



Activity Booklet Tour SilverFit Mile Custom Theme

—
In the activity booklet, you will
find decorations and games.
Have fun!





Foreword

It's fantastic that you are participating in the Tour SilverFit Mile (again) this year!

In this booklet, you will find games and, of course, decoration ideas to get both clients and care staff captivated by the Tour SilverFit Mile! There are no obligations, so feel free to choose the activities you enjoy and do them whenever it suits you. By offering these activities, clients who cannot or do not want to cycle are also involved in the event.

The selection consists of items that only need to be printed and items where clients and care staff can unleash their creativity. We heard from previous participants that the Tour SilverFit Mile decorations remained hanging long after the event had ended. The clients thought it looked so festive.

We look forward to a super fun event with lots of smiling faces!

We enjoy following your progress!

During the event, you can share photos and short videos of clients and staff on your Facebook, Instagram, and LinkedIn accounts using the hashtags:

#TourSilverFitMile #SilverFit #SilverFitMile
@SilverFitInternational in the text.

Does your location not have social media? You can also send photos and videos to evenementen@silverfit.nl; we will publish these on SilverFit's social media channels as well.

By sharing photos and videos, you show how fun it is to live at your location and how enjoyable it can be to exercise together!

The SilverFit team wishes you lots of fun. Go for it!



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1.1 Bicycle garland

Make a fun garland of bicycles together in the colors of the Tour SilverFit Mile.

Supplies:

- Color printer
- White A4 paper
- Scissors or a hole punch
- A rope or ribbon

Instructions:

- Print the following pages as often as you like. The more bikes, the longer the chain.
- Cut out the bicycles all around or cut the page along the dotted line.
- Make holes at the indicated places with scissors or a hole punch.
- Thread a ribbon or string through the flags.
- The bicycle garland is ready to hang.











1.2 Sweater garland

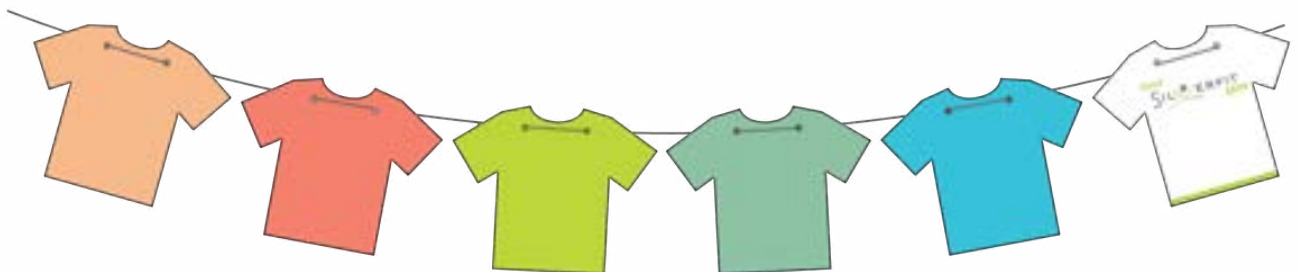
Make a cozy garland to decorate the space where the SilverFit Mile is located. The garland consists of cyclist jerseys.

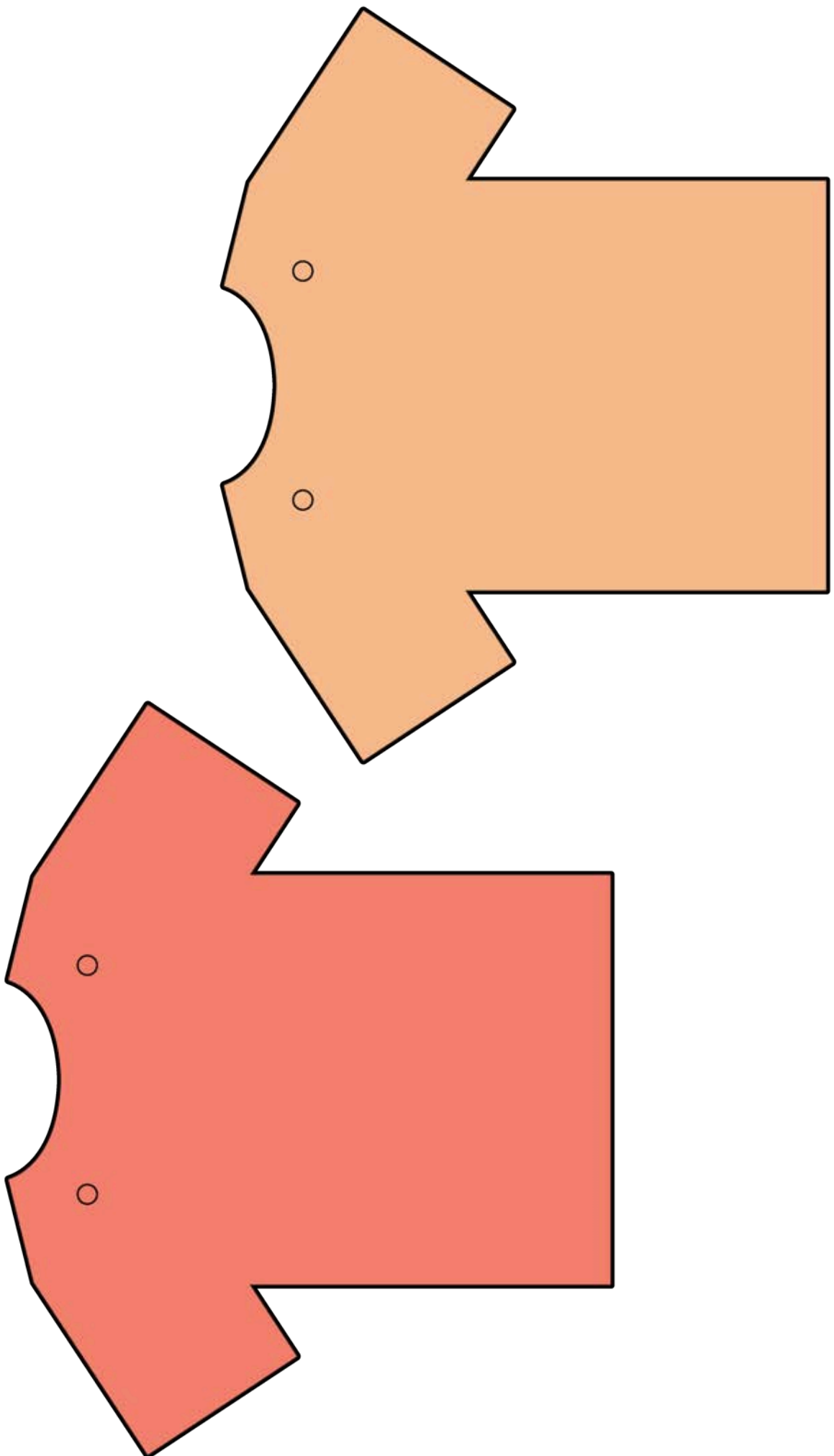
Supplies:

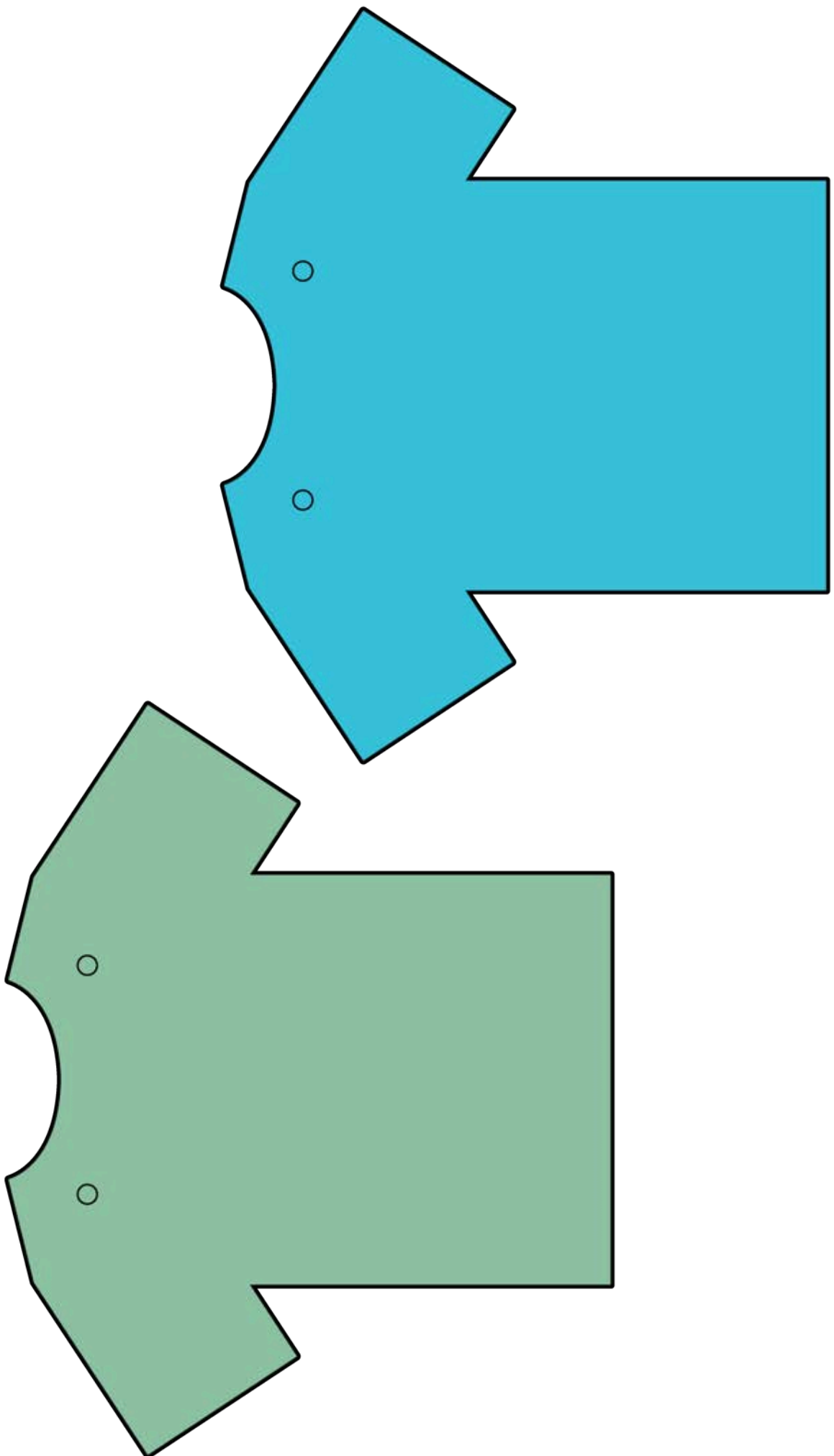
- Color printer. Don't have a color printer? Then cut out similar shapes from colored paper.
- White A4 paper
- Scissors or a hole punch
- A rope or ribbon

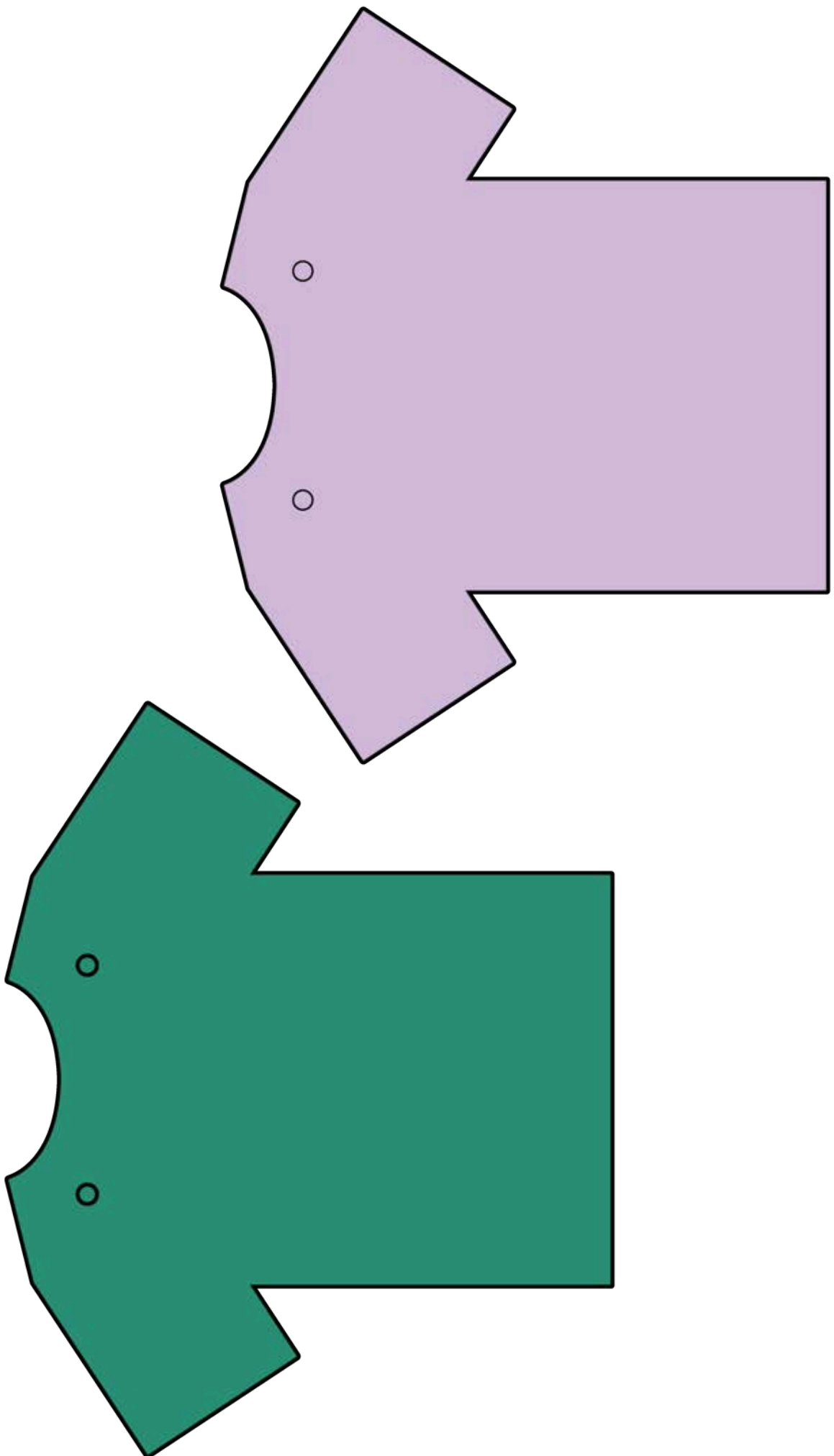
Instructions:

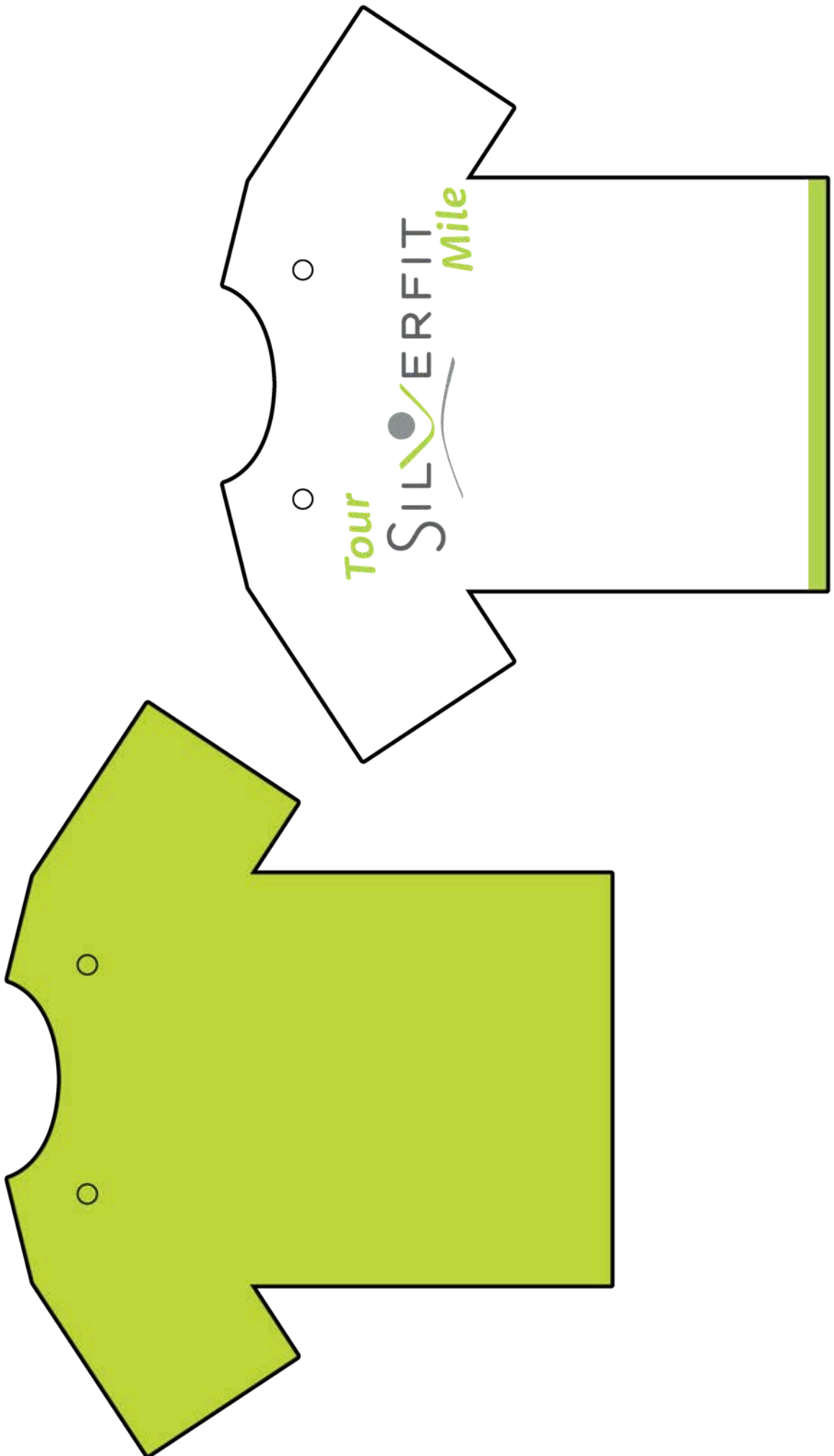
- Print the following pages as often as you like. The more sweaters, the longer the garland.
- Cut out the sweaters.
- Make holes at the indicated places with scissors or a hole punch.
- Thread a ribbon or string through the shirts.
- The shirt garland is ready to hang

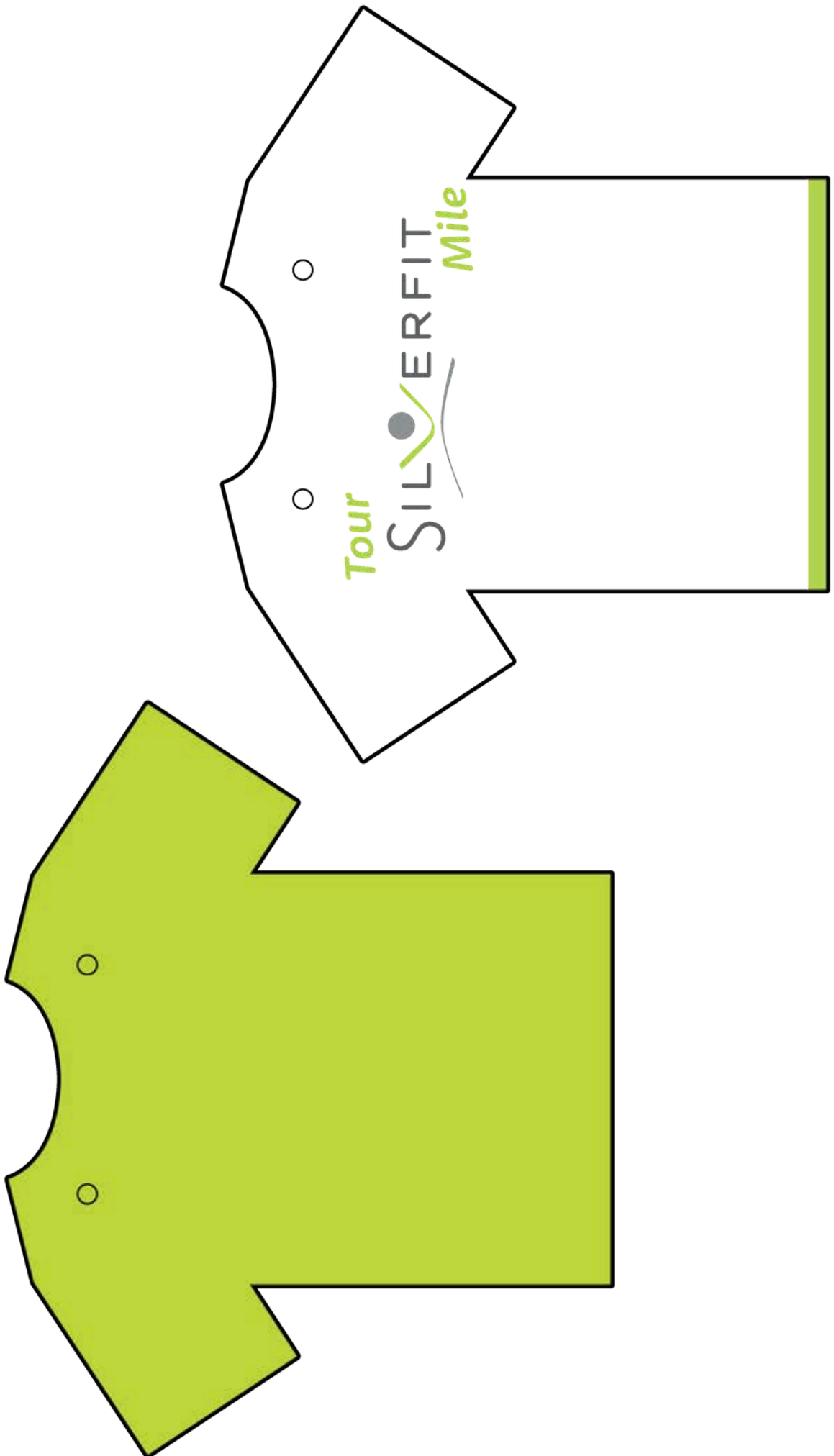












1.3 Flag garland

Decorate the location with flag garlands for a festive look. There are two different versions; choose the one you like best or make both.

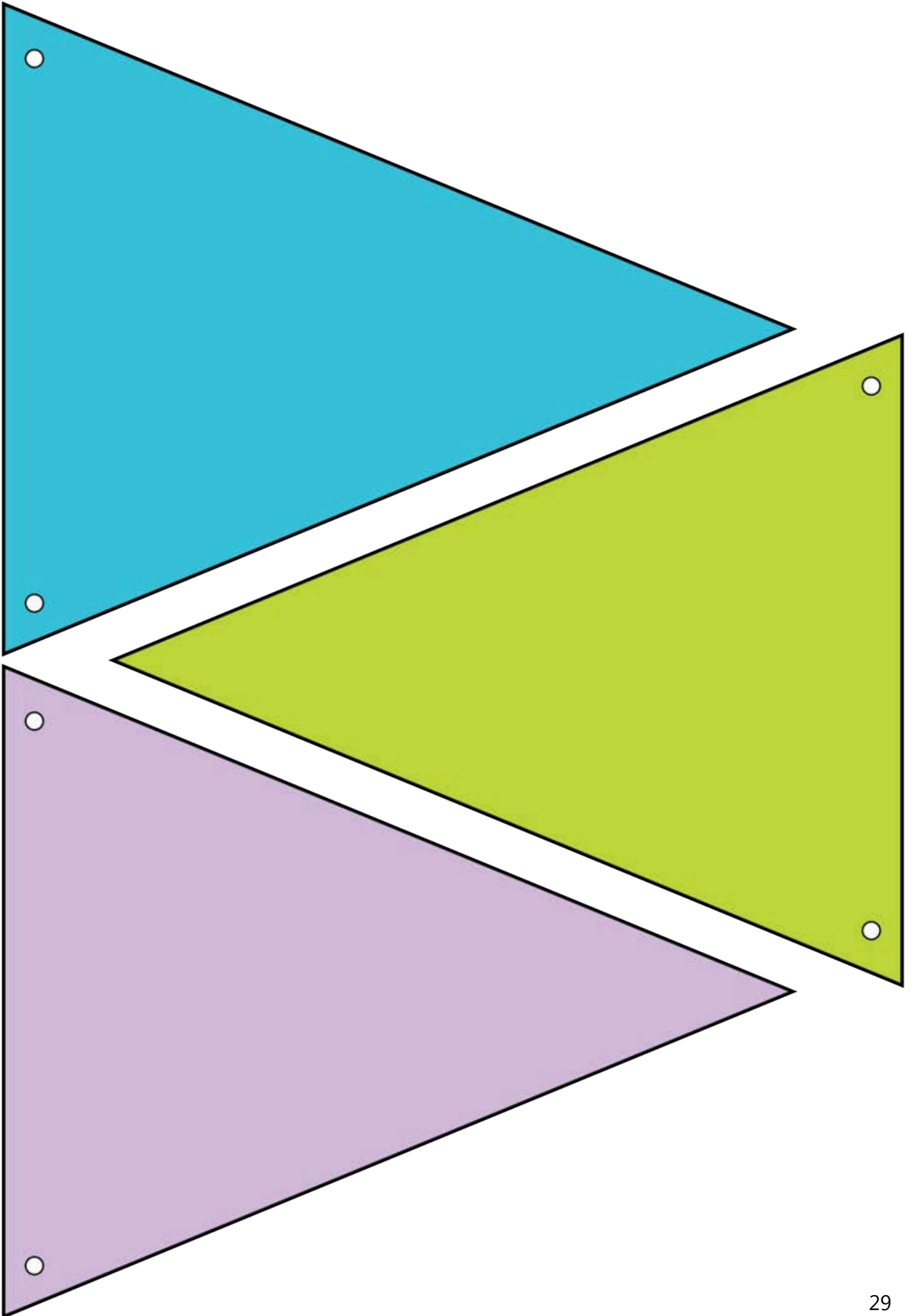
Supplies:

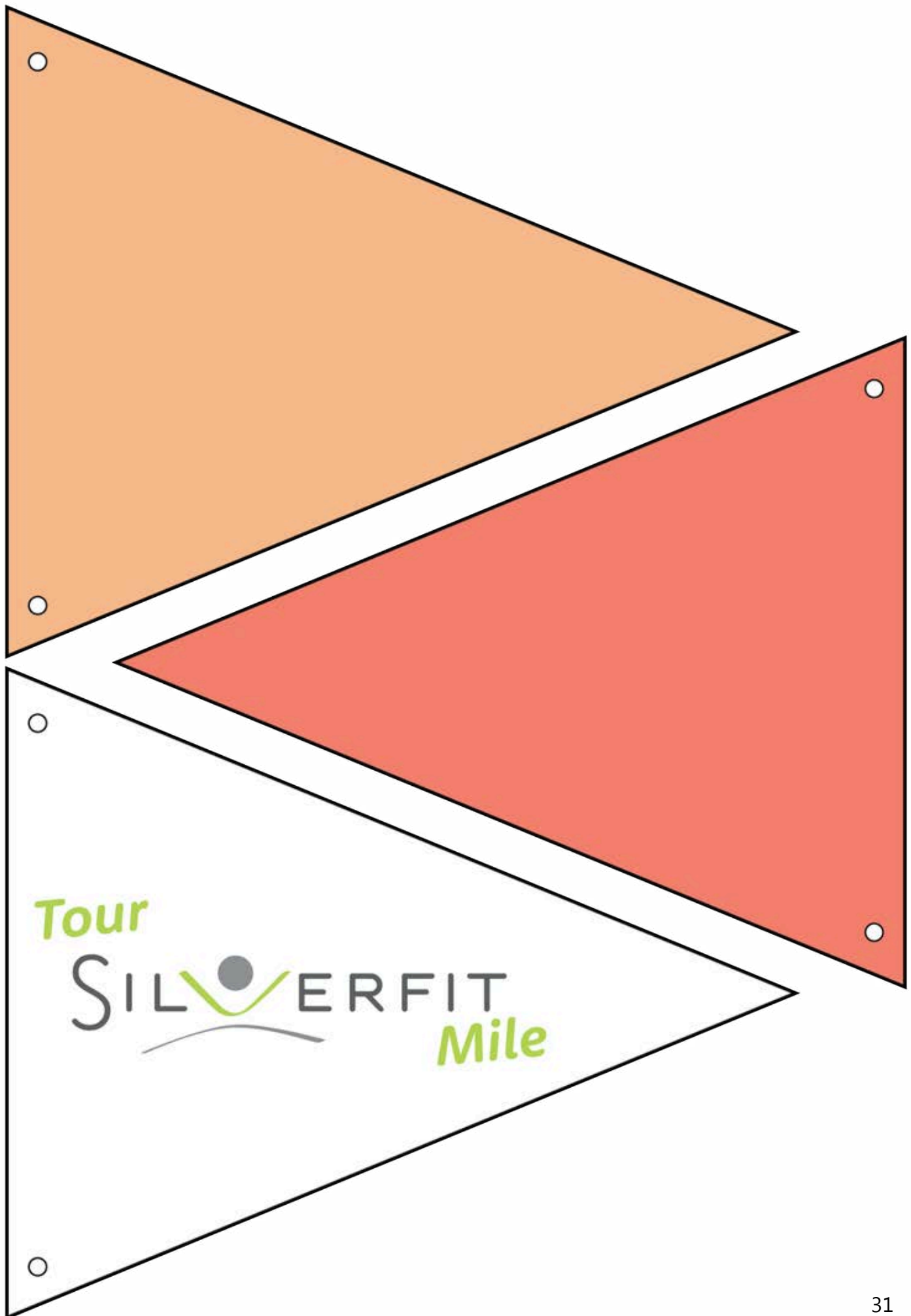
- Color printer. (Don't have a color printer? Then cut out similar shapes from colored paper.)
- White A4 paper
- Scissors or a hole punch
- A rope or ribbon

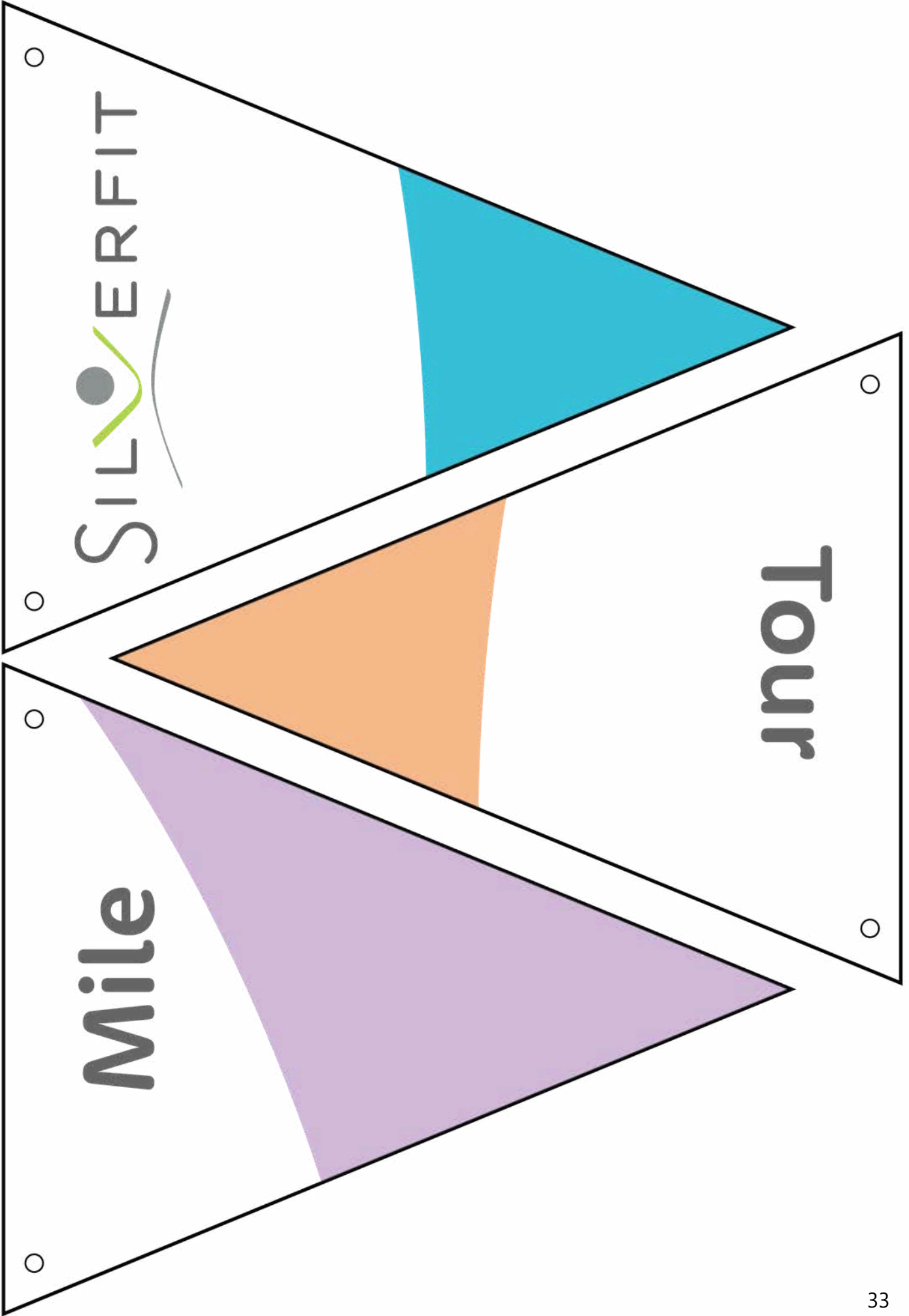
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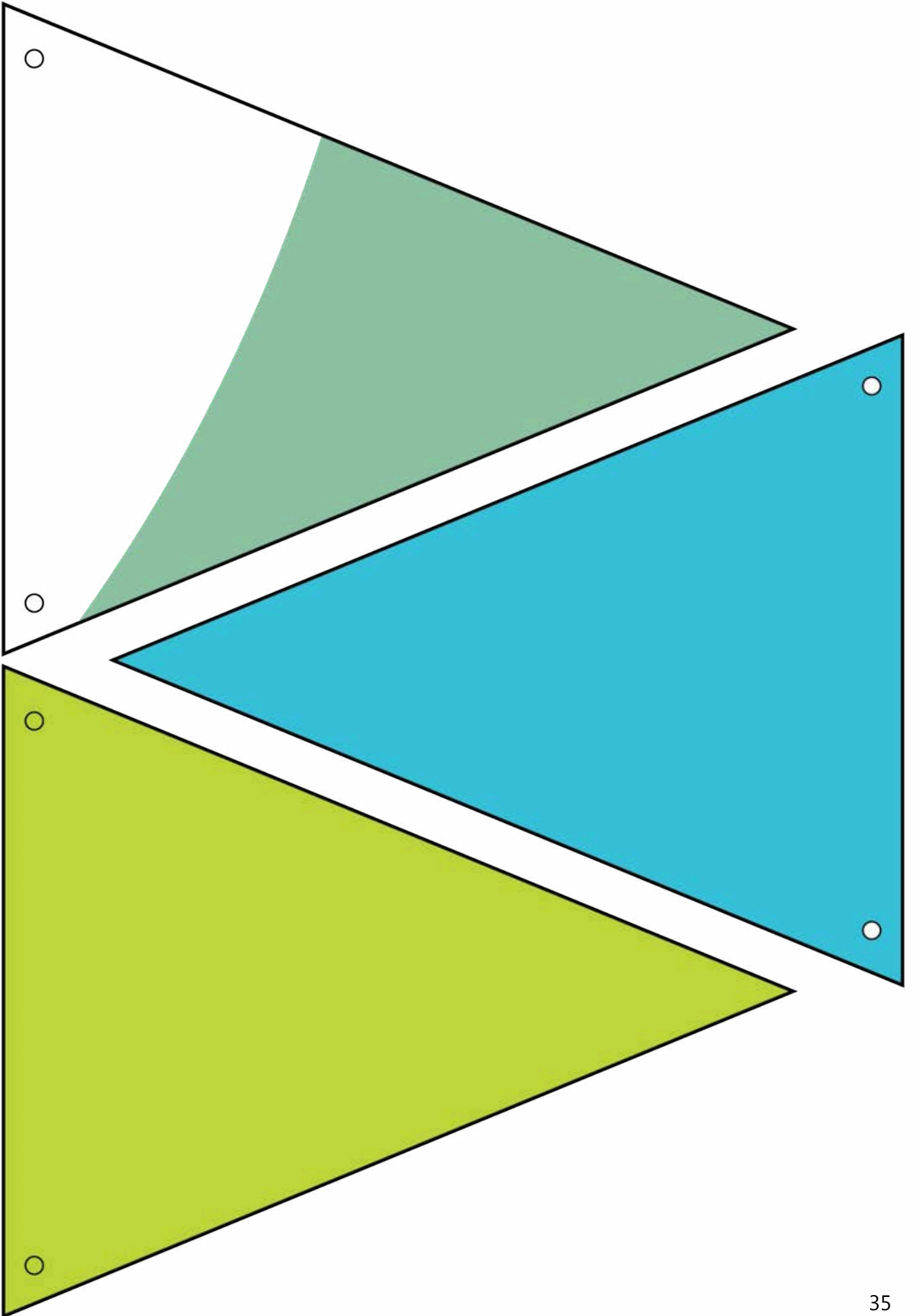
- Print the following pages as often as you like. The more flags, the longer the garland.
- Cut out the flags.
- Make holes at the indicated places with scissors or a hole punch.
- Thread a ribbon or string through the flags.
- The flag garland is ready to hang

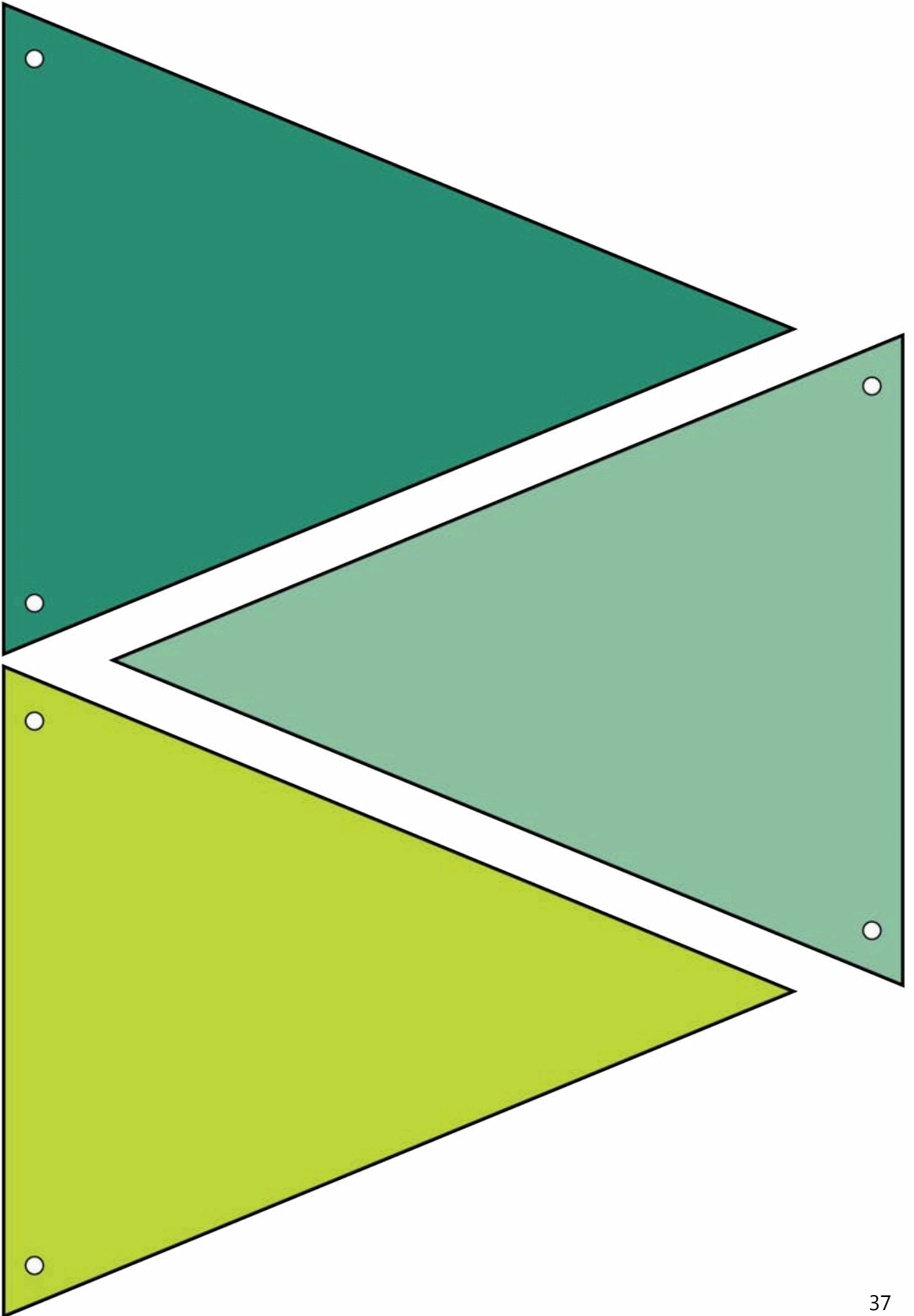


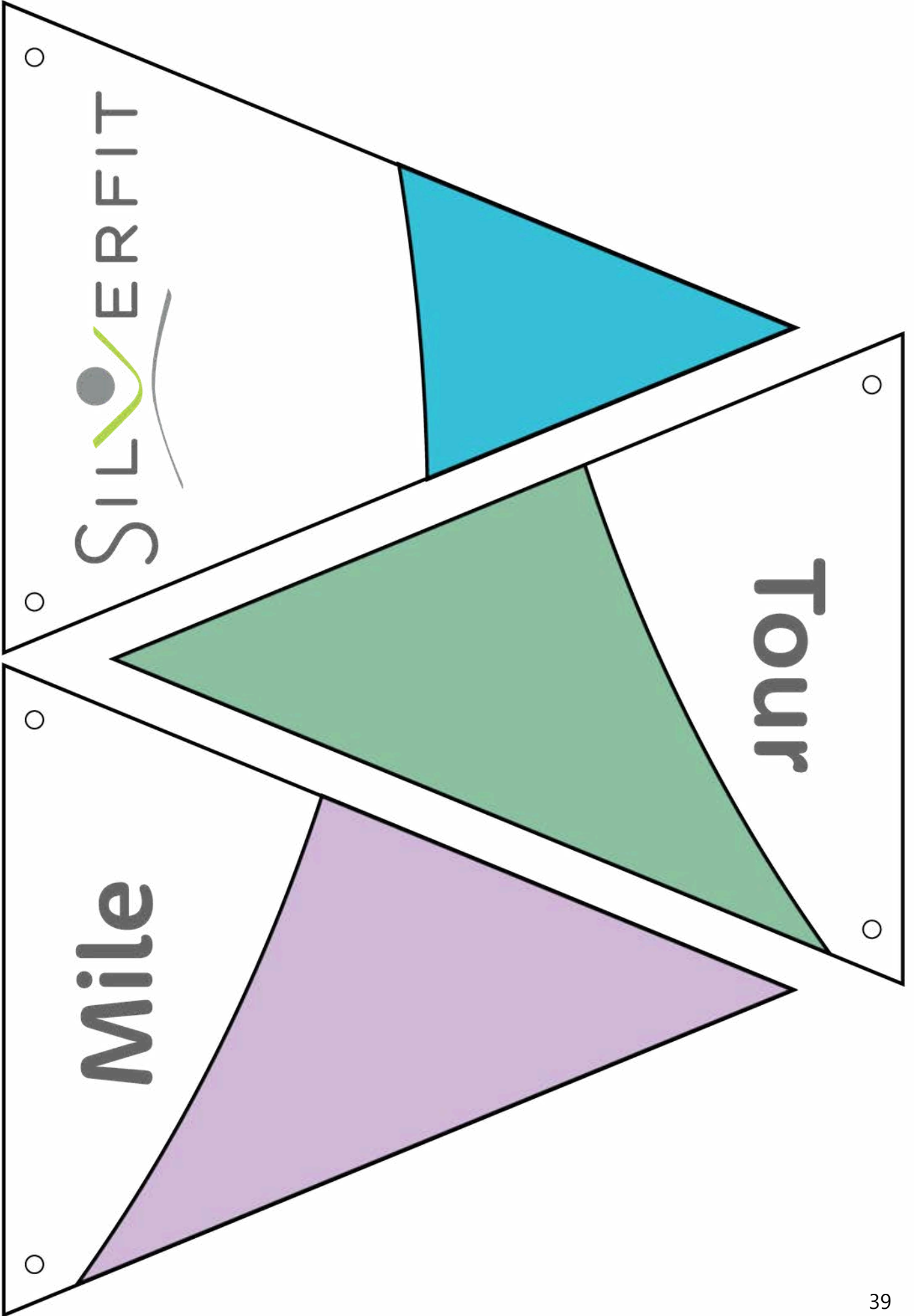


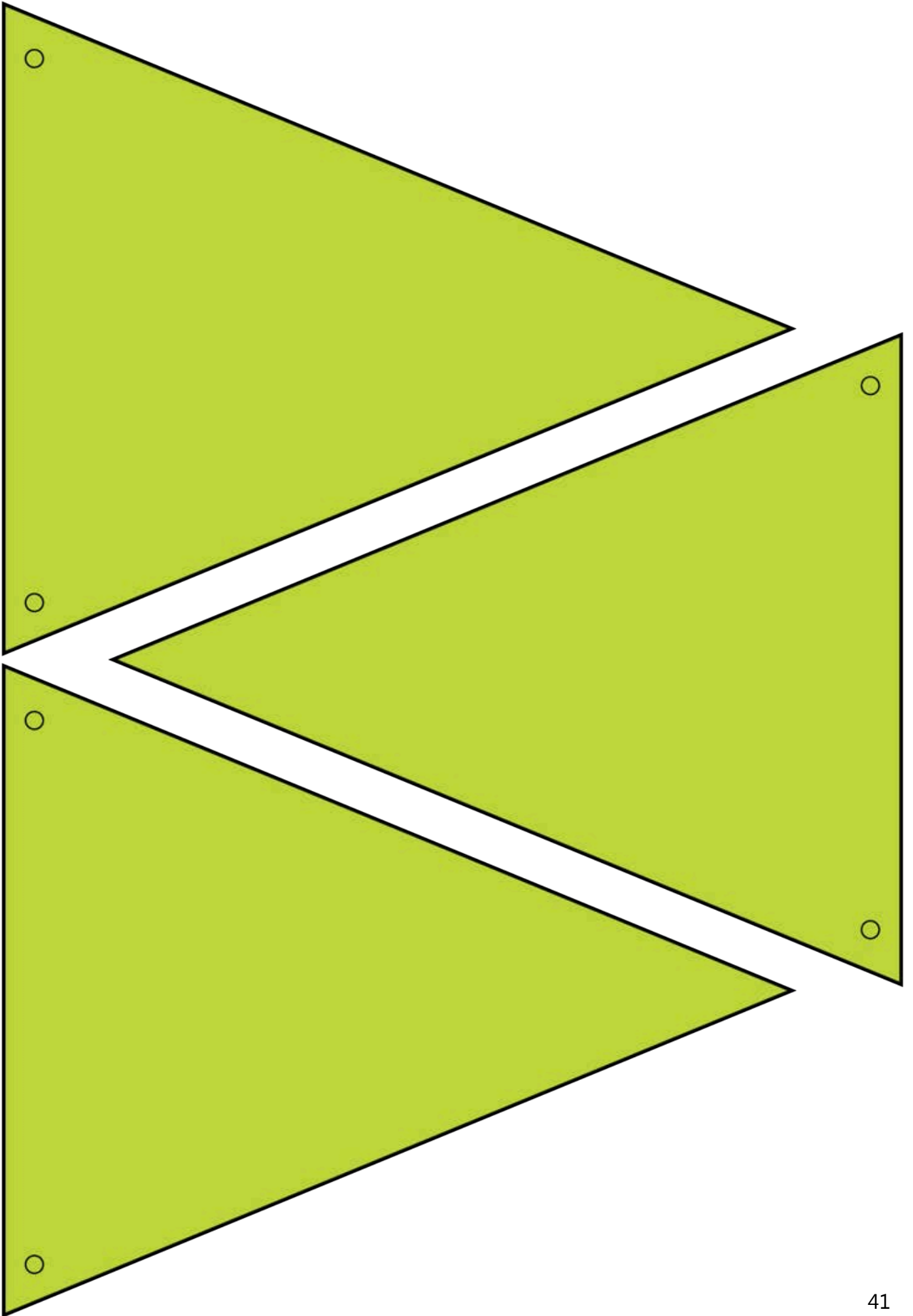


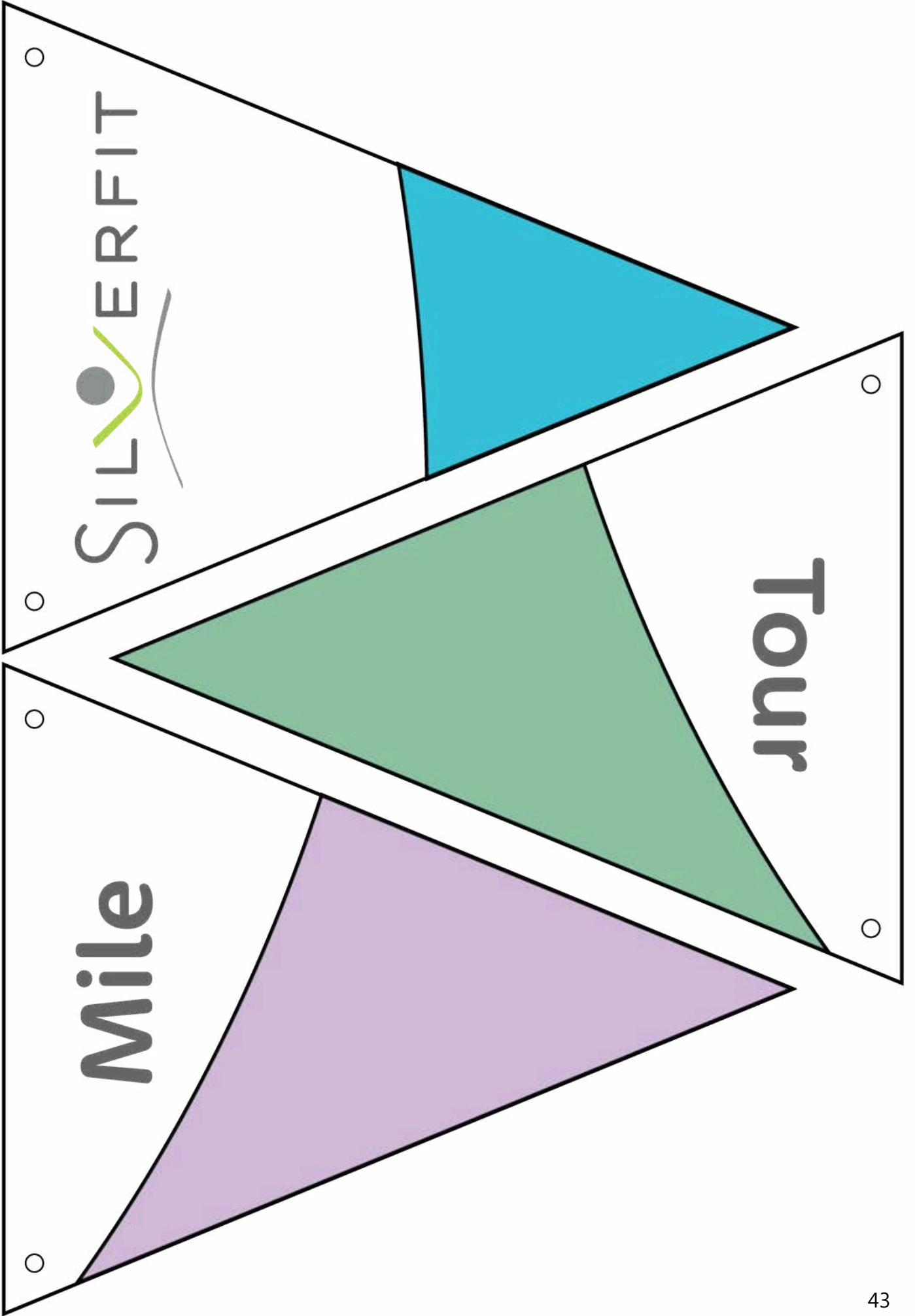












1.4 Country garland

Make it a festive occasion with the flags of all participating countries!

Supplies:

- Color printer.
- White A4 paper
- Scissors or a hole punch
- A rope or ribbon

Instructions:

- Print the national flags (or a selection of them) as many times as you like. The more items, the longer the garland.
- Cut out the national flags.
- Make holes at the indicated places with scissors or a hole punch.
- Thread a ribbon or string through the national flags.
- The garland is ready to hang











1.5 Circle garland

Make a fun garland of linked circles together in the colors of the Tour SilverFit Mile.

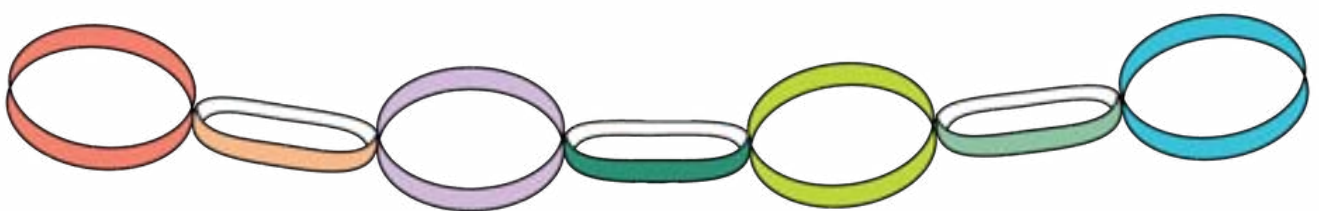
Supplies:

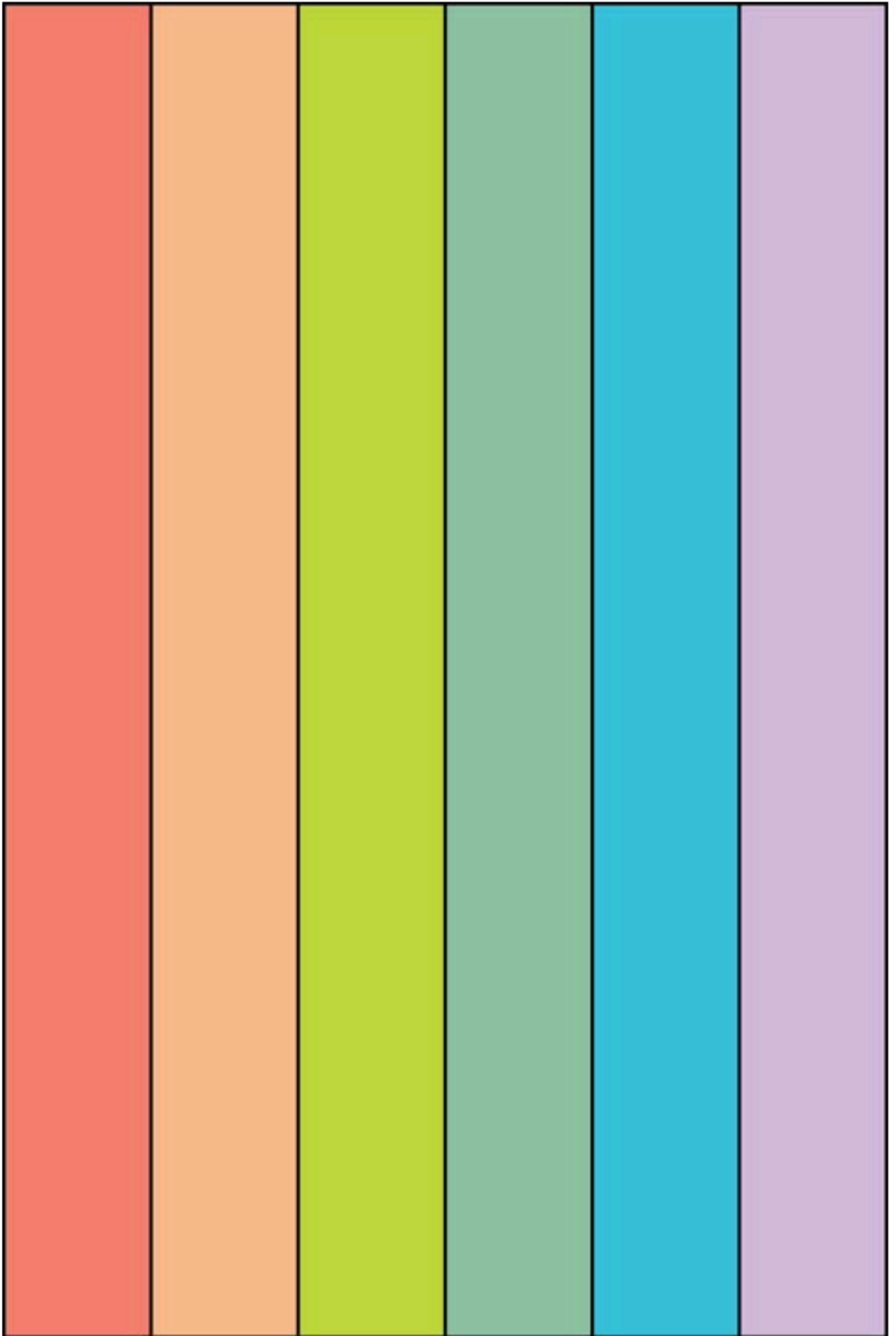
- Color printer. Don't have a color printer? Then cut similar strips out of colored paper.
- White A4 paper
- Scissors
- Adhesive tape or a stapler with staples

Instructions:

- Print the strips as many times as you like (the more items, the longer the garland). Four pages of strips make a garland of approximately 1.5 meters.
- Cut out the strips.
- Take a strip of paper and roll it into a circle. Secure it with a piece of tape or a staple.
- Take another strip of paper, thread it through the first paper circle, and make a circle out of it as well. Secure it again with a piece of tape or a staple.
- Repeat this until all strips are used up.
- The circle garland is ready to hang.

Tip: For a circle garland consisting of large and small circles, alternate the strips on page 59 with the strips on page 63.





1.6 Circle chain

An accessible way to create a festive outfit for clients is to make a circle necklace.

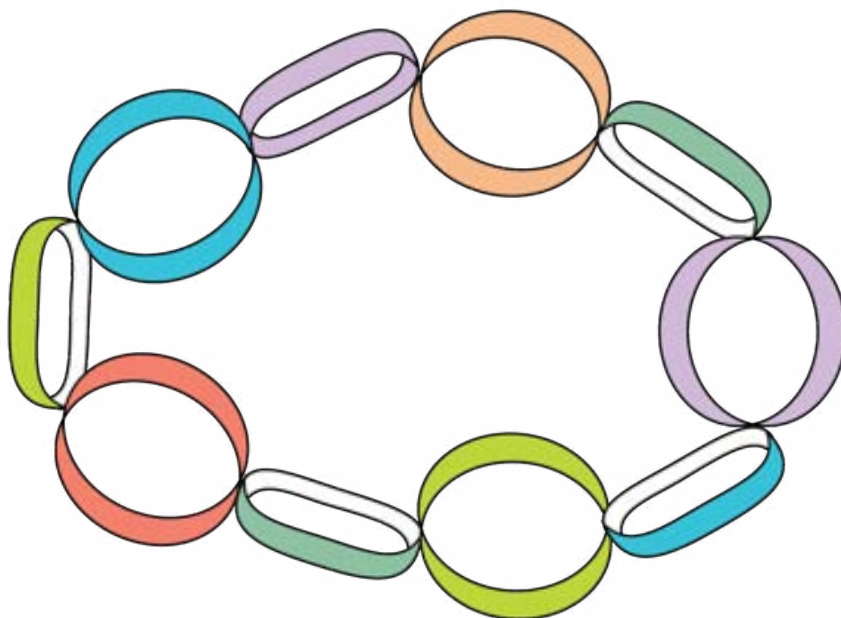
Supplies:

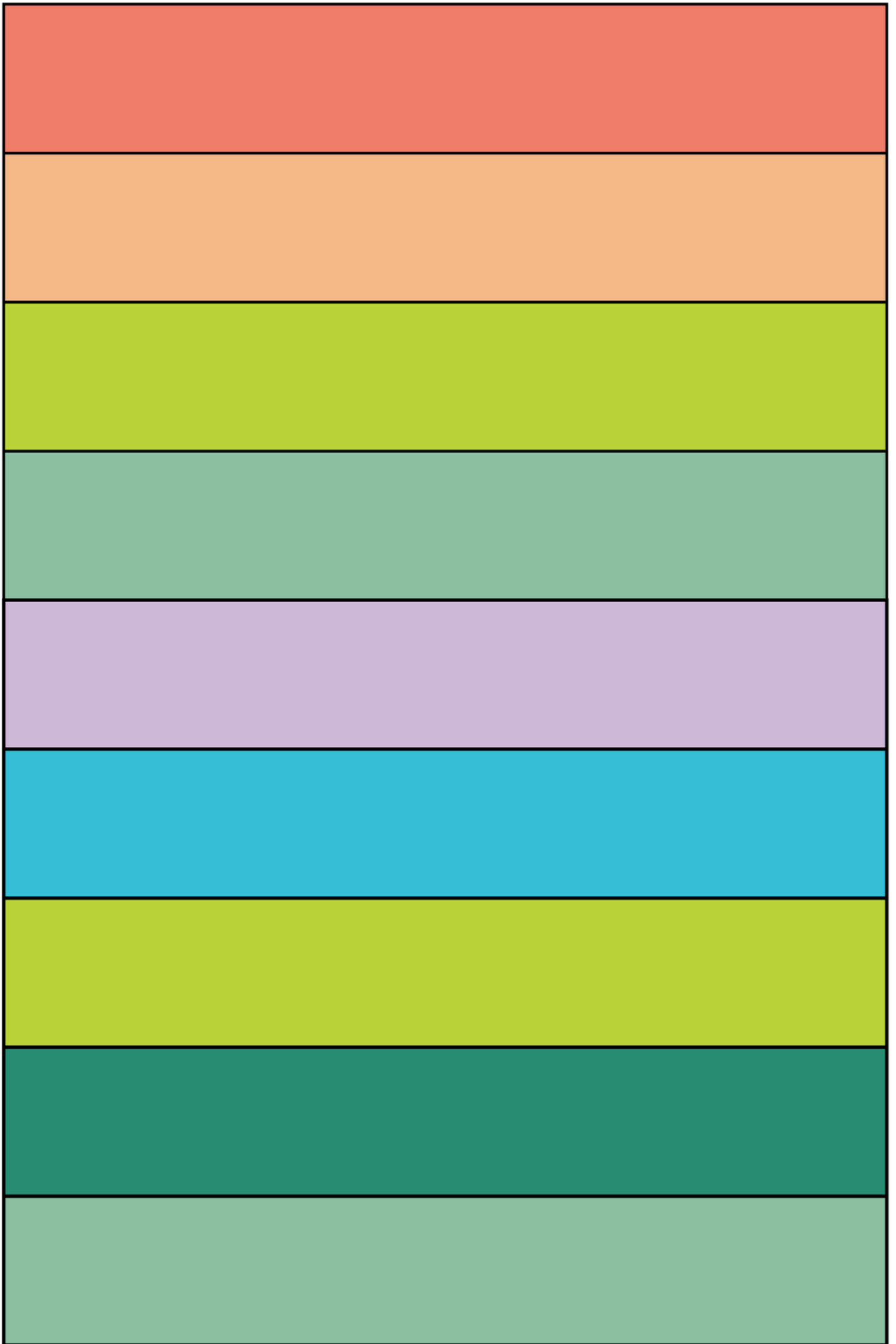
- Color printer. Don't have a color printer? Then cut similar strips out of colored paper.
- White A4 paper
- Scissors
- Adhesive tape or a stapler with staples

Instructions:

- Print the strips as often as you like. The more items, the longer the garland. 2.5 pages of strips make a necklace for a client.
- Cut out the strips.
- Take a strip of paper and roll it into a circle. Secure it with a piece of tape or a staple.
- Take another strip of paper, thread it through the first paper circle, and make a circle out of it as well. Secure it again with a piece of tape or a staple.
- Repeat this until the circle chain is long enough for a client.
- The circle necklace can now be worn.

Tip: Mix the strips of the circle garland and the circle chain for a combination of large and small links.





1.7 Route signs and bicycle signs

Let the cycling theme come to life even more with these fun decorative posters.

Supplies:

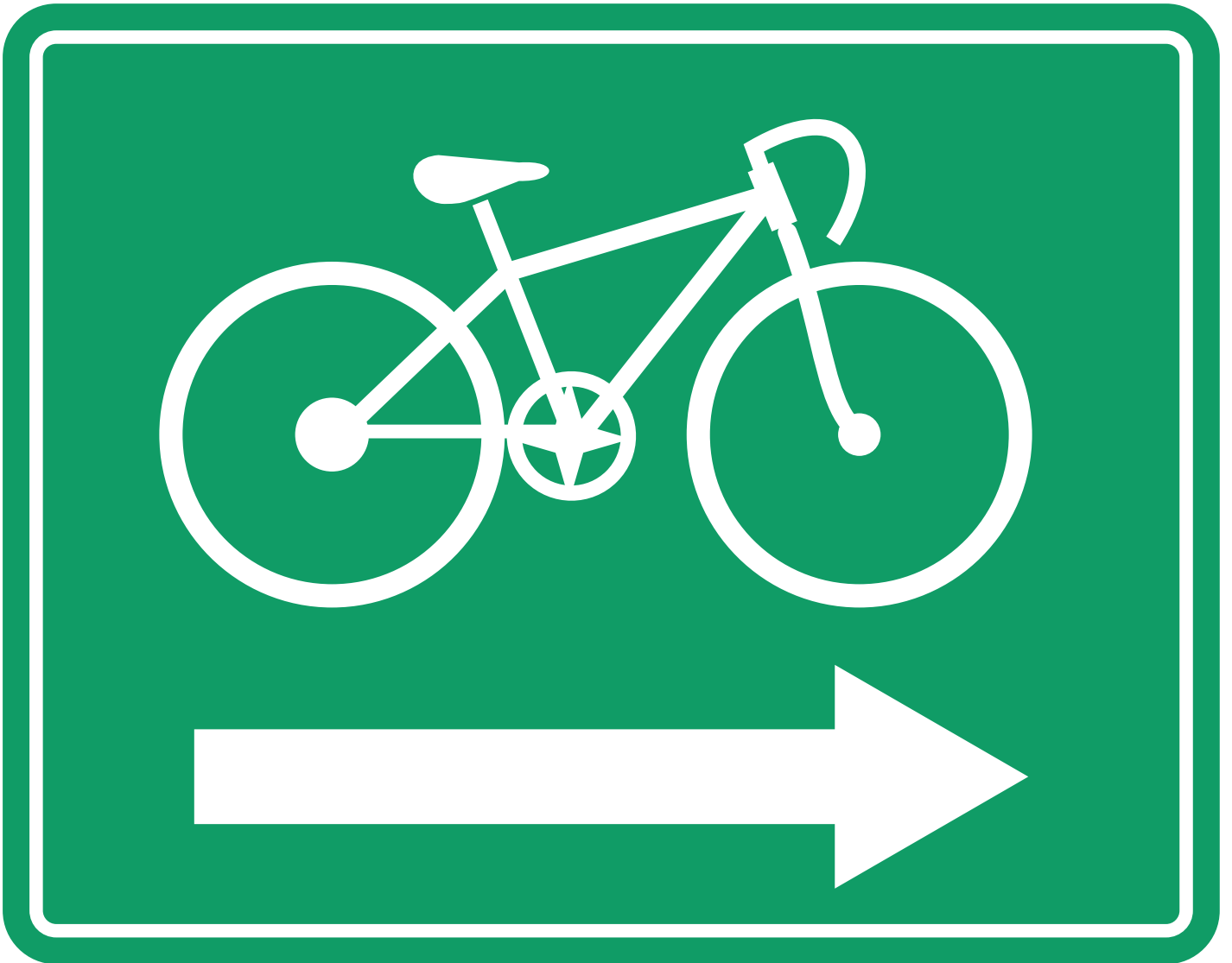
- Color printer
- White A4 paper
- Scissors
- A thick marker
- Adhesive tape/painter's tape

Instructions:

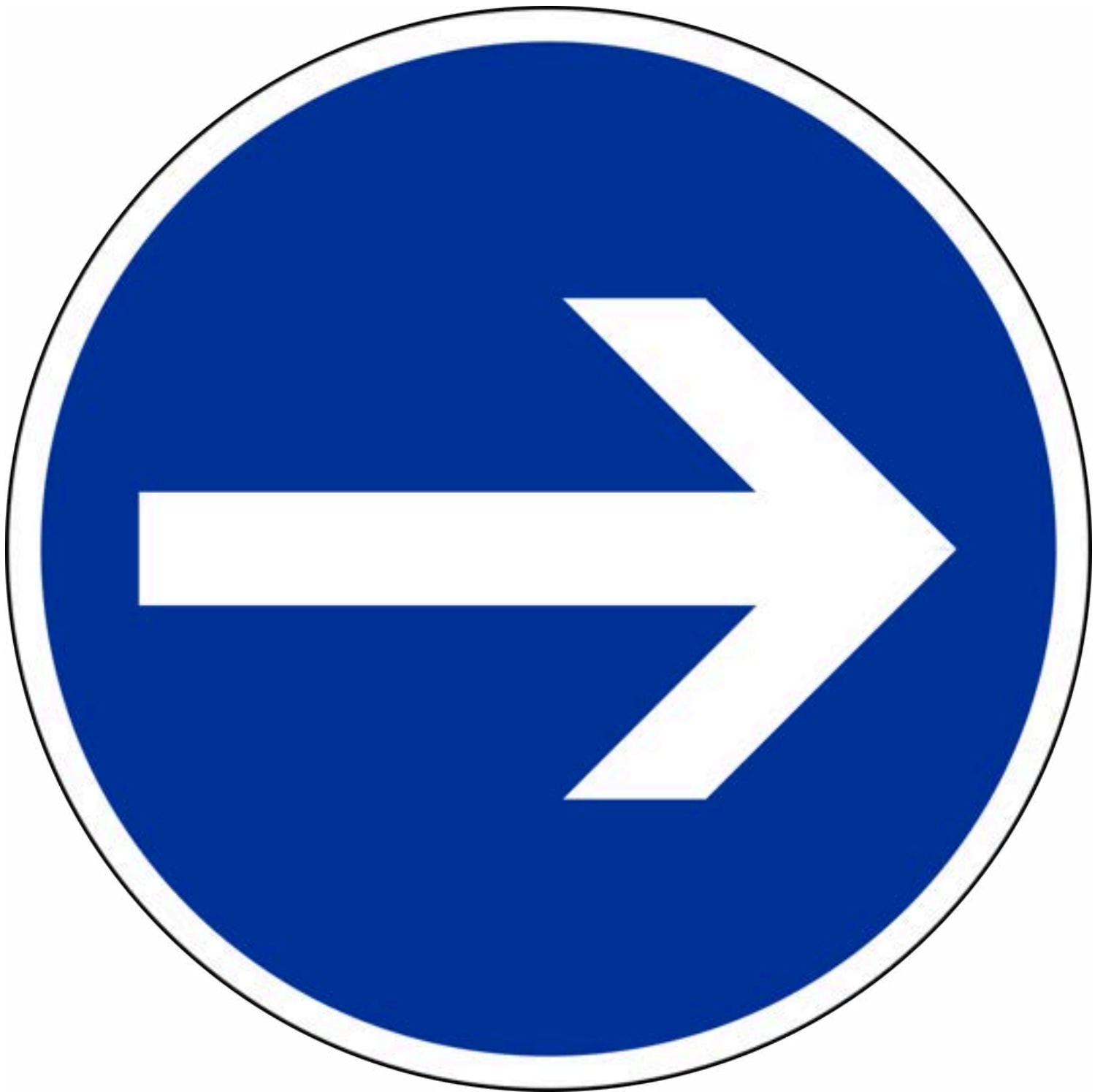
- Print the pages with directional signs.
- Cut out the signage.
- Use Google Maps to find out how far your location is from, for example, the locations: Rome, Nice, or Niagra Falls.
- Fill in the number of kilometers on the signs with a marker.
- Hang up the signs with string or painter's tape (easier to remove afterwards)

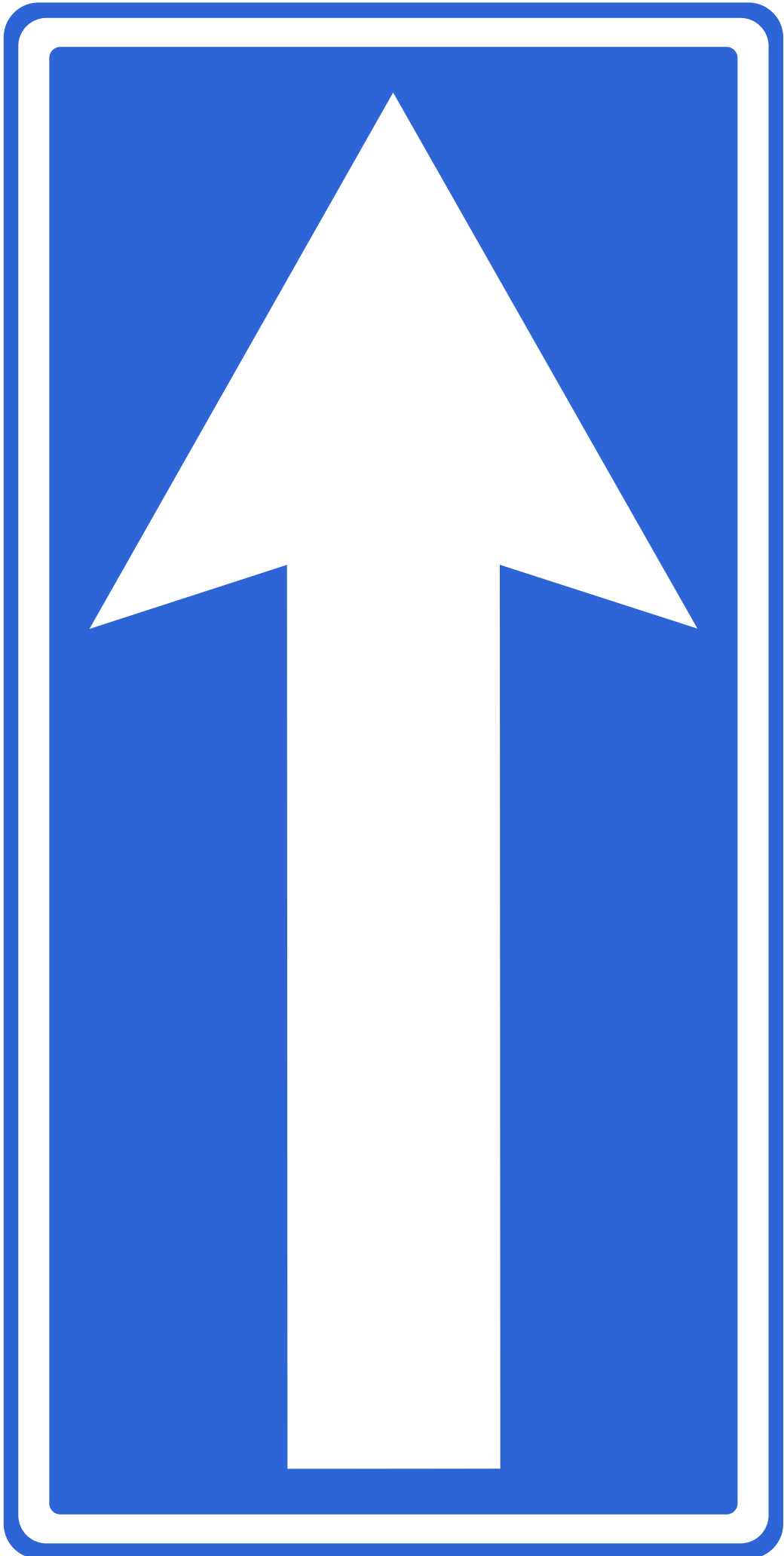


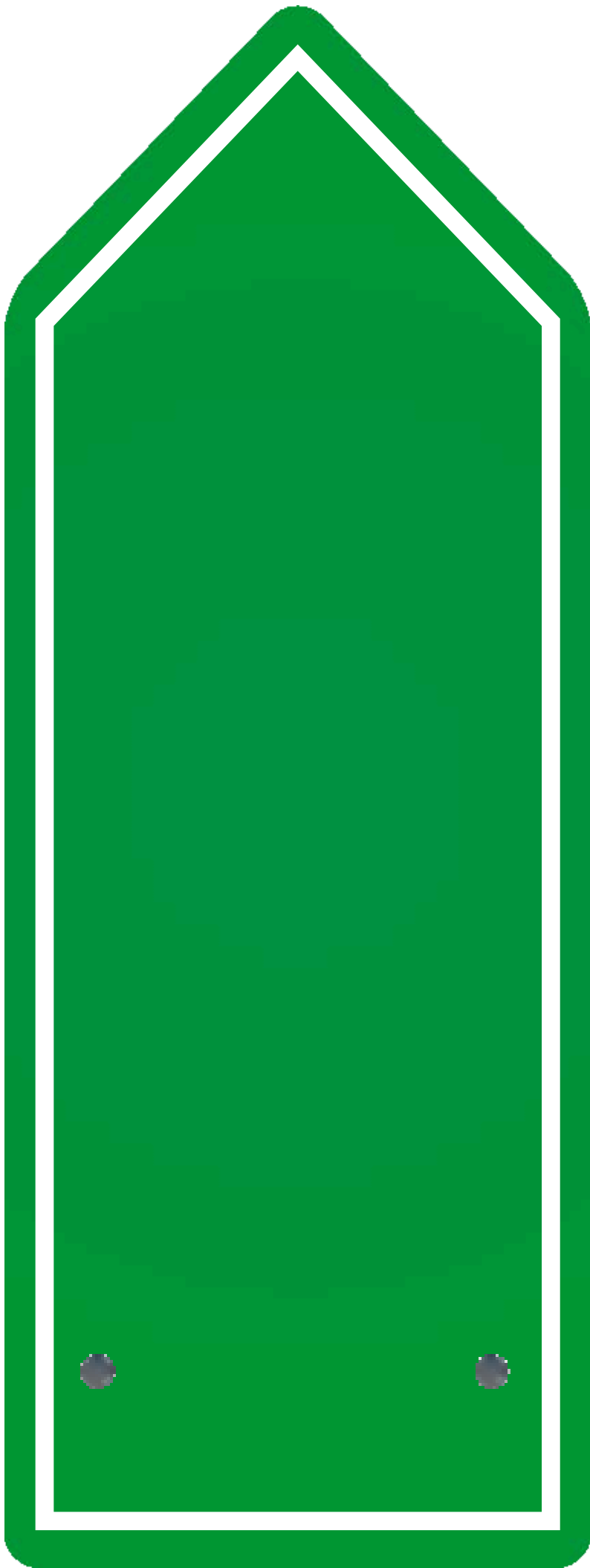












2.1 Memory

Memory is a game that can be played with at least two people.

Supplies:

- Color or black and white printer
- A4 paper
- Scissors

Instructions:

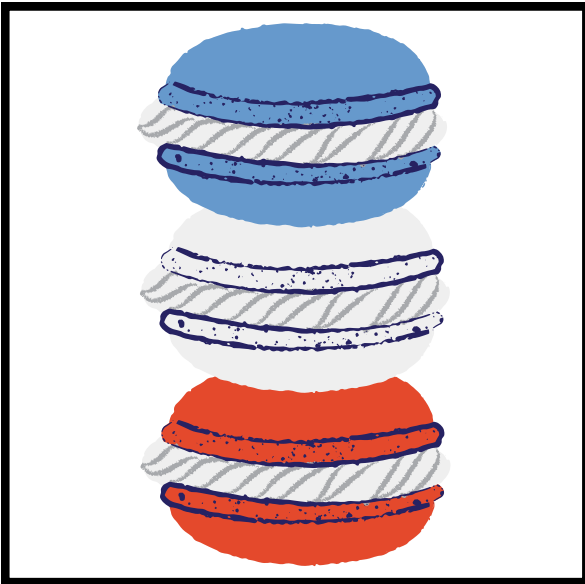
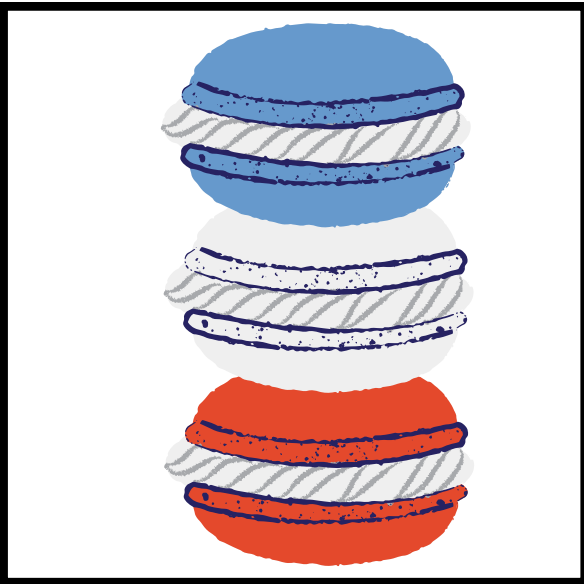
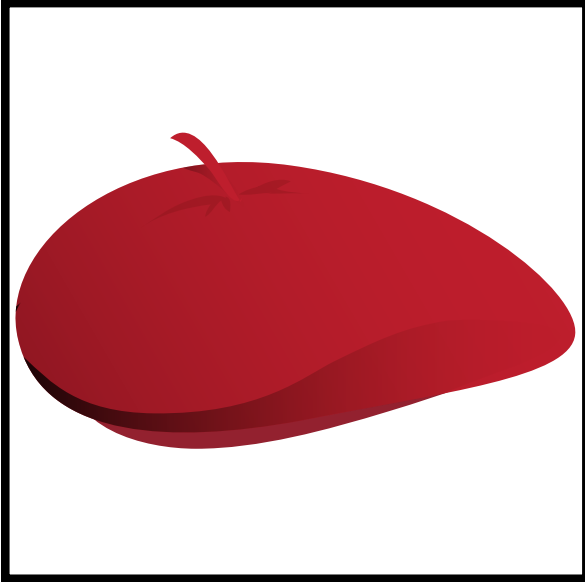
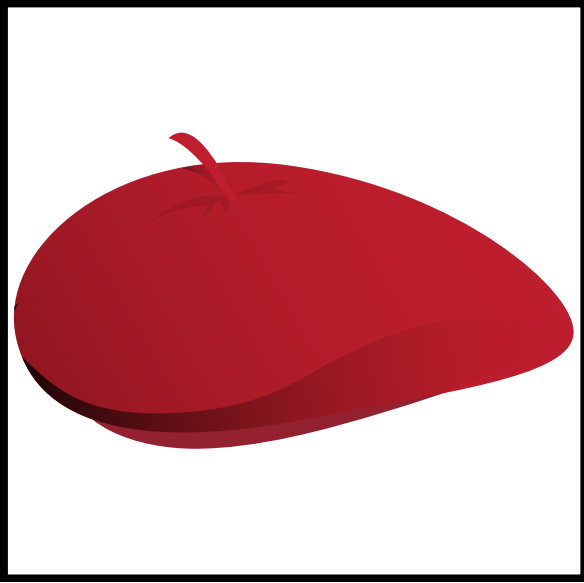
- Print the pages once.
- Cut the cards out of the pages.

Playing Memory:

- Lay all the cards on the table.
- Turn the cards over so that the logo side is facing up.
- Shuffle the cards.
- The first player turns over two cards:
 - Do both cards have the same image? Then the player may keep the cards and turn over two more cards.
 - Aren't they the same? Flip them back and it's the second player's turn.
- Continue until all cards are gone. The player with the most cards is the winner.



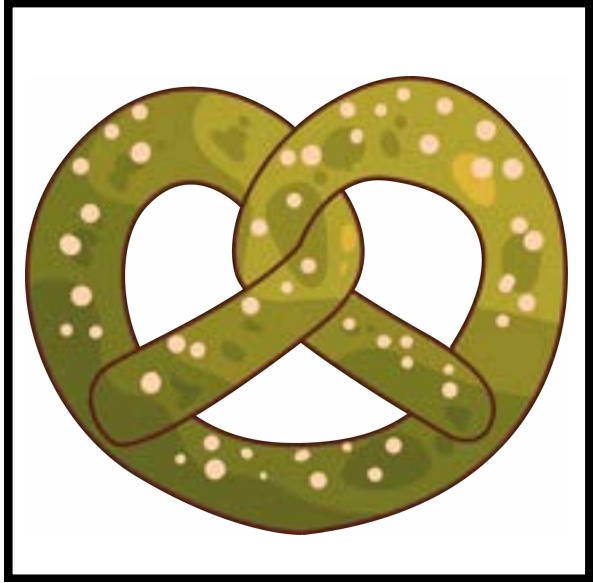














2.2 Sequence game

A sequence of four cards can be found on the following pages. The client must place them in the correct order by first selecting the first, then the second, then the third, and finally the last card.

Supplies:

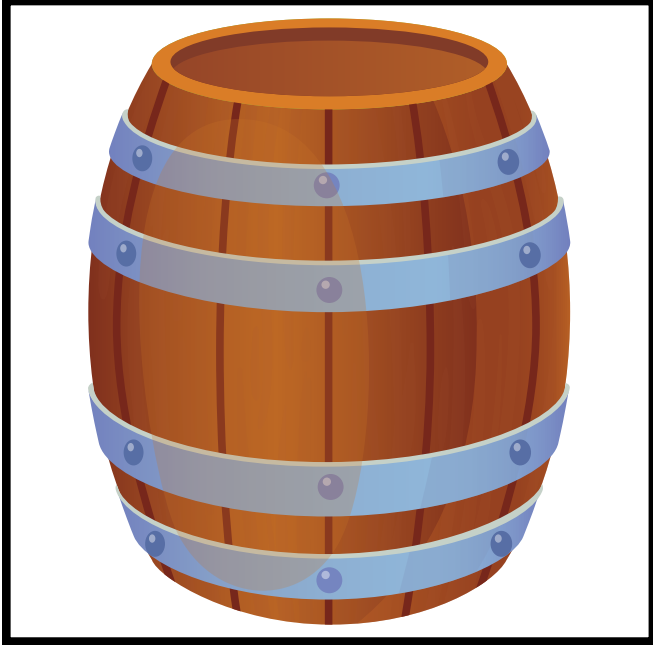
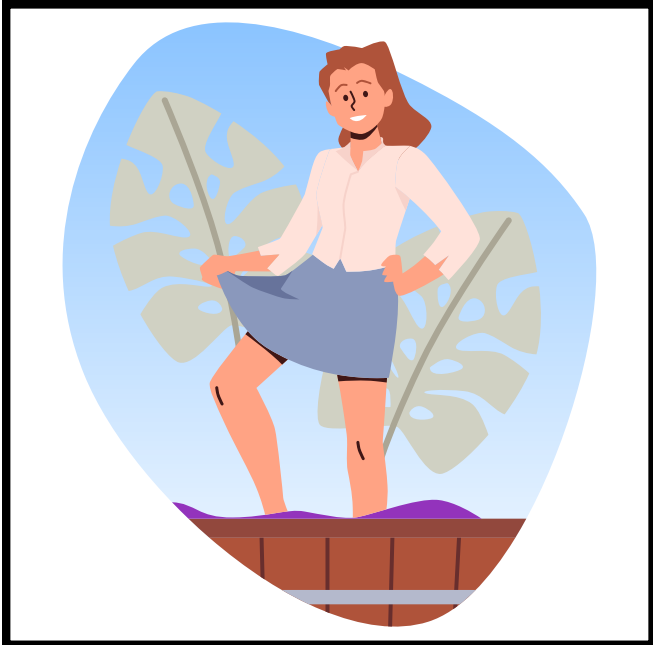
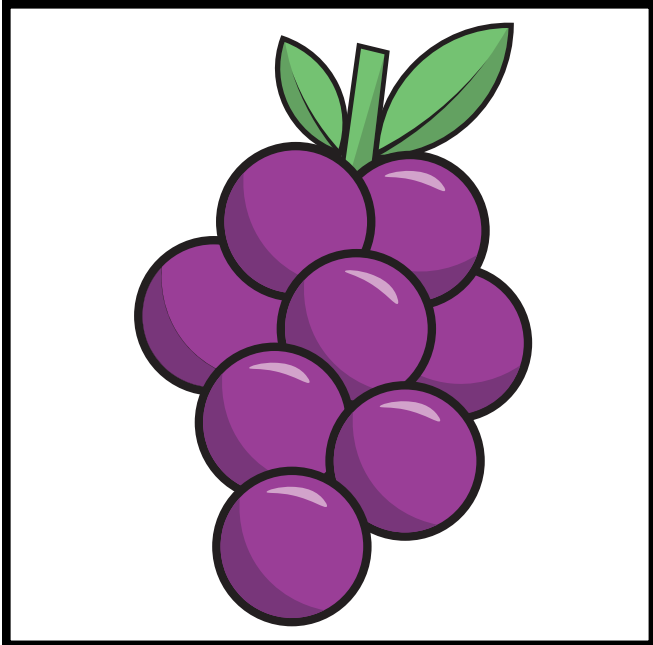
- Color or black and white printer
- A4 paper
- Scissors

Instructions:

- Print the pages once.
- Cut the cards out of the pages.

Game playing order:

- Shuffle the cards
- Lay all the cards on the table.
- Have the client place the cards in the correct order by selecting the first, then the second, then the third, and finally the last card.

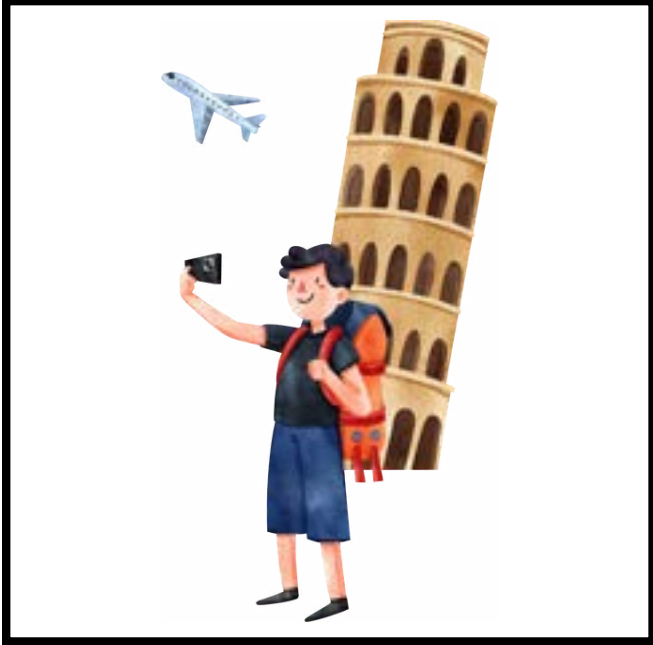


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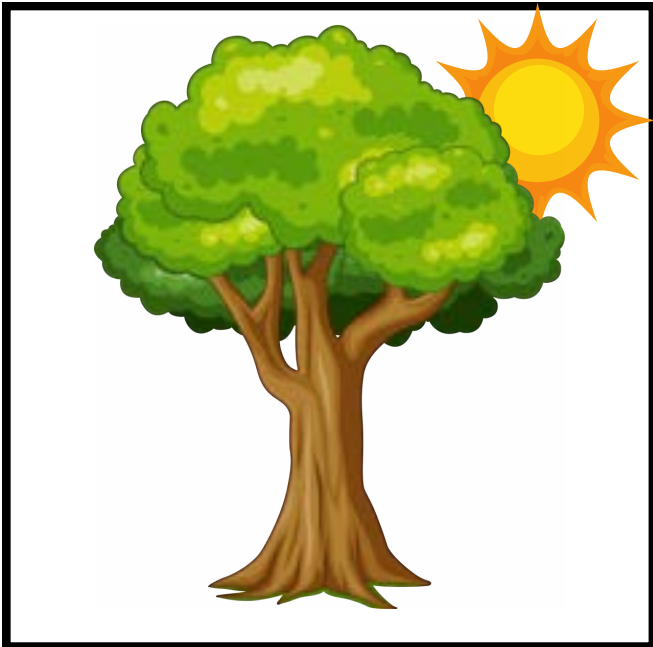


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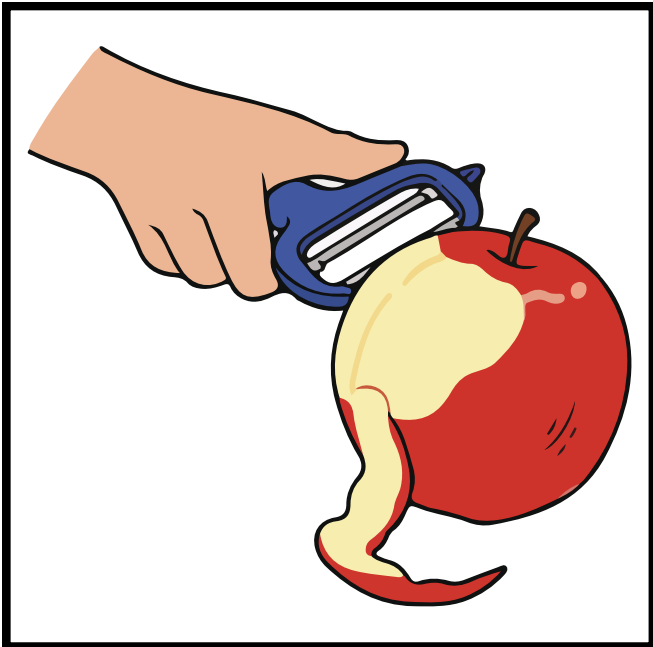
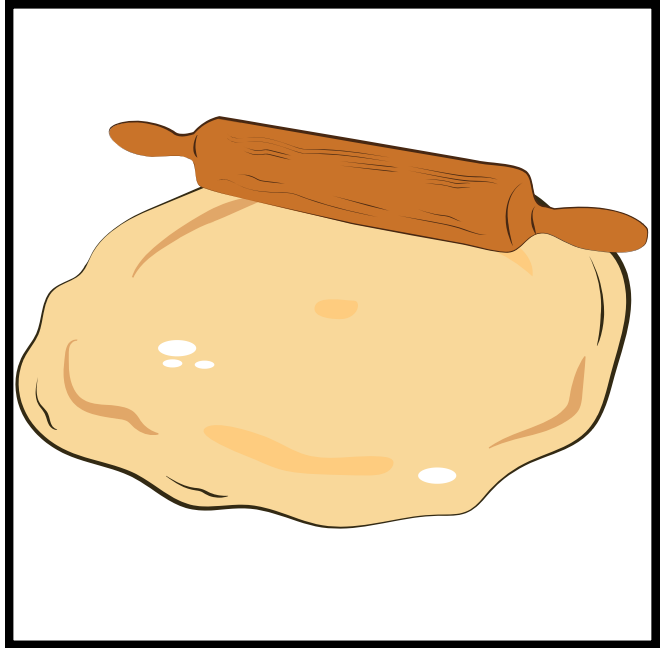


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2.3 Guess the picture

Guess which image appears by turning over all the cards one by one. You can play this game alone or with a small group of residents.

Supplies:

- Color or black and white printer
- A4 paper
- Scissors
- Instructions:
- Print the pages once.
- Cut the cards out of the pages.
- Arrange them in order with the numbers on top:







1 2 3
4 5 6

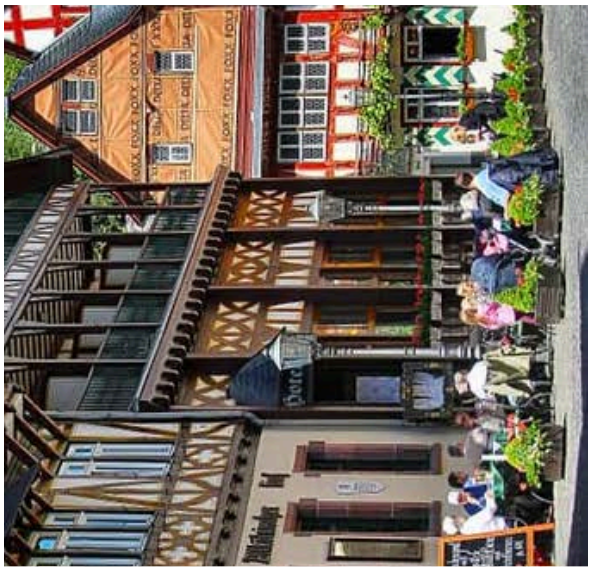
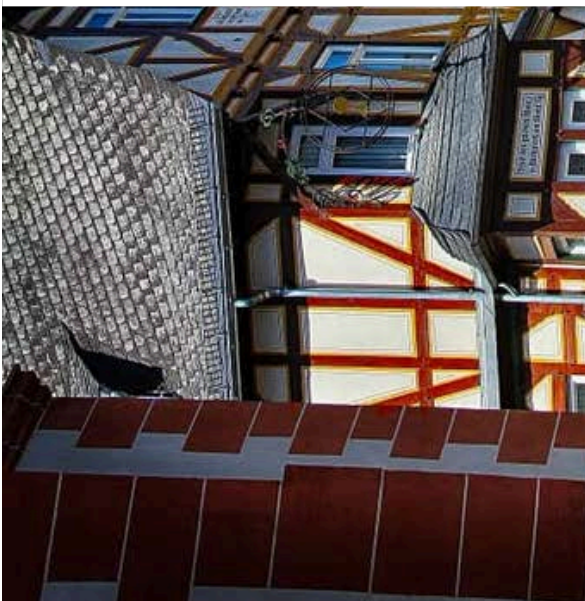
Play Guess the Picture alone:

- Now turn over a card. Try to guess what is depicted.
- No idea? Turn over another card and guess again.
- Continue in this way until it is clear what the image depicts.

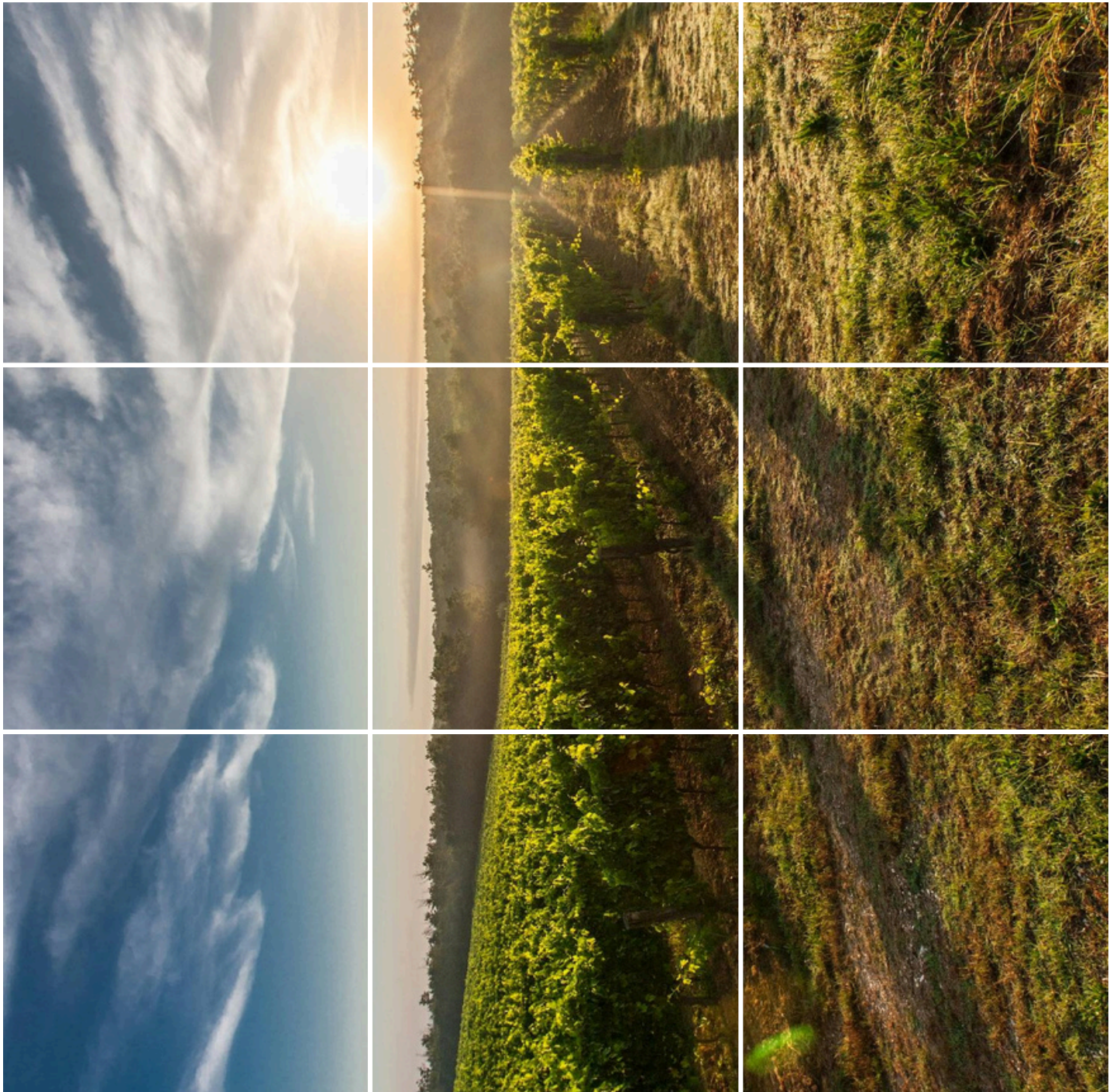
Tip: Can also be used as a puzzle.












<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>4</p> 	<p>5</p> 	<p>6</p> 



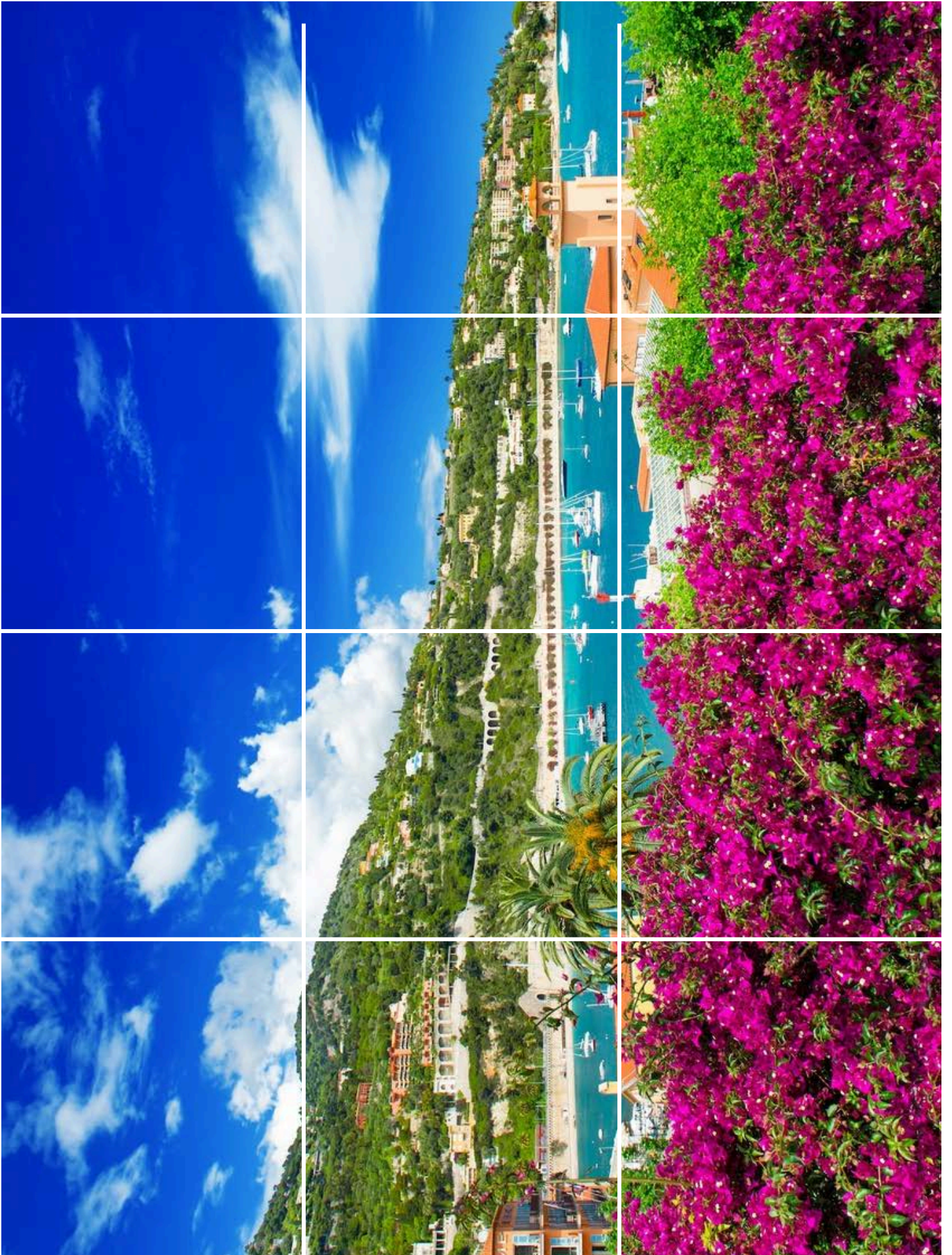
<p>1</p> <p>Tour SILVERFIT Mile</p>	<p>2</p> <p>Tour SILVERFIT Mile</p>	<p>3</p> <p>Tour SILVERFIT Mile</p>
<p>4</p> <p>Tour SILVERFIT Mile</p>	<p>5</p> <p>Tour SILVERFIT Mile</p>	<p>6</p> <p>Tour SILVERFIT Mile</p>



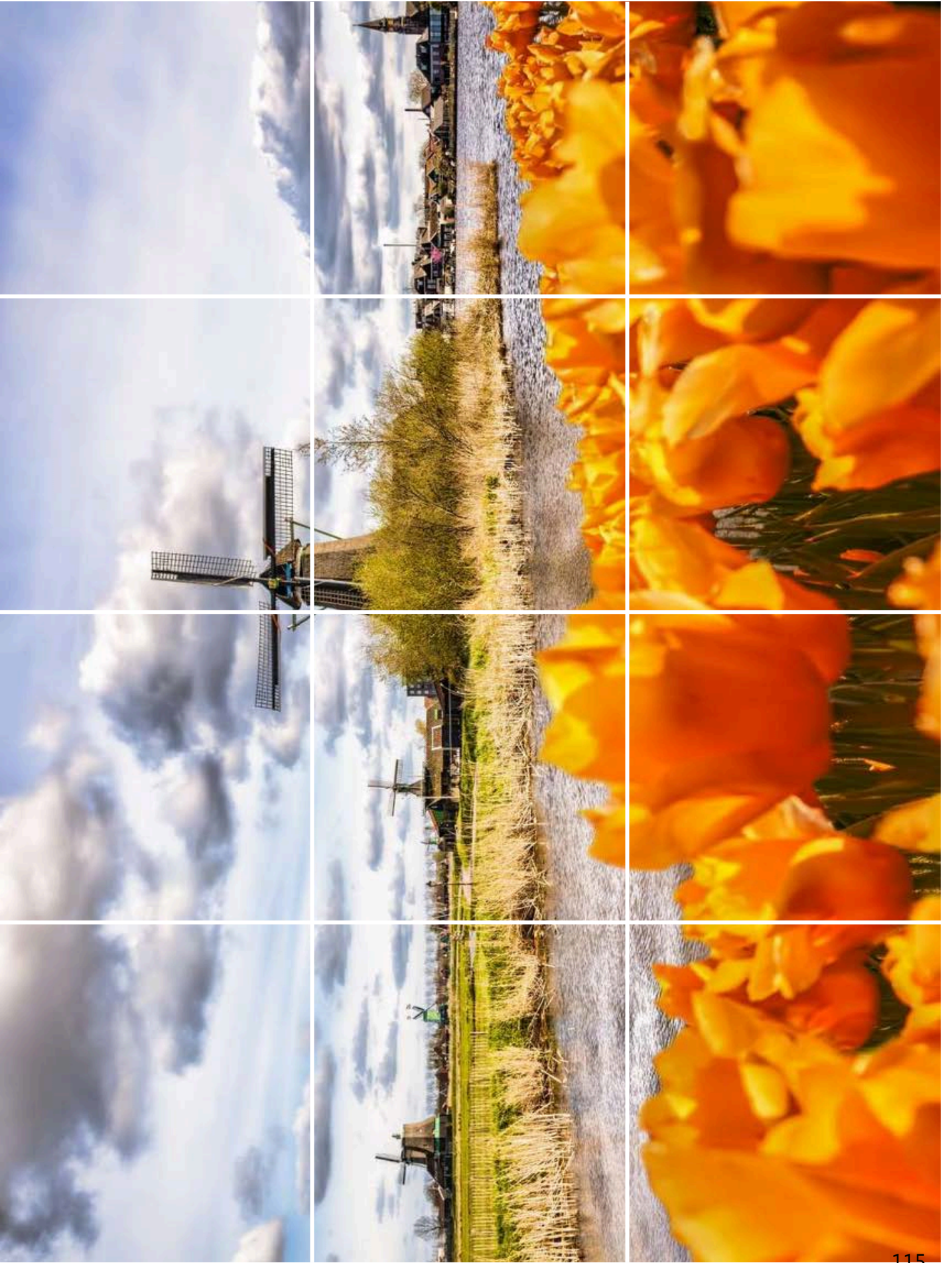
<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>4</p> 	<p>5</p> 	<p>6</p> 
<p>7</p> 	<p>8</p> 	<p>9</p> 



1 Tour SILVERFIT Mile	2 Tour SILVERFIT Mile	3 Tour SILVERFIT Mile
4 Tour SILVERFIT Mile	5 Tour SILVERFIT Mile	6 Tour SILVERFIT Mile
7 Tour SILVERFIT Mile	8 Tour SILVERFIT Mile	9 Tour SILVERFIT Mile



<p>1</p> <p>Tour SILVERFIT Mile</p>	<p>2</p> <p>Tour SILVERFIT Mile</p>	<p>3</p> <p>Tour SILVERFIT Mile</p>	<p>4</p> <p>Tour SILVERFIT Mile</p>
<p>5</p> <p>Tour SILVERFIT Mile</p>	<p>6</p> <p>Tour SILVERFIT Mile</p>	<p>7</p> <p>Tour SILVERFIT Mile</p>	<p>8</p> <p>Tour SILVERFIT Mile</p>
<p>9</p> <p>Tour SILVERFIT Mile</p>	<p>10</p> <p>Tour SILVERFIT Mile</p>	<p>11</p> <p>Tour SILVERFIT Mile</p>	<p>12</p> <p>Tour SILVERFIT Mile</p>



<p>1</p> <p>Tour SILVERFIT Mile</p>	<p>2</p> <p>Tour SILVERFIT Mile</p>	<p>3</p> <p>Tour SILVERFIT Mile</p>	<p>4</p> <p>Tour SILVERFIT Mile</p>
<p>5</p> <p>Tour SILVERFIT Mile</p>	<p>6</p> <p>Tour SILVERFIT Mile</p>	<p>7</p> <p>Tour SILVERFIT Mile</p>	<p>8</p> <p>Tour SILVERFIT Mile</p>
<p>9</p> <p>Tour SILVERFIT Mile</p>	<p>10</p> <p>Tour SILVERFIT Mile</p>	<p>11</p> <p>Tour SILVERFIT Mile</p>	<p>12</p> <p>Tour SILVERFIT Mile</p>

3.1 Decorating a sweater garland

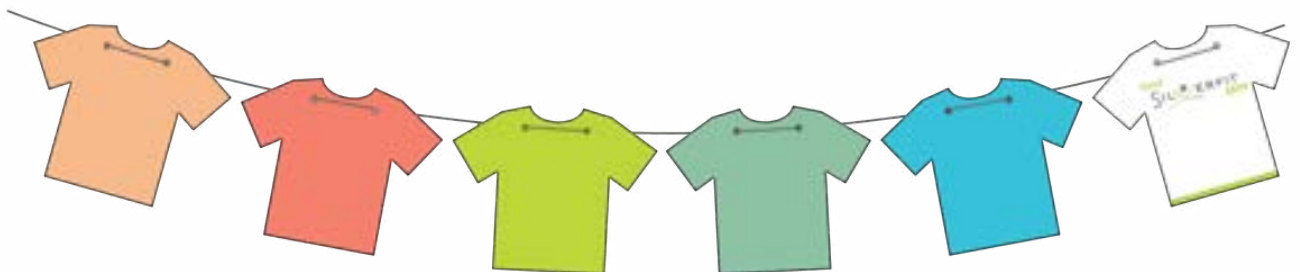
Do your clients enjoy getting creative? Make a cheerful garland that the clients can decorate as they wish.

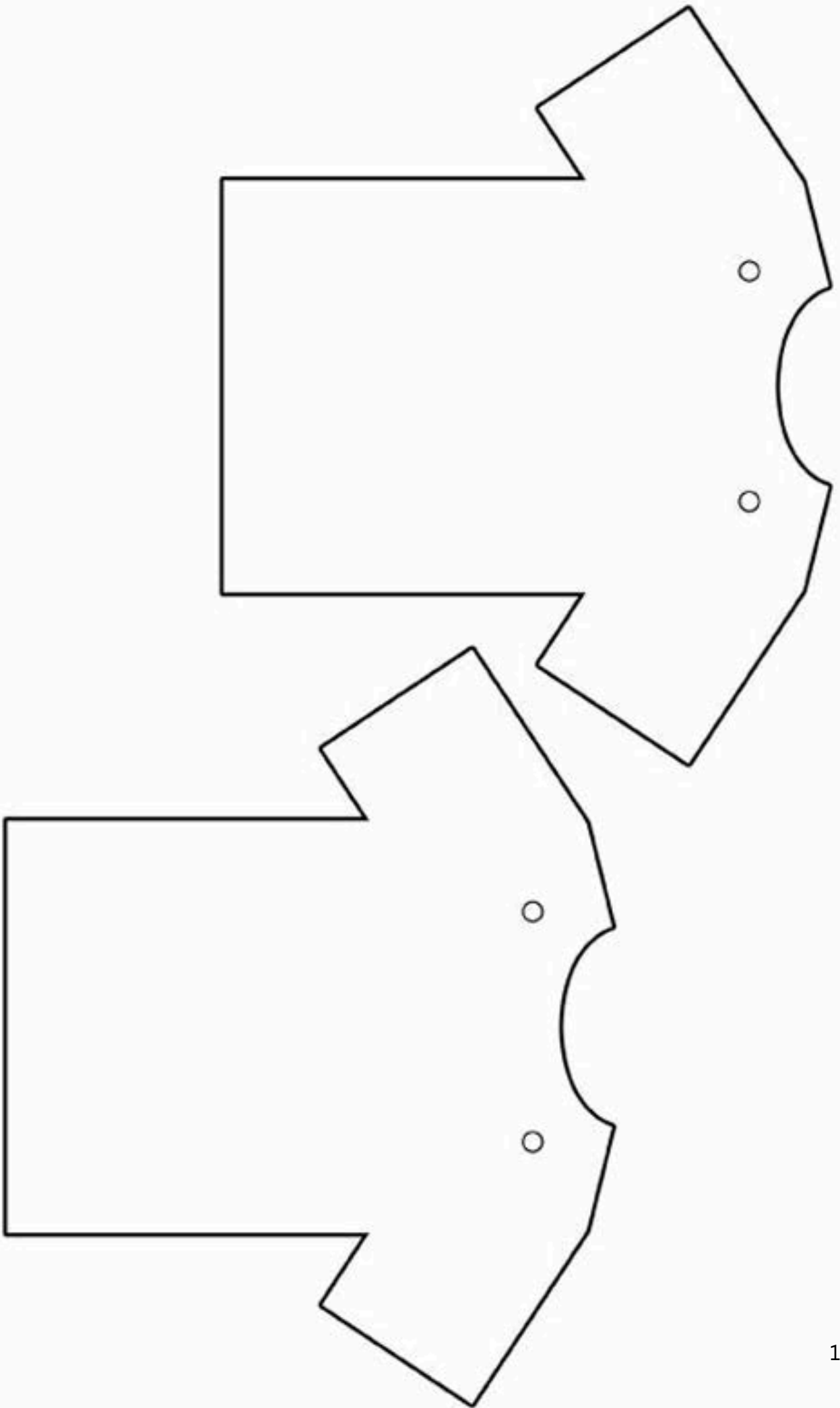
Supplies:

- Black and white printer. Don't have a printer? Then cut out similar shapes from white A4 paper.
- White A4 paper
- Water-based paint and brushes or markers, pencils, or crayons
- Scissors or a hole punch
- A rope or ribbon

Instructions:

- Print the pages with the sweater circumference as many times as you like. The more sweaters, the longer the garland.
- Let clients decorate the sweaters as they see fit.
- Let dry.
- Cut out the sweaters.
- Make holes at the indicated places with scissors or a hole punch.
- Thread a ribbon or string through the sweaters.
- The sweater garland is ready to hang.





3.2 Decorating flags

Do your clients enjoy getting creative? Make a cheerful flag garland that the clients can decorate as they wish.

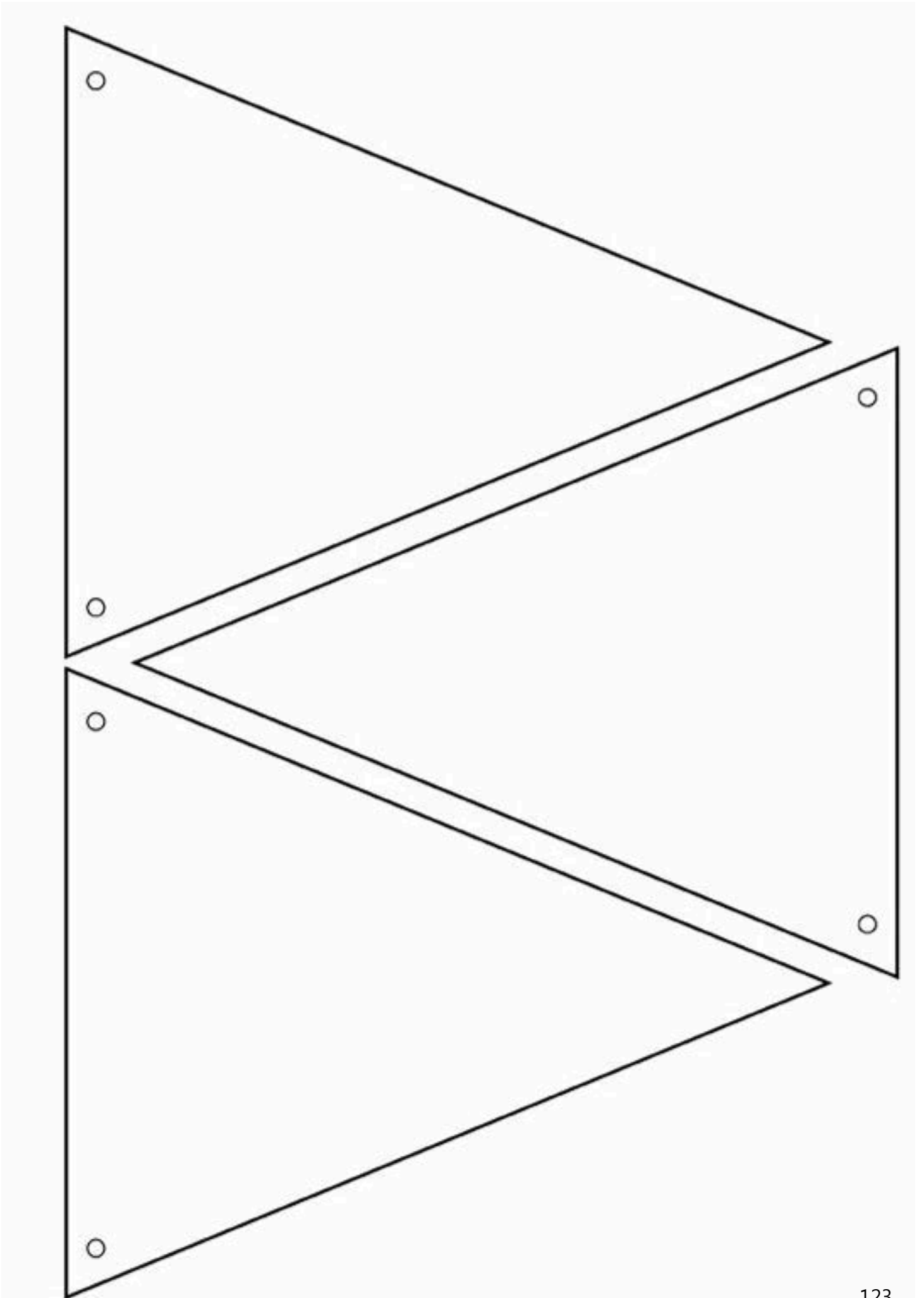
Supplies:

- Black and white printer. (Don't have a printer? Cut out similar shapes from white A4 paper.)
- White A4 paper
- Water-based paint and brushes or markers, pencils, or crayons
- Scissors or a hole punch • String or ribbon

Instructions:

- Print the pages with the flag outlines as many times as you like. The more flags, the longer the garland.
- Let clients decorate the flags as they see fit.
- Let dry.
- Cut out the flags.
- Make holes at the indicated places with scissors or a hole punch.
- Thread a ribbon or string through the flags.
- The flag garland is ready to hang.





3.3 Decorating country flags

Do your clients enjoy getting creative? Make a cheerful flag garland that the clients can decorate as they wish.

Supplies:

- Black and white printer. Don't have a printer? Then draw the lines on white A4 paper.
- White A4 paper
- Water-based paint and brushes or markers, pencils, or crayons
- Scissors or a hole punch
- A rope or ribbon

Instructions:

- Print the pages with the flag outlines as many times as you like. The more flags, the longer the garland.
- Let clients decorate the flags as they see fit.
- Let dry.
- Cut out the flags.
- Make holes at the indicated places with scissors or a hole punch.
- Thread a ribbon or string through the flags.
- The flag garland is ready to hang





3.4 Decorating a bicycle

Do your clients enjoy getting creative? Make a cheerful bicycle garland that the clients can decorate as they wish.

Supplies:

- Black and white printer. Don't have a printer? Then draw the lines on white A4 paper.
- White A4 paper
- Water-based paint and brushes or markers, pencils, crayons, or colored paper
- Scissors or a hole punch
- A rope or ribbon

Instructions:

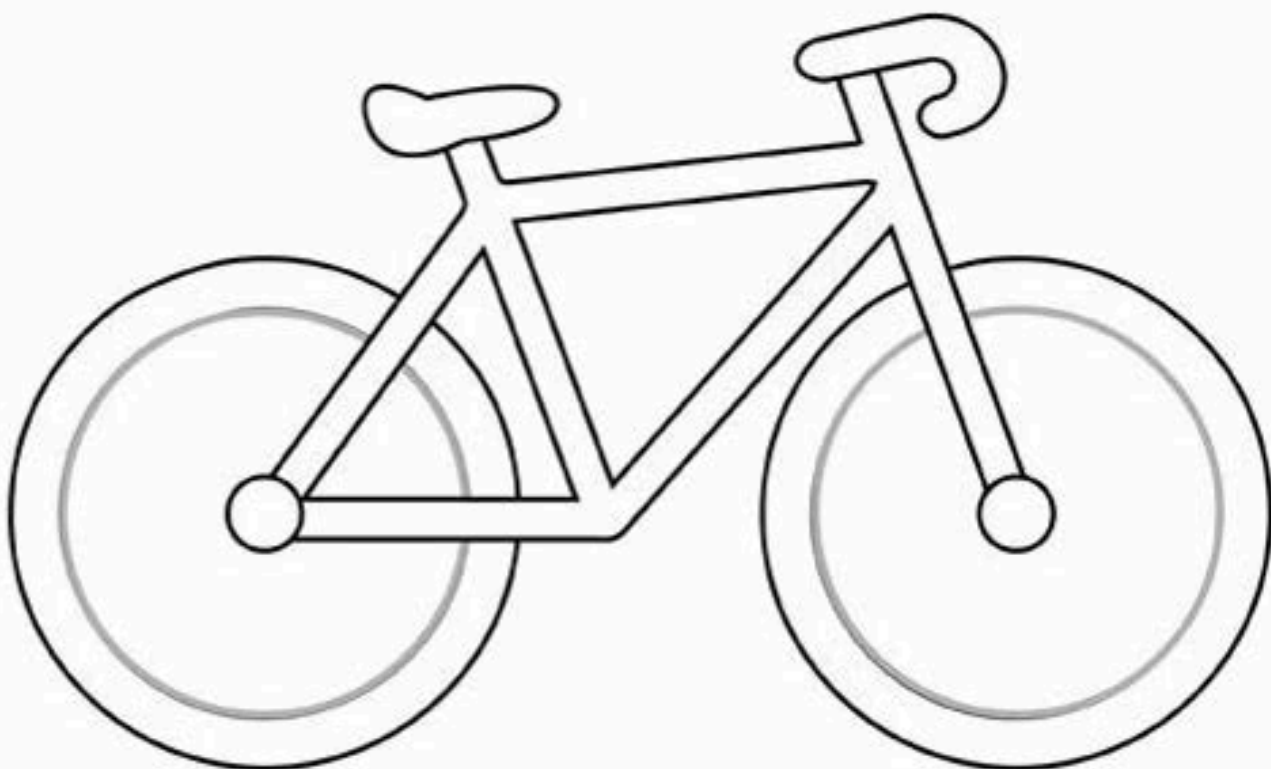
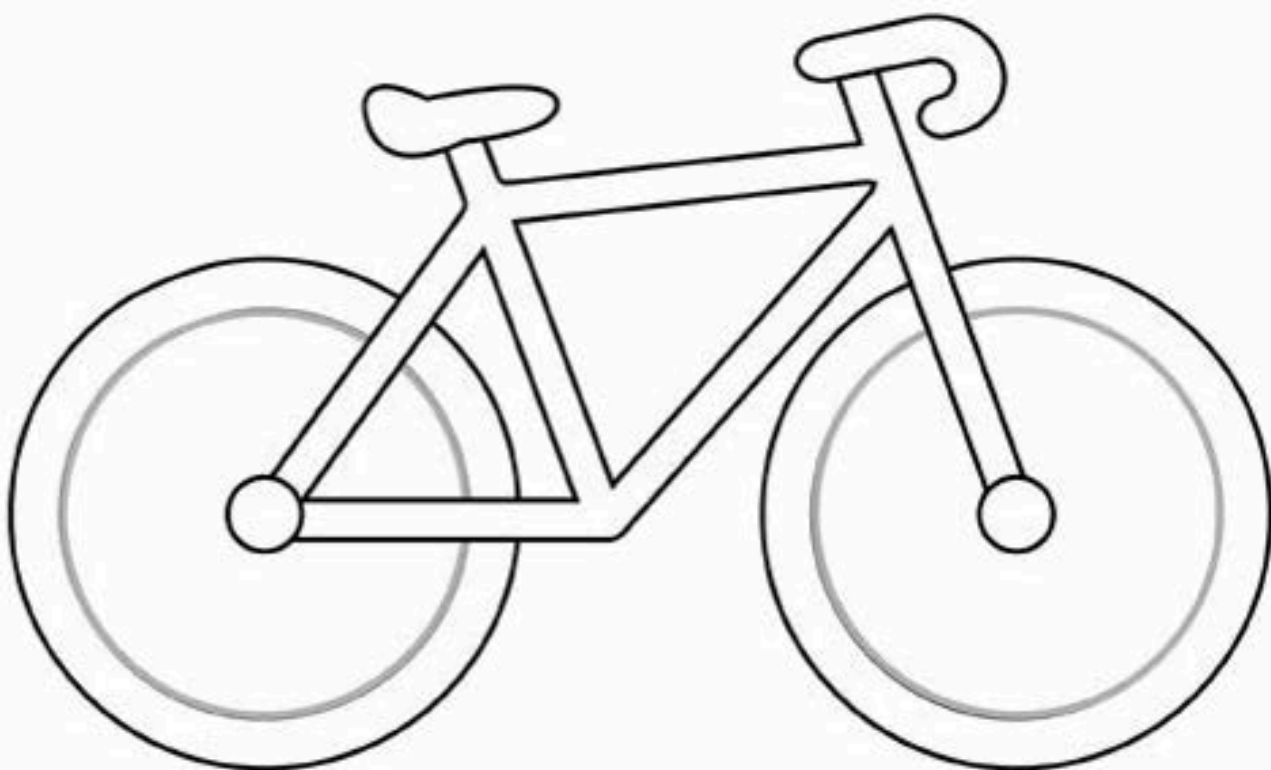
- Print the pages with the bicycle outline as often as you like. The more bicycles, the longer the garland.
- Let clients decorate the flags as they see fit.
- Let dry.
- Cut out the bicycles.
- Make holes at the indicated places with scissors or a hole punch.
- Thread a ribbon or string through the bicycles.
- The bike garland is ready to hang

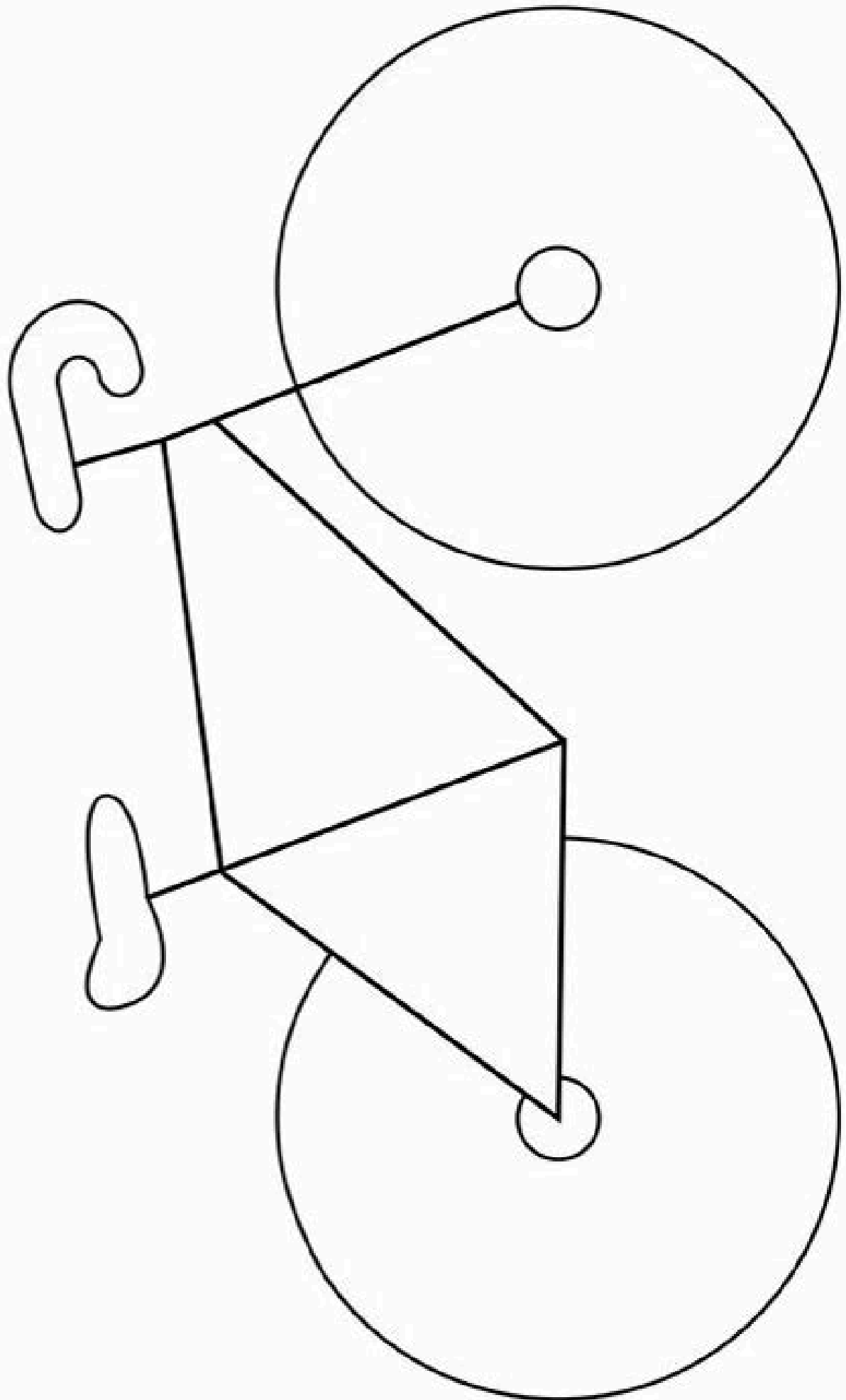


Decoration tip!

**Photo: WZC Bloemenhof
Oudenburg NL**







3.5 Decorating bicycle signs

Do your clients enjoy getting creative? Make cheerful bicycle signs that the clients can decorate as they wish.

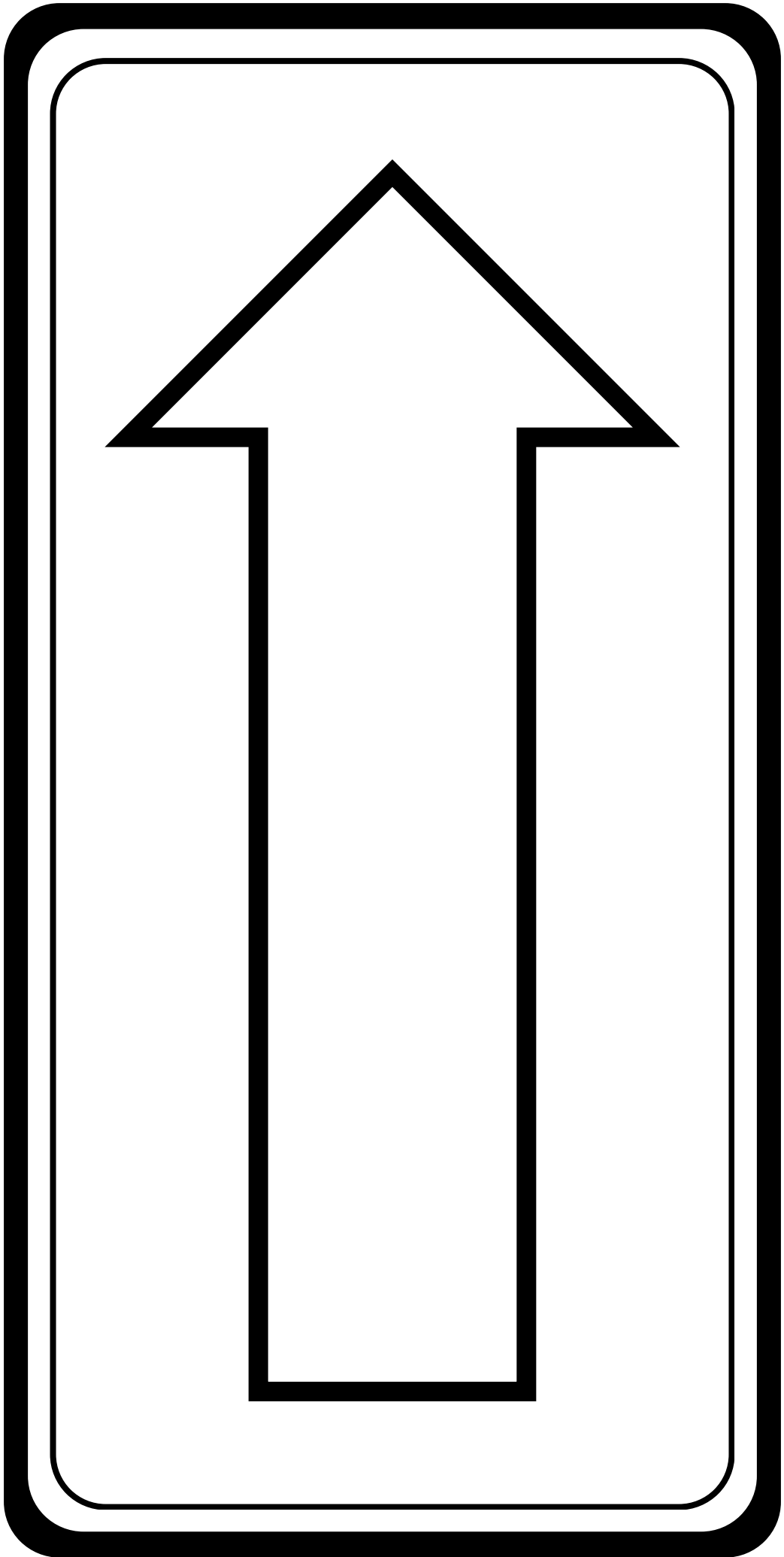
Supplies:

- Black and white printer. Don't have a printer? Then draw the lines on white A4 paper.
- White A4 paper
- Water-based paint and brushes or markers, pencils, crayons, or colored paper
- Scissors or a hole punch
- A rope or ribbon

Instructions:

- Print the pages with the bicycle sign outline as often as you like.
- Let clients decorate the plates as they see fit.
- Let dry.
- Cut out the signs.
- The bike signs are ready to hang





3.6 Jersey Numbers

Make participation in the Tour SilverFit Mile extra personal by giving all participants a personalized bib number with their name and a fictitious number.

Supplies:

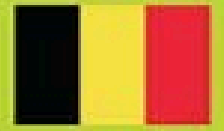
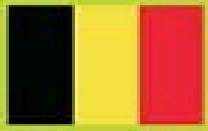
- Color or black and white printer
- White A4 paper
- Scissors
- A black marker
- Safety pins

Instructions:

- Print the page with your chosen back number as many times as needed. There are copies with the Dutch, English, French, Italian or Belgian flag.
- Cut out the back numbers.
- Write the participant's name and a fictitious number with a black marker.
- Attach the back number with a safety pin



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