



# Keep It Movin'

Keep our beneficiaries active through fun and effective exercises, games and therapy. You can develop new programmes or lead in existing activities.

## Volunteering Opportunities

Suitable for Individuals and Groups

PROGRAMME	SCOPE	MWS CENTRE(S)	NOTES
<b>Board Games</b>	Interact with seniors through bingo games and Rummikub	MWS Senior Activity Centres	<b>Frequency:</b> Twice a week, Daily
	Organise board games for residents  Examples: <i>Bingo, Snakes &amp; Ladders, Rummikub</i>	MWS Nursing Home – Yew Tee	<b>Frequency:</b> Weekly, Bi-weekly
<b>Organise Exercises</b>	Assist in leading light exercises and simple rehabilitative therapy  Examples: <i>Dance, sensory activities (short garden walk, music), table-games etc.</i>	MWS Bethany Nursing Home – Choa Chu Kang  MWS Nursing Home – Yew Tee	Exercises for wheelchair-bound patients <b>Frequency:</b> Daily, Weekly, Monthly, Quarterly
	Lead and conduct morning exercises	MWS Senior Activity Centres	<b>Frequency:</b> Once a week
<b>Rehabilitative Therapy</b>	Assist bedridden residents with rehabilitative exercises	MWS Nursing Home – Yew Tee	Training and guidance will be provided <b>Commitment: At least 6 months</b> <b>Frequency: Weekly</b>
<b>Work-out Sessions for Youth</b>	Lead group workouts (exercise or dance)  Examples: <i>Pilates, Zumba, Kick-Boxing, Hip-Hop</i>	MWS Girls' Residence	<b>Frequency:</b> A weekly series lasting 4-8 weeks