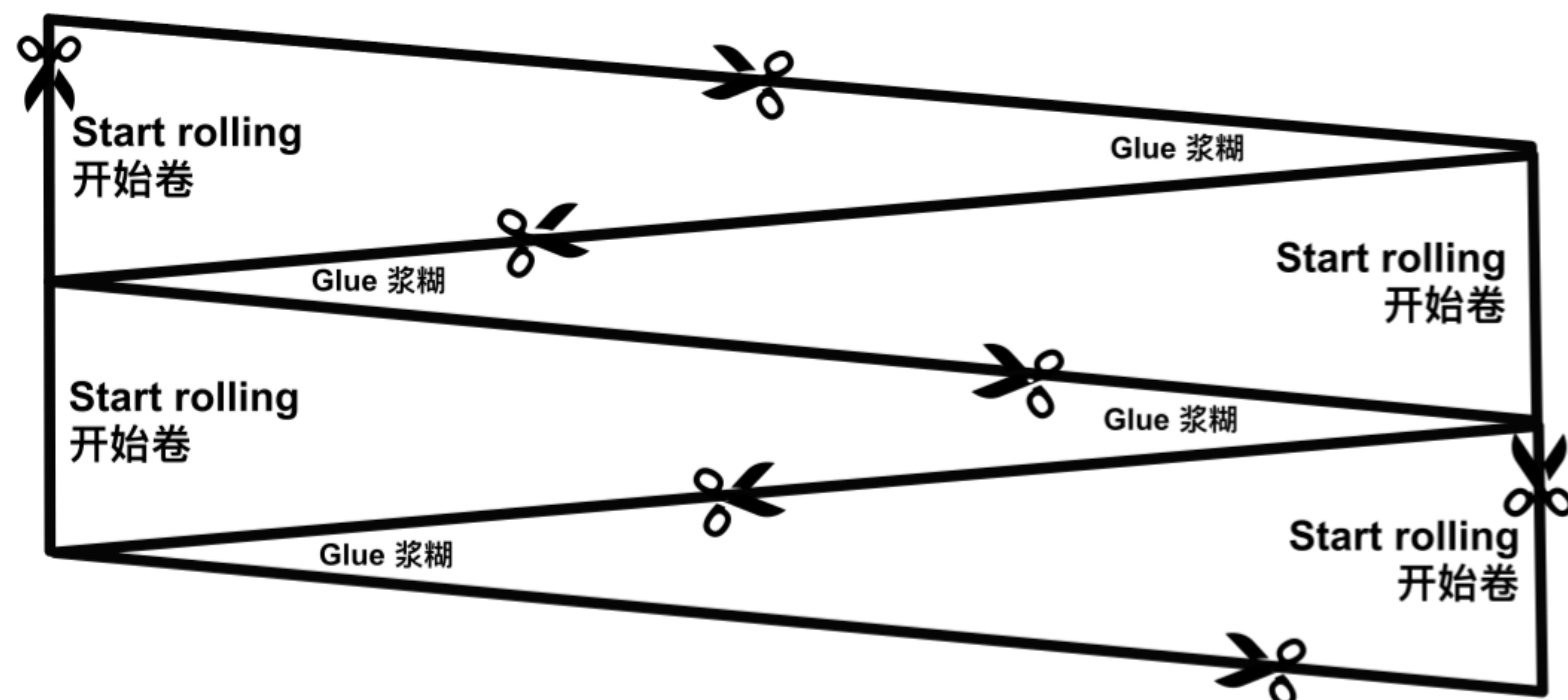


saga seeds 相思豆



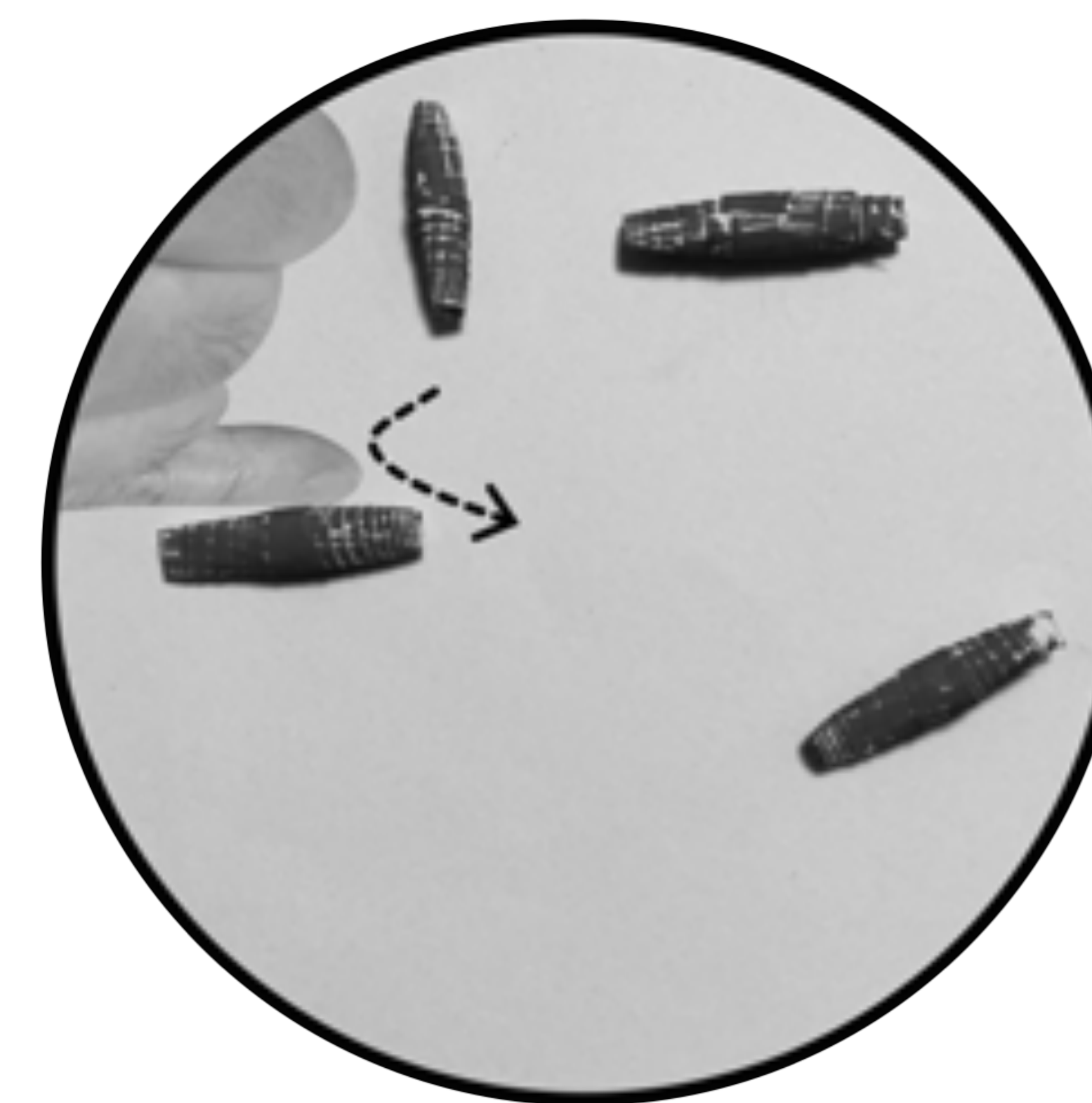
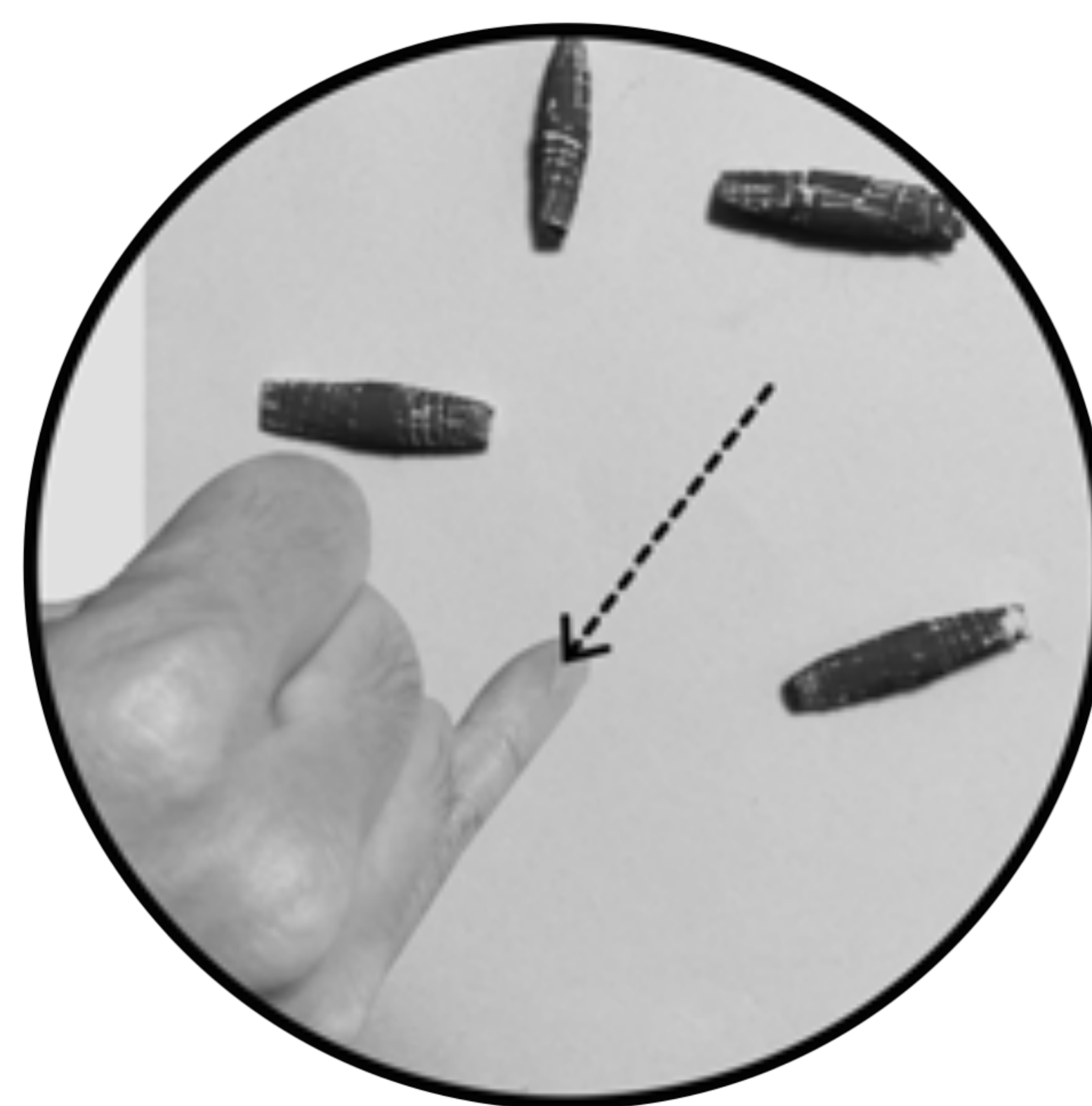
We used to pick up red and shiny “Saga Seeds” from the ground and play games with them.

我们曾经常从地面上捡起红色闪亮的相思豆来玩游戏。



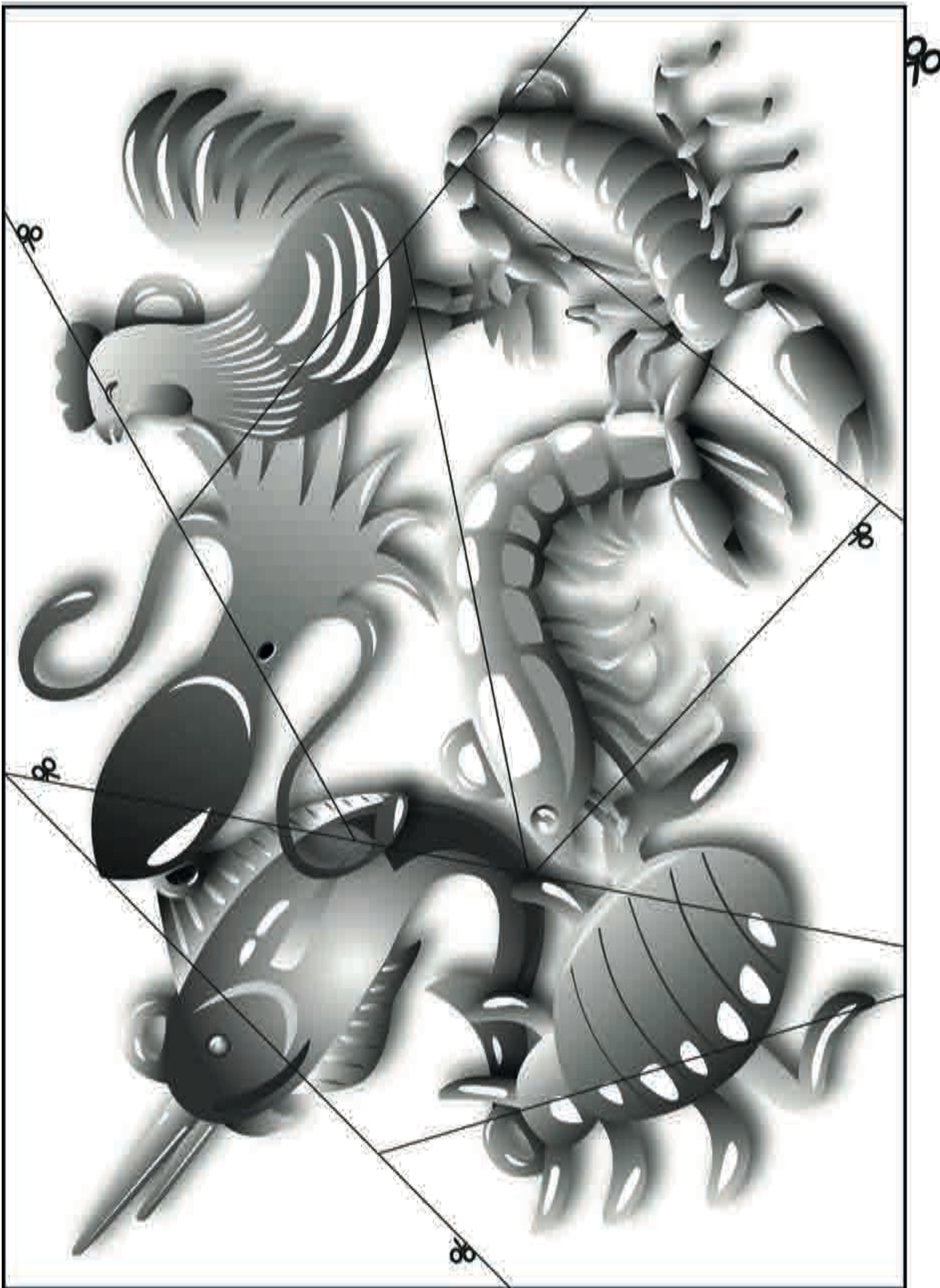
Cut out these 4 triangles, and colour the other side red. Then, start rolling them from the broader end and glue the other end down to make your own “Saga Seeds”.

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”。

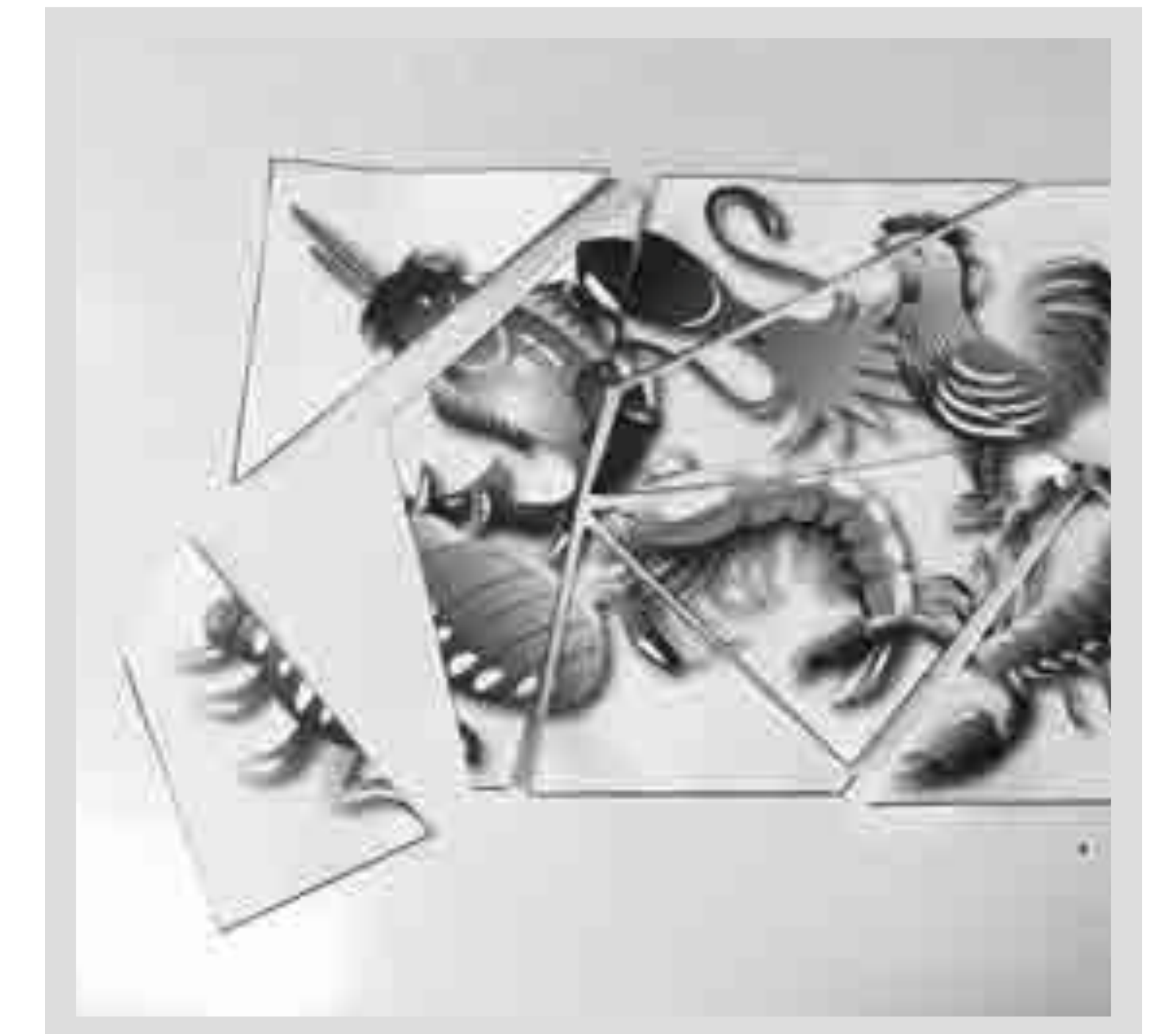


Toss the 4 “Saga Seeds” on the table. Select 2 seeds and use your last finger to draw a line between them. Then flick one seed towards the other with your last finger. If it hits the other without touching any other seed, you win both.

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?



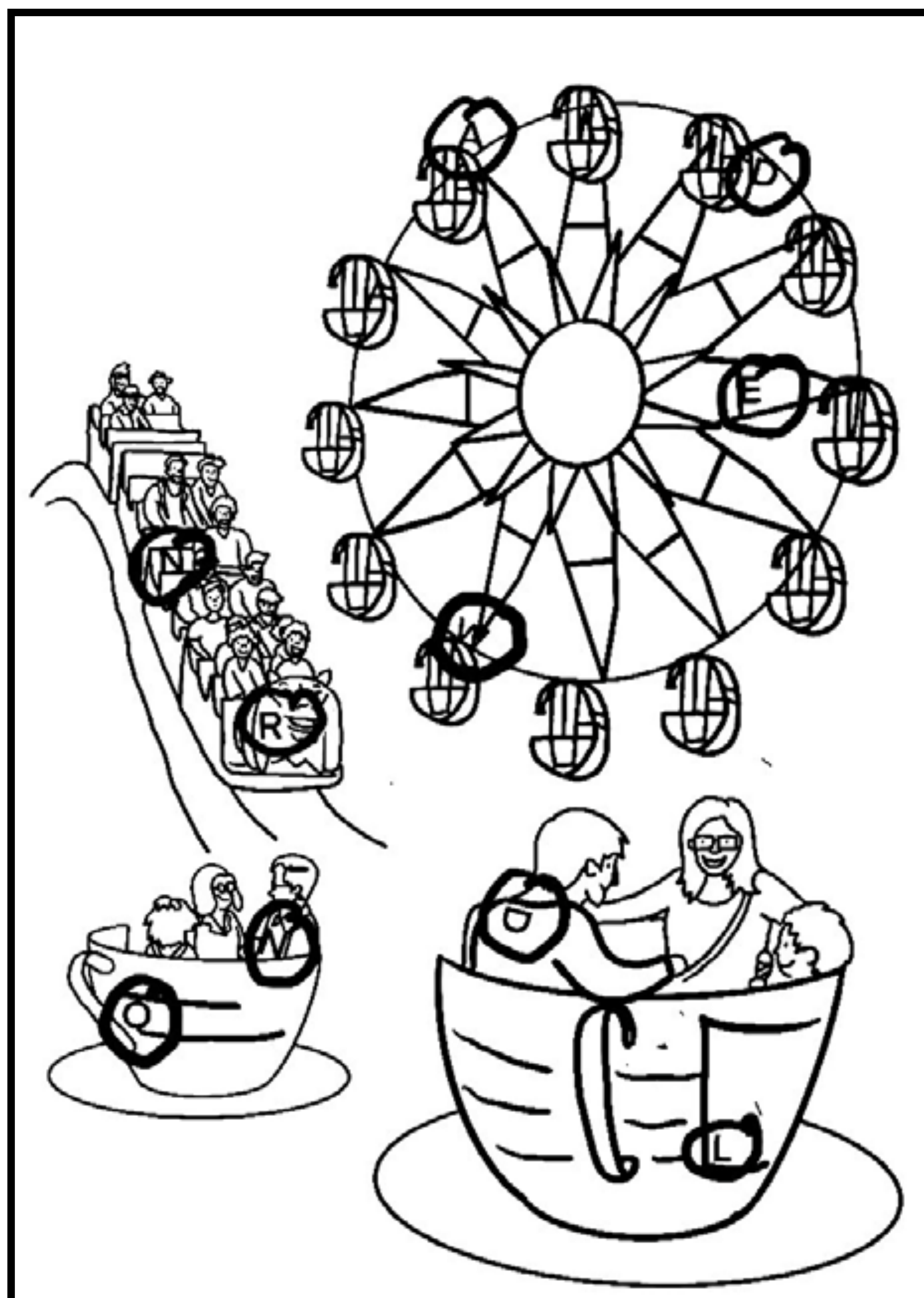
Do you remember *Kuti-Kuti* and how you would try to flip your plastic animals/objects on top of your opponent's to claim their item? Cut along the lines, shuffle the puzzle pieces and try and reform this puzzle in the quickest time.

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

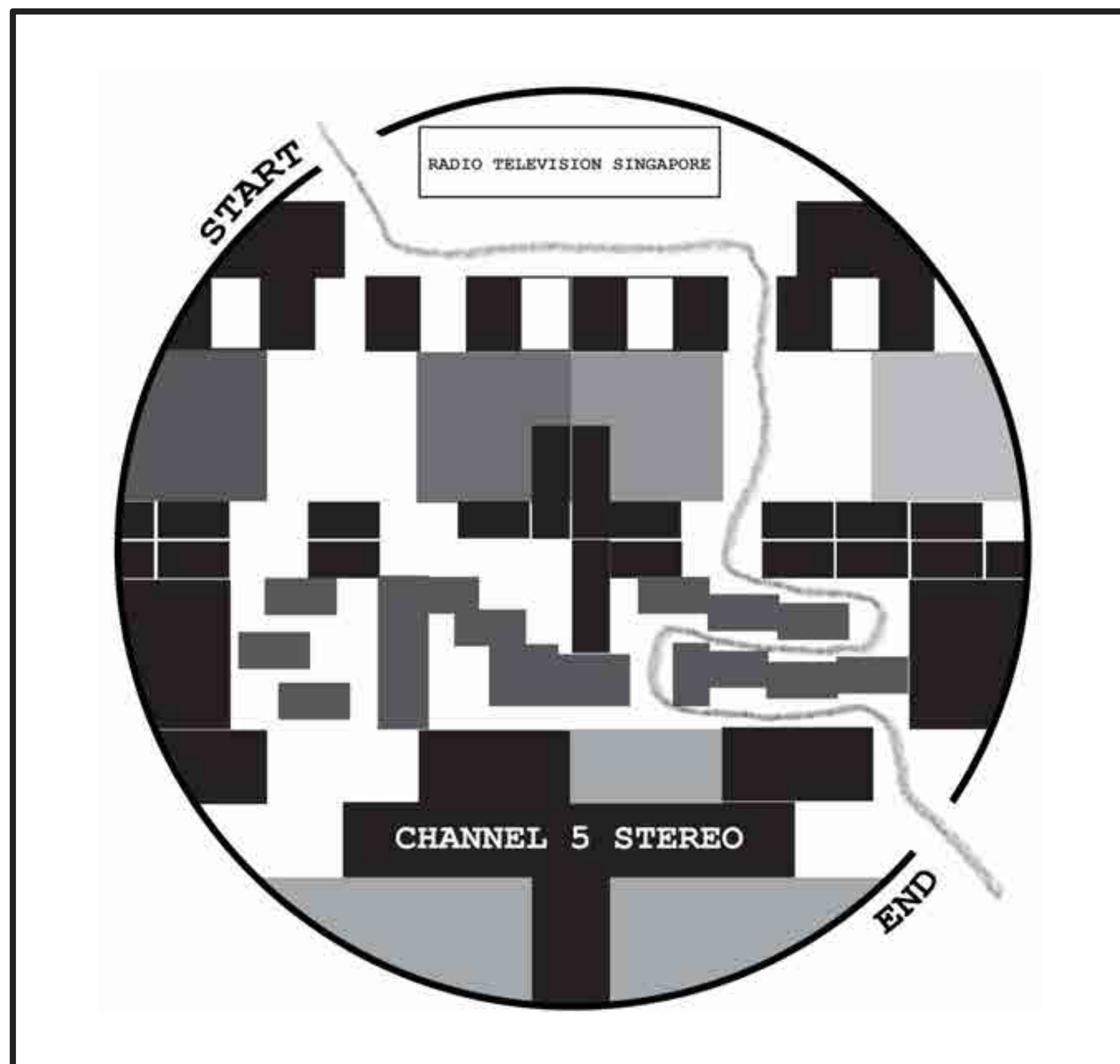
Find it
找一找

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Maze
迷宫

Page 13



Answers 答案



Wang Sa &
Ye Fong
王沙和野峰

Make a Guess
Have a Laugh
猜一猜
笑一笑

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86		88	89	90	91
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Answers 答案

Spot the Difference
找出不同

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Resources 资源

8 STEPS TO CLEAN YOUR HANDS



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry

洗手8步骤



掌心对掌心



指缝间



掌背



拇指下方



指背



指尖



手腕



洗净后抹干双手

8 LANGKAH UNTUK CUCI TANGAN



Gosok kedua-dua tapak tangan



Celah-celah jari



Bahagian belakang tangan



Pangkal ibu jari



Bahagian belakang jari



Kuku



Pergelangan tangan



Bilas dan lap tangan hingga kering

கைகளைக் கழுவுவதற்கான 8 படிநிலைகள்



உள்ளங்கையோடு உள்ளங்கை



விரல்களுக்கு இடையில்



கைகளுக்குப் பின்னால்



கட்டை விரல்களின் நுனிப் பாகம்



விரல்களுக்குப் பின்னால்



நகங்கள்



மணிக்கட்டுகள்



கழுவி துடைக்கவும்



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=4UCkKDIXYk4>

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=A09luCRzZQw>

Tamil: <https://www.youtube.com/watch?v=Uoz5yzGAYFk>

English:



Mandarin:

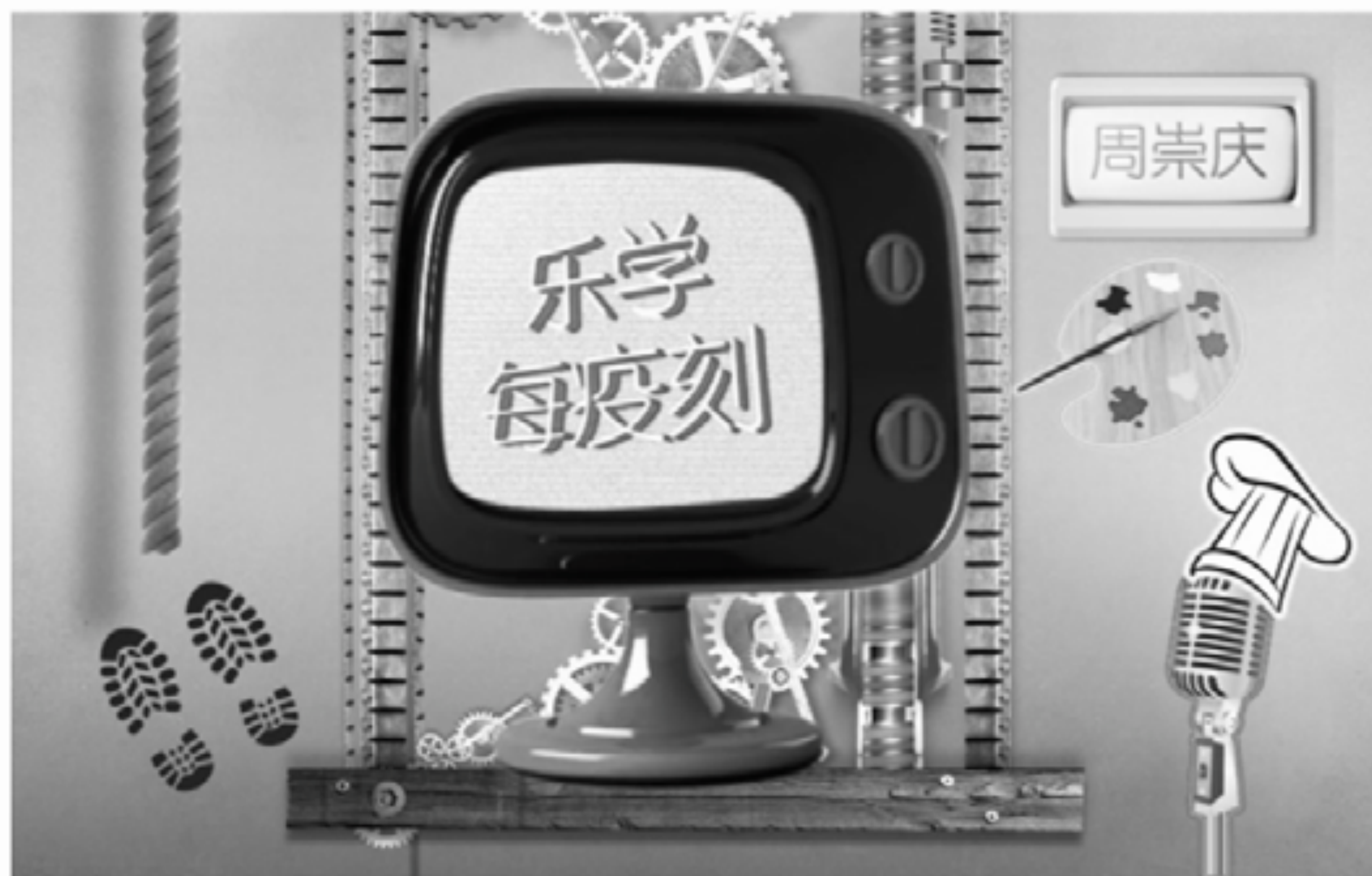


Malay:



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。