

## ARTS - “Creative Movement: Everyday Waltzes for Active Ageing” – Now available in Part 1 and 2!



*Residents of Villa Francis Home for the Aged and The ARTS FISSION Company taking part in “Everyday Waltzes for Active Ageing”*

“Everyday Waltzes for Active Ageing” adapts everyday actions into creative movement to enhance participants’ mobility, sensory experience and imagination. It aims to facilitate social interaction and mind-body connection to improve clients’ wellbeing.

Community Care staff will be **equipped with facilitation skills and content** to run this creative movement activity. Staff will also receive a **facilitation manual** containing instructions on how to carry out the activities, **instructional videos** and **specially composed music** and **hands-on practice** to assist them in conducting the sessions. A minimum sign-up of 2 staff per facility is required.

AIC and the National Arts Council commissioned The ARTS FISSION Company, a professional dance organisation, helmed by Cultural Medallion recipient Angela Liong, to develop this training course for the Community Care sector.

The programme is **available in 2 parts**, each encompassing a slightly different approach in its movement content. Staff can choose to attend both parts or to start with either Part 1 or 2.

**Part 1** – Transforms functional movements into fun references to everyday experience comprising 5 movement themes.

- *Let’s Make a Feast!*
- *Spin Around the House*
- *Secret Garden in a Rock*
- *Invitation to Fancy Dress Ball*
- *My Magic Wheels (Bonus Theme)*

**Part 2** – Incorporates common objects to spark reminiscence and stimulate participants’ cognitive capabilities, comprising 3 movement themes.

- *Let’s Talk About Getting Dressed*
- *Let’s Talk About Tidying Up I and II*
- *Let’s Talk About Ta-Pow I and II*

### Course Fees and Dates

| For Creative Movement: Everyday Waltzes for Active Ageing” Part 1:                                                                                       | For Creative Movement: Everyday Waltzes for Active Ageing” Part 2:                                                                               |
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| <br><a href="https://for.sg/6bpzea">https://for.sg/6bpzea</a>           | <br><a href="https://for.sg/8mx2vl">https://for.sg/8mx2vl</a> |
| Scan this with a QR code reader to find out more on available course dates and register via the AIC Learning Network’s Learning Management System (LMS). |                                                                                                                                                  |

**How can I find out more?**

Please contact us at [healthyageing@aic.sg](mailto:healthyageing@aic.sg)  
 Healthy Ageing Department; Agency for Integrated Care