

# Wellness WEDNESDAY



Dear Community Care Partners,

*“Positive Ageing is an approach that recognises how our mindset and attitudes affect our physical and emotional wellbeing as we age. It is the process of maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, and engaging fully in life as you age.”*

– The Positive Psychology Institute

We look forward to providing you and your clients with a range of healthy ageing activities with every issue of Wellness Wednesday! Check out the highlights below and have a great mid-week! Wishing you and your teams, a happy and healthy 2022!

## SUBSCRIBE



### Send your Well(ness) Wishes!

Send this newsletter to your colleagues and invite them to subscribe so that they can receive all future issues of Wellness Wednesday. Subscribe by clicking [here](#) or scanning the QR code (right).



<https://www.form.gov.sg/6Oee400778ba460011d0835b>

**Kindly note:** All activity-related information listed is correct as at the time of issue. Due to the dynamic nature of COVID-19, we apologise for any changes which may occur subsequently. Please also follow prevailing safe management measures when undertaking these activities. For further information, contact the activity organisers.

Find out more about AIC Wellness Programme activities [here](#) or scan the QR code:



<https://aic.buzz/aic-wellness>

### Share your activity resources!

Have any resources you would like to share with fellow CCOs through Wellness Wednesday? Let us know at [healthyageing@aic.sg](mailto:healthyageing@aic.sg). We look forward to hearing from you!

## Check out these useful resources!

### RESOURCE: Colouring sheets by Ah Guo



For all Community Care Providers



The Grand Taichi Master illustration  
Image Credit: Families for Life

Download these colouring sheets specially designed by well-known Singaporean illustrator Ah Guo. Each artwork depicts the special relationship between grandchildren and their grandparents. A great bonding resource!

This resource is brought to you by Families for Life.

Scan the QR code to access the colouring sheets (Scroll down and select the “Grand Stories Colouring Sheets by Ah Guo” tab):



<https://bit.ly/3oNN56T>

### RESOURCE: Reminisce with Teochew Opera Classics



For all Community Care Providers



Screenshot from 陈三五娘

Enjoy traditional Chinese arts and heritage through a series of *Teochew Opera* classics such as [百花齐放] and [陈三五娘] brought to you by the *Baihua Troupe*. All these full-length performances are in *Teochew* with Chinese subtitles.

YouTube playlist credit: Mok Lee

Scan the QR code to access the full playlist here:



<https://bit.ly/3GEwUyQ>

## [NEW!] Quarterly Activity Menu (QAM)



For all Community Care Providers

We are pleased to share the “Quarterly Activity Menu” (QAM) in this issue of “Wellness Wednesday” (WW). Moving ahead, look forward to receiving the QAM in the March, June and September issues of WW.

In the attached QAM, you’ll find a wide range of activities, events and resources from January-March 2022. This will help in your activity planning and bring about greater variety of programmes for the seniors you care for. In this issue, there are approximately 100 programmes, including those from a range of languages/dialects.

You can navigate the QAM through filtering (such as types of activities, suitability for senior types, etc).

We look forward to hearing your feedback on the QAM. Email us at [healthyageing@aic.sg](mailto:healthyageing@aic.sg)

## FUNDING: Virtual Reality for Rehabilitation



For all Community Care Providers



Photo credit: Lions Home For The Elders

Did you know that Virtual Reality (VR) can be used for virtual rehabilitation to increase seniors’ motivation to take part in therapy sessions? Virtual rehabilitation gamifies therapy sessions encouraging client compliance by making the exercises fun. Other benefits can include reducing the number of staff required for group social activities or auto-documentation of the clients’ progress.

Find out more about virtual rehabilitation and other “green lane” activity-related items under the Healthcare Productivity Fund\* (HPF)! Scan the QR code below or email [hpf@aic.sg](mailto:hpf@aic.sg) for more details.

\* *Healthcare Productivity Fund supports quality and productivity improvement efforts of service providers through technology adoption, process streamlining and demand aggregation of products and services.*

View the HPF eligibility criteria and “green lane” listed items here:



<https://bit.ly/3ak0USE>

## OUTDOOR ACTIVITY: Balestier Heritage Trail



For SACs/AACs only



Photo credit: National Heritage Board

The Balestier Heritage Trail uncovers the rich history of the area as it transformed from a plantation into a precinct filled with shophouses and buildings with diverse architectural styles. It also explores the communities, clubs, schools, healthcare institutions and religious landmarks that collectively make up Balestier’s unique cultural landscape.

Explore the self-guided Balestier Heritage Trail to experience Balestier’s rich heritage and gain insights into this precinct through the memories of those who have lived, worked and played here! For active and mobile seniors only. Seniors are strongly advised to plan the route beforehand. Remember to stay hydrated during the journey!

Scan the QR code to plan the route beforehand by viewing the trail sites here:

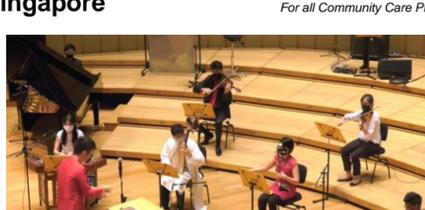


<https://bit.ly/3GCnEvk>

## VIDEO: Souvenir for Singapore



For all Community Care Providers



Source: Asian Cultural Symphony Orchestra Facebook page

Enjoy this 50-minute video performance ‘Souvenir for Singapore’ and move along with the multicultural medleys and familiar Singapore tunes performed by The Asian Cultural Symphony Orchestra! Led by conductors Dedic Wong and Edmund Song, this performance features soloists from diverse cultural backgrounds. Enjoy familiar classics in the comfort of your homes/facilities!

Scan the QR code to enjoy the performance here (facebook login required):



<https://bit.ly/3IIEA4W>



Connecting You to Community Care