FUN! Connections

Enabling Seniors to Play, Connect and Thrive

aic agency for integrated care

COMMUNITY FOUNDATION OF SINGAPORE

Introduction

The FUN! Fund, created by Agency for Integrated Care and Community Foundation of Singapore with the support of various donors, enables Community Care partners to bring fun, innovative and engaging activities to seniors, and helps sustainable programme ideas take off across the Community Care sector.

This playbook features six (6) programmes implemented by Active Ageing Centres, Senior Care Centres and Nursing Homes. We have included seniors' feedback alongside practical tips from staff on how these programmes can be enhanced and sustained.

We hope it inspires Community Care partners to reimagine possibilities and spark new experiences for their seniors. Together, we can create programmes that bring joy, foster connections and empower seniors to live active, meaningful and purposeful lives.

Please also refer to *AIC Wellness Programme* for more resources to engage seniors through meaningful activities to enhance their wellbeing and quality of life.

Have fun!

Agency for Integrated Care and Community Foundation of Singapore

Copyright 2026 © Agency for Integrated Care Pte Ltd
This playbook is strictly not for sale or other commercial use. Community Care Organisations and Social Service Agencies may print or photocopy extracts of this playbook for use in their activities/services.

Any equipment, product, programme partner or process mentioned, whether in the form of photographs or texts, serves merely to illustrate the programme and does not in any way endorse, promote, or market them for use in the community care sector.

Disclaimer and Safety Notice
To the extent permitted by law, Agency for Integrated Care Pte Ltd and Community Foundation of Singapore disclaim any liability for personal injury or property damage arising from the use or reliance on the contents of this playbook.

All contents are designed for informational purposes only and should not be taken as professional or medical advice. Any suggested activities should be reviewed for the suitability for the target seniors before undertaking, and when in doubt, please consult or seek advice from appropriately trained care professionals. Please stop immediately and seek medical assistance should the target seniors feel unwell or in pain while carrying out these activities.

All rights reserved.

Information provided is accurate as at September 2026.

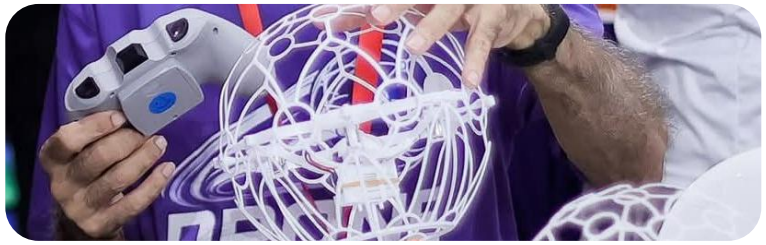
Published by:
Agency for Integrated Care Pte Ltd
5 Maxwell Road, #10-00 Tower Block
MND Complex
Singapore 069110
www.aic.sg

Explore the Programmes



Beyond the Walls

Mobile entertainment for bed-bound residents.



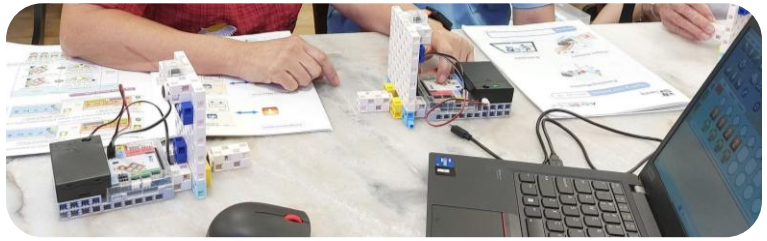
Drone Soccer

Drone games promoting teamwork, coordination and active engagement.



Drum and Fitness

Drumming programme promoting physical and mental wellbeing.



Fun with Coding

Hands-on robotics programme fostering digital and cognitive skills.



Magic! Magic!

Discover magic while building confidence and cognitive skills.



Senior Chef Cook

Cook, share, and enjoy meals together with seniors.

Beyond the Walls

Transform any wall or ceiling into windows of fun and discovery for bed-bound residents.

Let them enjoy their favourite programmes, reminisce with songs and performances from yesteryears, or participate in games and quizzes from the comfort of their wards.

SUITABLE FOR

Nursing Homes (bed-bound residents)



Photo: Jamiyah Home

How it works

Beyond the Walls

- Identify suitable walls or ceiling surfaces for content projection. Unobstructed areas without fixtures such as fans or lights are preferred. Otherwise, use mobile screens if such surfaces are unavailable in the wards.
- Procure portable projectors with features such as adjustable projection angles, built-in speakers and access to streaming apps.
- Engage bed-bound residents to find out their programme preferences and/or prepare simple quizzes or games for small-group activities.
- Source programme content through subscription services (e.g., Netflix, Prime Video) or free platforms such as meWatch and YouTube.



Photo: Lee A Mooi Old Age Home



Photo: Lions Home (Bedok)



Photo: Green Avenue Home for the Elderly

Tips from Staff

Beyond the Walls

Curate **senior-friendly content playlists**, such as music from the seniors' era, nature documentaries, classic movies, cultural programmes and travelogues. Assign a staff to review and **refresh the content regularly**.

Encourage **senior's participation in content selection** and rotate selected programmes. **Personalise playlists** based on each senior's preferences where possible.

Ensure the **viewing area is free from excessive brightness and glare** to enhance viewing comfort.

Create a **theatre-like experience with nostalgic touches** such as preparing movie tickets, *kacang puteh* (peanuts), popcorn and drinks.



Photo: Ling Kwang Home for Senior Citizens

Feedback from Seniors

Beyond the Walls

There is an interesting variety of programmes, which makes my normal daily life less boring. It is good to continue with the programme.

~ Mr Ng K H, Vanguard Healthcare, Pearl's Hill Care Home

I'm bored in the room, with this projector in the room, I'm happy I can watch my favourite shows now.

~ Mdm Tan Geek Hue, Ling Kwang Home For Senior Citizens

Now I can watch Teresa Teng singing while lying on my bed. I like it!

~ Mdm Eng Siew Choo, NTUC Healthcare, Pasir Ris Nursing Home

So magical, can turn ceiling into TV!

~ Mdm Lee Poi Hing, Green Avenue Home for the Elderly



Photo: St Theresa's Home

Drone Soccer

Ready, set and score!

Drone Soccer is an exciting and inclusive programme to get seniors working together, strengthen their hand-eye coordination, focus and mental flexibility.

SUITABLE FOR

Active Ageing Centre, Nursing Home, Senior Care Centre
(seniors who have retained sufficient finger dexterity and hand-eye coordination)



Photo: Community Foundation of Singapore

How it works

Drone Soccer

- Association of Drone Soccer Singapore (ADSS[1]), a programme partner that provides the Drone Soccer programme for seniors, offers an introductory package for senior centres and nursing homes, including:
  - drone sets, goal posts, batteries, a charger and a storage box to keep the equipment and accessories; and
  - introductory workshops for seniors, staff and/or volunteers to learn about the game and how to manoeuvre the drones.
- Encourage the first group of participants to guide other seniors after the workshops.
- Set up the programme in an enclosed space, ideally 3m x 6m, with minimal wind exposure (normal air-conditioning is fine). If space is limited, work with the programme partner to adapt the set-up and game rules.

[1] Staff may wish to explore other drone-related programme providers from MySkillsFuture, onePA | Courses and SG Drone Pilot website.



Photo: PCF Sparkle Care AAC (Care) @ Yew Tee



Photo: Sunlove AAC @ Depot Heights



Photo: Lee Ah Mooi Old Age Home (Silat)

Tips from Staff

Drone Soccer

Identify **committed seniors, staff and/or volunteers**, where possible for the introductory workshops to ensure support and guidance to other seniors subsequently.

Form a **drone soccer interest group** to encourage regular participation, peer support, and sustained engagement.

Organise **friendly competitions** with other centres or homes to build excitement and motivate seniors to improve their skills

Conduct **intergenerational drone soccer sessions** with students and youth groups to foster social connections and mutual learning.

Simplify game rules to suit the seniors' learning abilities and ensure an inclusive experience.



Photo: Allkin AAC @ Ang Mo Kio 420

Feedback from Seniors

Drone Soccer

Drone soccer improve my hand flexibility, sharpen my coordination and foster friendships. We can share different strategies during the sessions. It brings back the childhood memories.
~ Mr Ramesh Chamandas, Tzu Chi SEEN @ Bukit Batok

Drone soccer can be played sitting or standing. It's a rare sport where a 70-year old can compete equally with a 17-year old, and it can improve focus while helping to reduce cognitive decline.
~ Mr Chan Khye Heng, PCS Cedar Tree AAC @ Upper Serangoon 364

I enjoy the thrill of whizzing and zooming the drone in the air, and scoring the goal.
~ Mr Fong Chee Mun, SASCO @ West Coast

I can't believe I am able to play "soccer" again even though I am wheel chair - bound. This is really fun for me!
~ Mr Ayub, NTUC Health Nursing Home (Tampines)



Photo: Peacehaven Bedok Arena

Drum & Fitness

Turn up the music and get moving!

Combining drumming, rhythm and simple exercises, this lively programme supports seniors' physical and mental well-being as they enjoy a workout with their favourite music.

SUITABLE FOR

Active Ageing Centre, Nursing Home, Senior Care Centre



Photo: Peacehaven Bedok Day Centre

How it works

Drum & Fitness

- Staff and/or volunteers may consider attending *Basic and Golden Beat* online courses from Drums Alive[1].
- Upon completion, staff and volunteers may create their own choreographed movements or use choreographies available online to guide seniors in drumming exercises.
- Provide the following items:
  - "drum" sets (each set includes 2 drum sticks, 1 exercise ball[2] and 1 base[2] to support the ball);
  - a handphone or other devices to play music; and
  - adequate space to keep the "drum" sets (or consider deflating[3] exercise balls if there are space constraint).

[1] Staff may wish to explore other local drumming or movement-related programme providers from MySkillsFuture and onePA | Courses.
[2] Anti-burst exercise ball (estimate 65cm diameter) and support base (estimate 50cm top diameter and 35cm height).
[3] Include additional preparation time if staff needs to inflate and deflate exercise balls.



Photo: House of Joy Tampines Greenweave



Photo: Tzu Chi SEEN @ Nanyang



Photo: MWS Senior Care Centre

Tips from Staff

Drum & Fitness

Curate a list of songs based on the **preferences of the seniors**, such as oldies and familiar local tunes, and use them to design the movements for the drumming sessions.

Staff/volunteers who are facilitating the drumming activity with varied senior profiles may consider **grouping seniors and modifying movements in the choreography** based on the seniors' functional ability (e.g. seniors with 1 upper limb function).

Start and end each drumming session with **simple warm-up and cool-down movements** respectively, and progressively **introduce small variations** in movement and/or rhythm to keep sessions fun and engaging for seniors.

Staff may **identify suitable opportunities for seniors to perform** their drumming choreography at community events.



Photo: All Saints Home (Yishun)

Feedback from Seniors

Drum & Fitness

The rhythm and movements are very engaging, and it's enjoyable to follow along. It keeps me active while making the session fun and lively. I feel more energised, happy and connected during the session.
~ Mr Israni Vishamber Dhalumal, House of Joy Mountbatten

I am proud to be able to teach our seniors. I worked hard to prepare and feel a sense of accomplishment after each class. (The song) Chan Mali Chan has a special place in my heart as I choreographed the movements and had a performance.
~ Mr Peter Ang Chye Heng, Tzu Chi SEEN @ Nanyang

It makes my muscle move and I feel the ache, but the action and movements are good, keeps me alert.
~ Mdm Choo Bee Wah, MWS Senior Care Centre-Eunos

Though my legs are weak, I can still enjoy the programme while seated.
~ Mr Khoo Siew Hock, Kwong Wai Shiu Care @ St George



Photo: Lions Befrienders AAC @ Ang Mo Kio 318

Fun with Coding

Coding is not just for the young! Seniors build their own robots, programme them to complete missions and experience the excitement of bringing their robots to life.

Through this, they gain confidence with technology and strengthen their logical sequencing skills.

SUITABLE FOR

Active Ageing Centre
(seniors who can follow sequential instructions and operate a laptop mouse)



Photo: Kwong Wai Shiu Care @ Potong Pasir

How it works

Fun with Coding

- AACs may consider working with Wow! Education[1], which offers four structured coding modules for seniors.
- Start with Module 1 and progress to advance modules based on seniors' interest and learning readiness. Coding lessons, coding sets, and learning materials can be procured separately.
- The first batch of senior participants will be trained to support and guide their peers after completion of Module 1.
- Staff is required to:
  - provide a projector, screen and at least one laptop;
  - install the required coding software on their laptop; and
  - recruit more seniors for the subsequent programme run.



Photo: NTUC Health AAC (Care) (Kampung Admiralty)



Photo: Lions Befrienders AAC @ Tampines 434

[1] Staff may wish to explore other coding-related programme providers from MySkillsFuture and onePA | Courses.

Tips from Staff

Fun with Coding

Identify seniors who are more interested in learning new technology and/or sharing their digital knowledge as the first batch as the pioneer batch of participants. This would help to sustain the programme over time.

Incorporate intergenerational activities by partnering with student care centres or encouraging seniors to participate with their grandchildren in the programme

Breakdown the **learning in bite-sized** sessions to better engage seniors who may be less confident or unfamiliar with technology.

Provide **regular practice sessions** after the module completion to reinforce learning, build confidence, and onboard new participants.



Photo: Loving Heart Multi-Service Centre

Feedback from Seniors

Fun with Coding

The programme makes us think of different ways to build our robots. The software is easy to use as the commands are in symbols, and those without computer skills are able to understand. The different tasks allow seniors to brainstorm and discuss, encourage good bonding among the group.
~ Mr David Chan, NTUC Health AAC (Nanyang)

Interesting programme that allows me to learn new skills which I never thought I would have learnt in my whole life.
Great experience!
~ Mdm Kemalawati Devi d/o Nath Pati Tiwari,
Kwong Wai Shiu Care @ Potong Pasir

Felt very accomplished upon assembling the "lego" car and having it move in the way I programmed it.
~ Mr Wee Boon Chye,
Loving Heart AAC 210



Photo: Loving Heart Multi-Service Centre



Photo: Agency for Integrated Care

Magic! Magic!

Seniors learn simple magic tricks and wow their families and friends!

They develop new skills while keeping their minds and fingers nimble. Performing the tricks also helps to build confidence and create opportunities for social connection.

SUITABLE FOR

Active Ageing Centres, Nursing Home, Senior Care Centres (seniors with sufficient finger dexterity)



Photo: Allkin AAC @ Sengkang

How it works

Magic! Magic!

- Staff and/or volunteers may consider attending training workshops conducted by Meta Illusions[1].
- After completing the workshops, procure the magic tricks and organise learning sessions for seniors. Allowing seniors to keep the magic props can encourage continued practice and sustain their interest beyond the sessions.
- Staff may use magic tricks to engage nursing home residents. They may also train interested seniors and allow them to keep the props for independent practice.
- Conduct the sessions in a partially enclosed space where the step-by-step learning process is not visible, preserving the sense of wonder and surprise during performances.



Photo: Sunlove AAC (Care) @ Ang Mo Kio



Photo: Chinatown AAC (Jalan Kukoh)



Photo: NTUC Health AAC (Whampoa)

[1] Staff may wish to explore other magic-related programme providers from onePA | Courses and Asian Magician Network.

Tips from Staff

Magic! Magic!

Consider **small group learning sessions** or **pair experienced seniors with new participants**, for mutual support and guidance.

Provide a **step-by-step video**[1] to help seniors remember the steps and allow them to practise at their own pace.

Provide opportunities for each senior to **showcase at least one trick within the learning session**, to encourage continual practice and build seniors' confidence.

Identify opportunities for seniors to perform the tricks at centre or community events, or encourage them to perform at gatherings with family and friends.

Form an interest group where seniors can come together to practise regularly, make their own magic props, help to engage more seniors, or train for performances.



Photo: THK AAC @ Bukit Batok

[1] Video is used for seniors' learning and should not be posted on social media or shared with non-participants.

Feedback from Seniors

Magic! Magic!

The programme brings joy to life, train our brain to think and our fingers to be more nimble, and I also make new friends.
~ Mdm Chong Peck Cheng, NTUC Health AAC (Bukit Merah View)

At first, I thought magic was only for young people. After learning and remembering the steps, I realised my brain still works, just need the right kind of challenge.
~ Mdm Yue Sow Yin, Sunlove AAC (Care) @ Ang Mo Kio

I realised I became more patient with myself. If the trick didn't work, I try again slowly instead of giving up.
~ Mdm Tan Wee Leng, Sunlove AAC (Care) @ Ang Mo Kio

Building relationship (using magic) with my grandchildren have been rewarding. They enjoy learning from me, which makes me feel useful again.
~ Mr Lim Teng Wah, Jalan Besar AAC



Photo: THK AAC @ Beo Crescent

Senior Chef Cook

Put on the Chef's hat and start a culinary adventure filled with favourite recipes, tasty creations and joyful moments!

Whether it is sharing a secret family recipe or swapping stories over a freshly prepared meal, every session is a celebration of good food, friendship and memories.

SUITABLE FOR

Active Ageing Centres, Nursing Homes and Senior Care Centres



Photo: St Andrew's Nursing Home (Taman Jurong)

How it works

Senior Chef Cook

- Identify a suitable space for the programme. If a dedicated space is unavailable, use a trolley to store and move the kitchen utensils and appliances.
- Engage senior chefs to co-create the menu, drawing on their favourite recipes, culinary skills and interests.
- Procure the utensils, appliances, food ingredients and consumables such as aluminium foil, kitchen towels, disposable cutlery, etc.
- In nursing homes where regular meals are centrally prepared, staff may consider a dedicated storage area for the programme's utensils, appliances, ingredients and other materials (if needed).



Photo: Care Corner AAC @ TP62B



Photo: S3 Canopy AAC

Tips from Staff

Senior Chef Cook

Choose **simple recipes** to keep food preparation manageable and allow more time for social interaction during the food preparation process.

Incorporate cultural themes to promote learning and appreciation of different cuisines and traditions.

Make the activity inclusive by assigning suitable tasks based on seniors' abilities.

Empower senior chefs by allowing them to plan menus and guide their peers in food preparation, to support programme sustainability while building seniors' confidence to share their cooking skills with others.

Invite students to cook or bake with seniors to foster intergenerational connections.



Photo: SASCO @ Telok Blangah

Feedback from Seniors

Senior Chef Cook

Cooking together reminded me of the kampung spirit - everyone helping and learning from one another. This programme encouraged me to stay active and come out of the house regularly. I have shared the recipes with others, and we continue cooking together, supporting one another beyond the session.
~ Mdm Salmah, Thong Kheng AAC (Queenstown)

This programme reminds me of the past when I used to sell popiah with my mum. By guiding others to learn about popiah making, I feel much more confident and I'm happy to contribute back to the group.
~ Mr Ong, NTUC Health Day Center for Seniors (Geylang East)

I never imagined I could showcase my culinary skills in front of so many people and receive their approval.
I feel very gratified.
~ Mdm Mayaiswari d/o Pritam Singh, Adventist AAC @ Golden Clover

Missed home gathering and this programme give me the memory of family cooking together.
~ Mr Wong Chong Chuen, Kwong Wai Shiu Hospital @ Potong Pasir



Photo: Kwong Wai Shiu Hospital

Participating Community Care Organisations

Active Global Respite Care Pte Ltd
Adventist Home for the Elders
All Saints Home
Allkin Singapore Ltd
Bright Hill Evergreen Home
Buddhist Compassion Relief Tzu-Chi Foundation (Singapore)
Care Corner Seniors Services Ltd
Catholic Welfare Services
City Harvest Community Services Association
Econ Healthcare Pte Ltd
FaithActs
Fei Yue Community Services
Geylang East Home for the Aged
Green Avenue Home for the Elderly
Home Nursing Foundation
Jia Ying Community Services Ltd
Kampong Glam Citizens' Consultative Committee
Kreta Ayer-Kim Seng Citizens' Consultative Committee
Kwong Wai Shiu Hospital
Lee Ah Mooi Old Age Home
Ling Kwang Home for Senior Citizens
Lions Befrienders Service Association (Singapore)
Lions Home for the Elders
Loving Heart Multi-Service Centre
Methodist Welfare Services
Muslim Missionary Society, Singapore
NTUC Health Co-operative Ltd
PCF Sparkle Care Limited
Presbyterian Community Social Services Ltd
Singapore Amalgamated Services Co-operative Organisation Ltd
Singapore Anglican Community Services
Society for the Aged Sick
Sree Narayana Mission (Singapore)
St Andrew's Mission Hospital
St Hilda's Community Services Centre
Stroke Support Station
Sunlove Abode for Intellectually-Infirmed Ltd
The Salvation Army
Thong Kheng Welfare Services Society
Thong Teck Home for Senior Citizens
Thye Hua Kwan Moral Charities Ltd
TRANS Family Services
Vanguard Healthcare Pte Ltd

A big THANK YOU to FUN! Fund Donors

CAPITALAND hope FOUNDATION

COMMUNITY FOUNDATION OF SINGAPORE

GGB FAMILY CARE FUND
QIU FOUNDATION
WT21 FUND
YIN NONG FAMILY FOUNDATION

OCTAVA FOUNDATION

ONERHT FOUNDATION

SINGAPORE POOLS
For Community Purpose and Benefit

TAN CHIN TUAN FOUNDATION

TEMASEK *Foundation*