

Tour SILVERFIT Mile

Arts and Crafts Booklet





FOREWORD

We are thrilled to have you as a participant in the Tour SilverFit Mile this year! In this booklet, you will find games and decoration ideas to captivate both clients and healthcare staff with the spirit of the Tour SilverFit Mile! There are no obligations, so feel free to choose the activities you like and do them whenever it suits you. By offering these activities, even clients who cannot or do not want to cycle can be involved in the event.

The selection includes items that only need to be printed and items where clients and healthcare staff can unleash their creativity. We heard from previous participants that the Tour SilverFit Mile decorations remained hanging long after the event was over. The clients found it so festive!

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

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1.1 BICYCLE FLAGS DECORATION

Create fun bicycle flags decoration in the colors of the Tour SilverFit Mile.

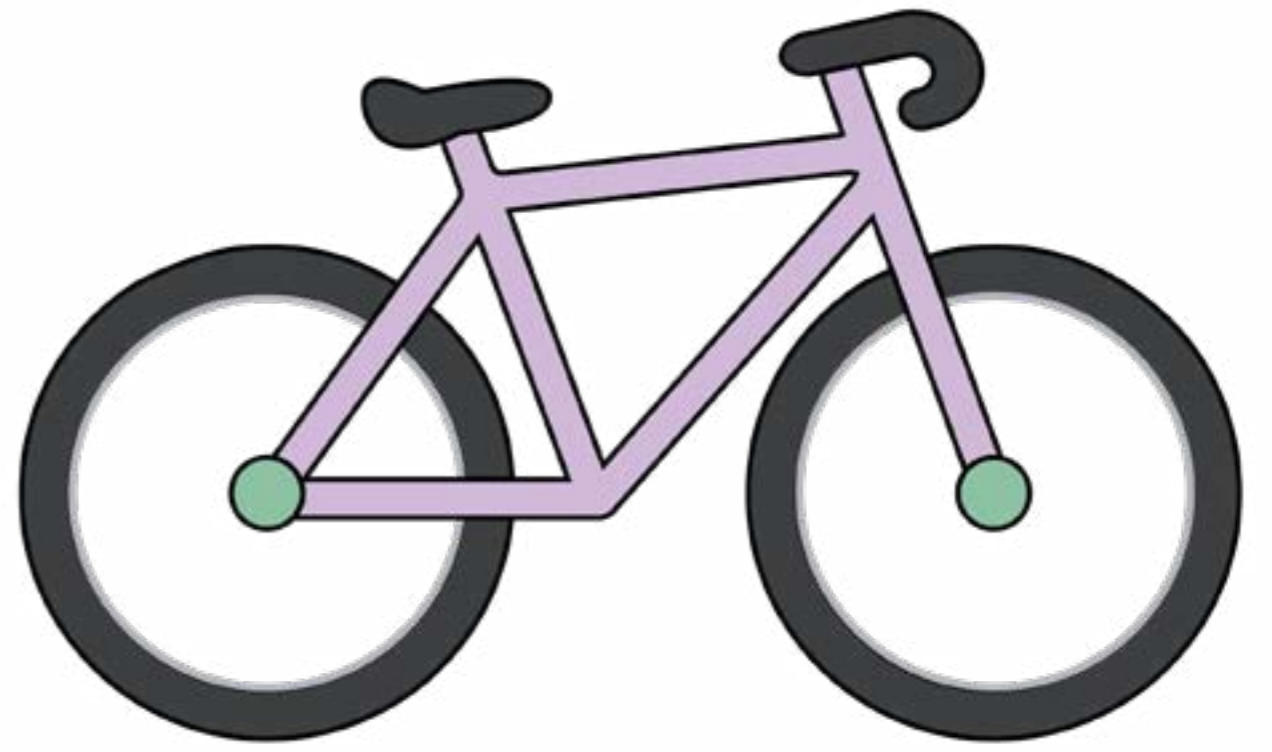
Materials:

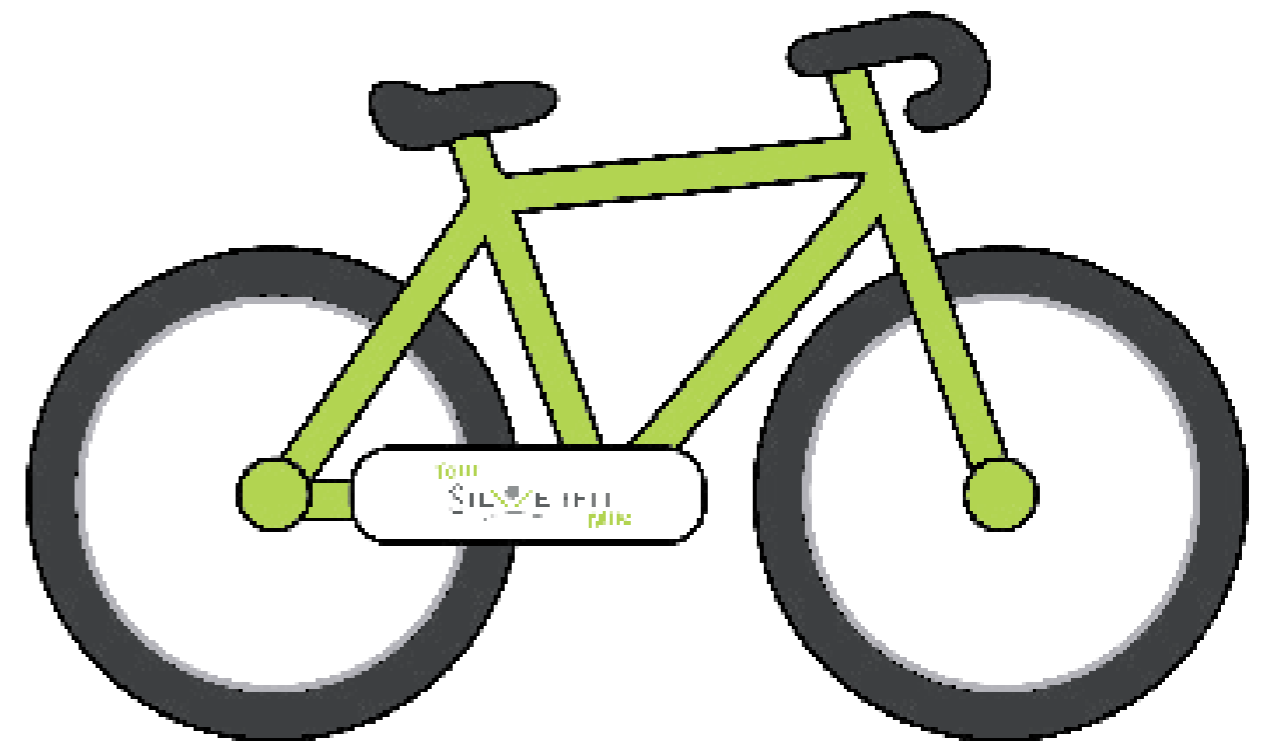
- Color printer
- White A4 paper
- Scissors or a perforator
- String or ribbon

Instructions:

- Print the following pages as many times as you like. The more bicycles, the longer the decoration.
- Cut out the bicycles along the edges or cut the page along the dotted line.
- Use scissors or a perforator to make holes.
- Thread a ribbon or string through the flags.
- The bicycle decoration is ready to be hung up.







1.2 JERSEY FLAGS DECORATION

Prepare creative wall decorations where your SilverFit Mile is located.

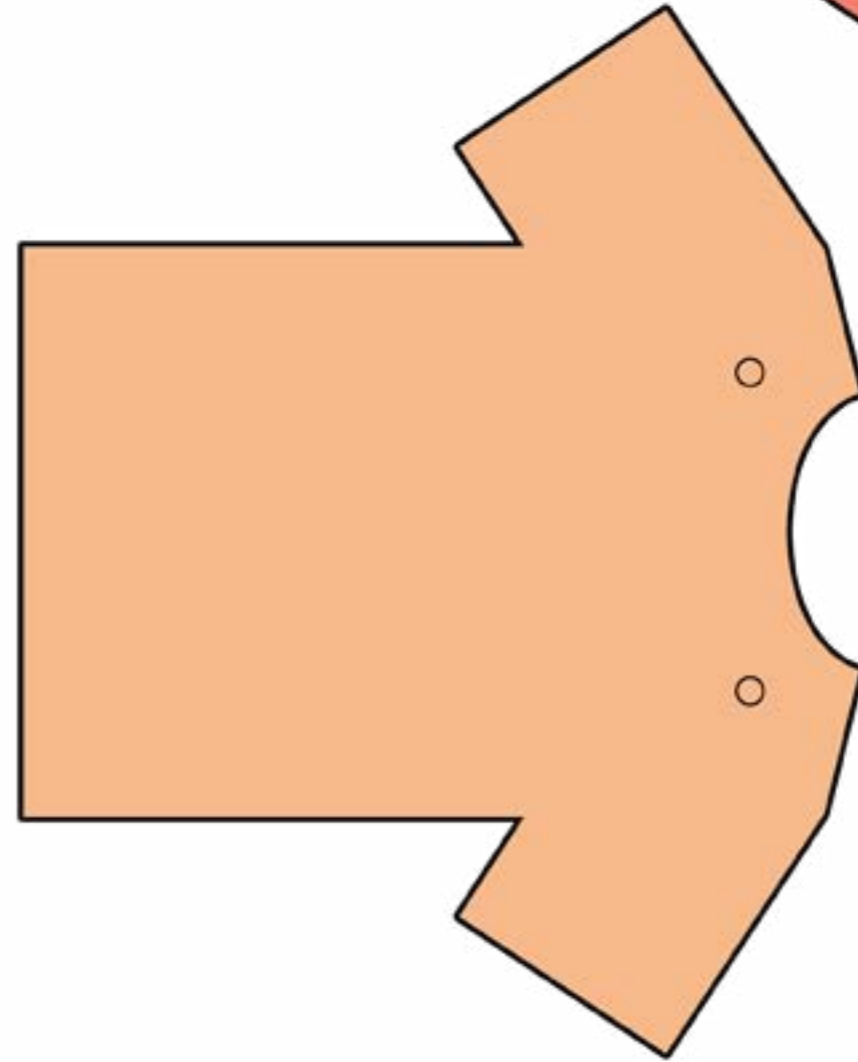
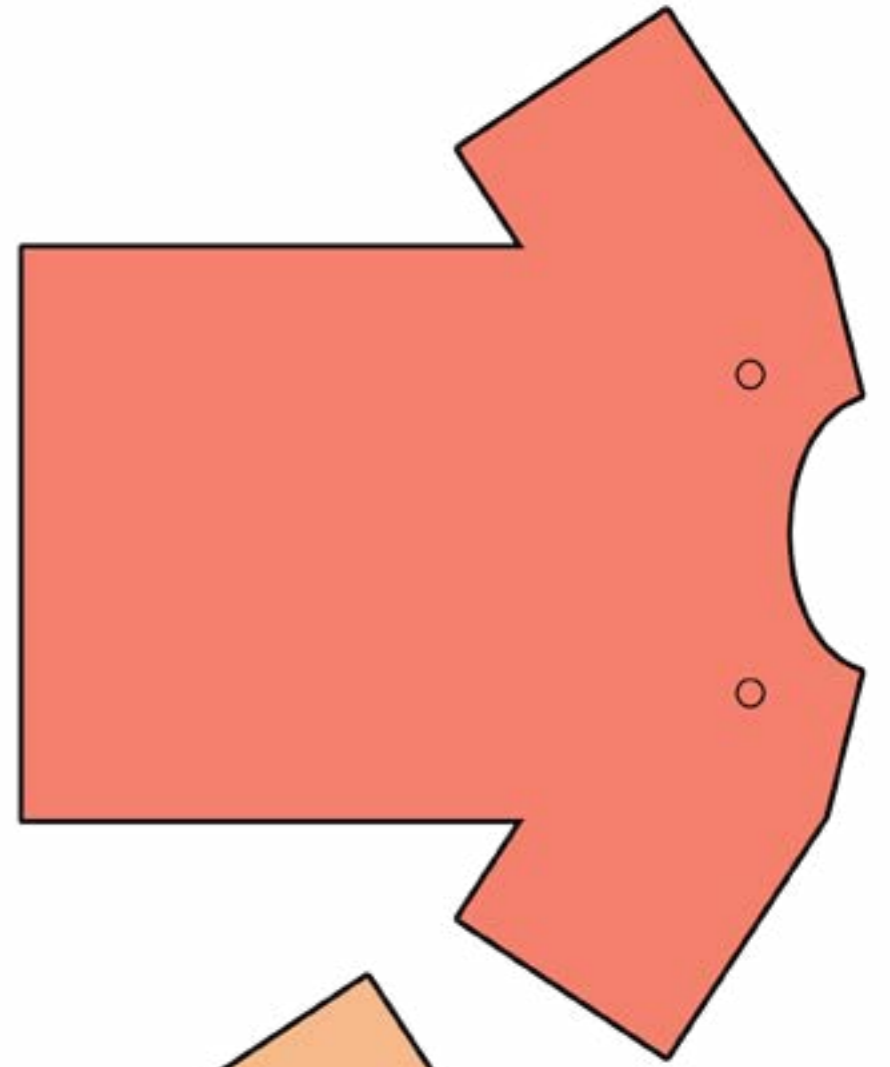
Materials:

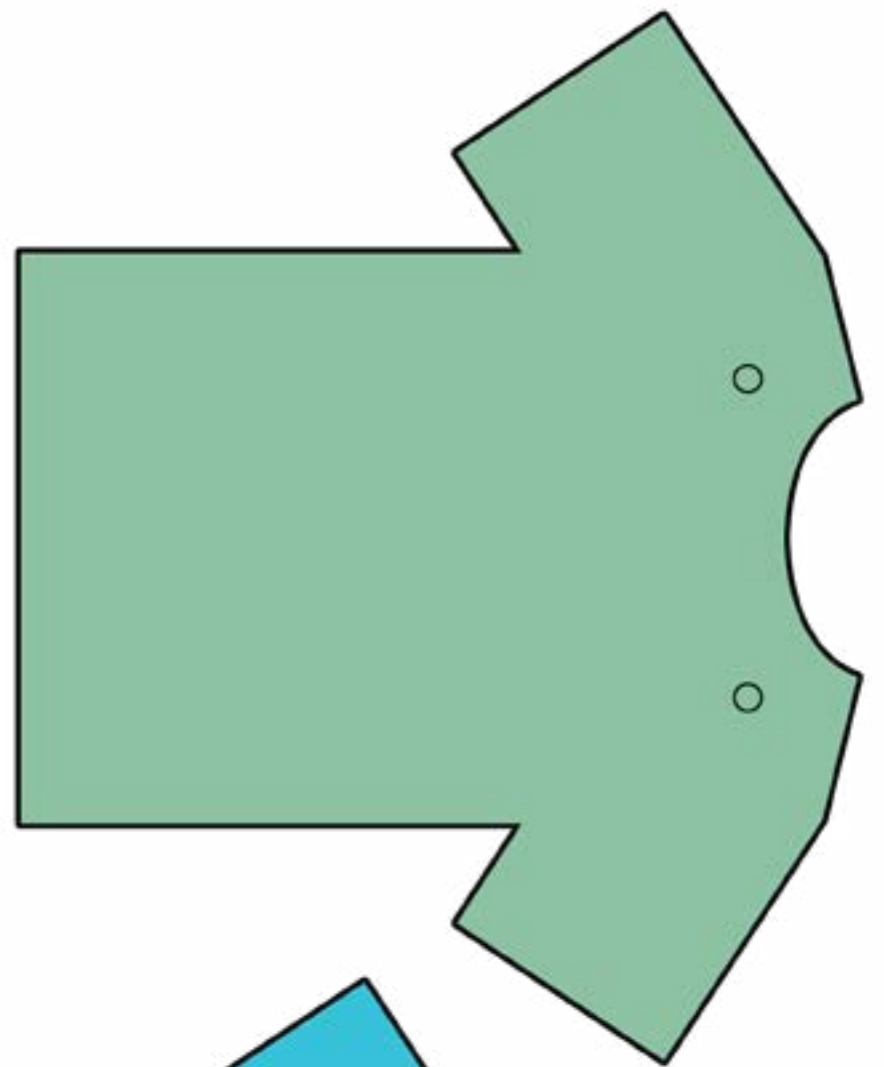
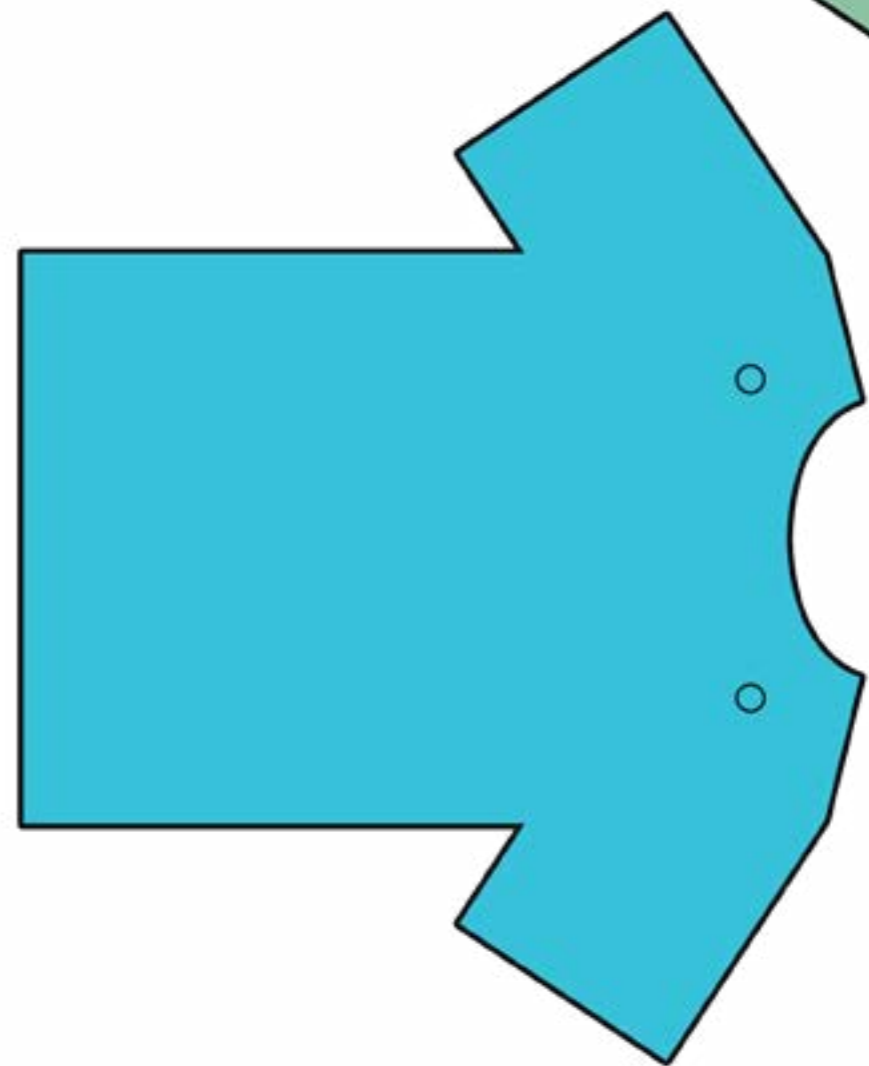
- Color printer. Don't have a color printer? Then cut similar shapes from colored paper.
- White A4 paper
- Scissors or a perforator
- String or ribbon

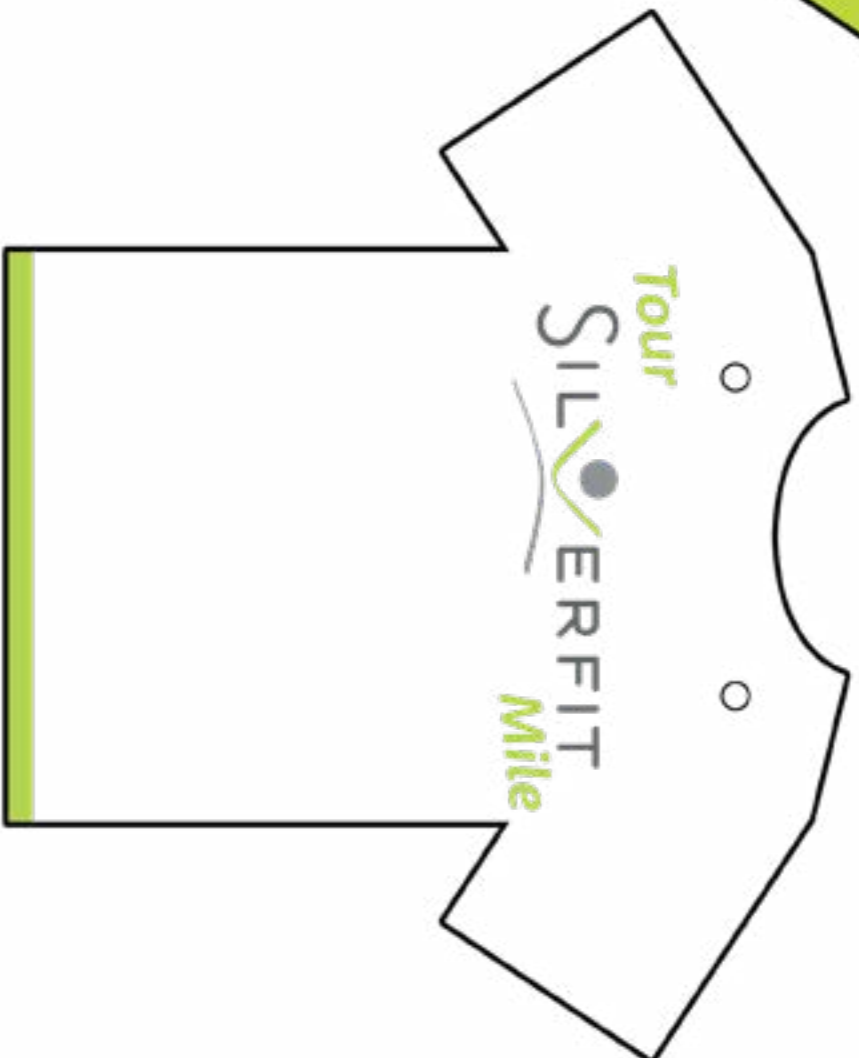
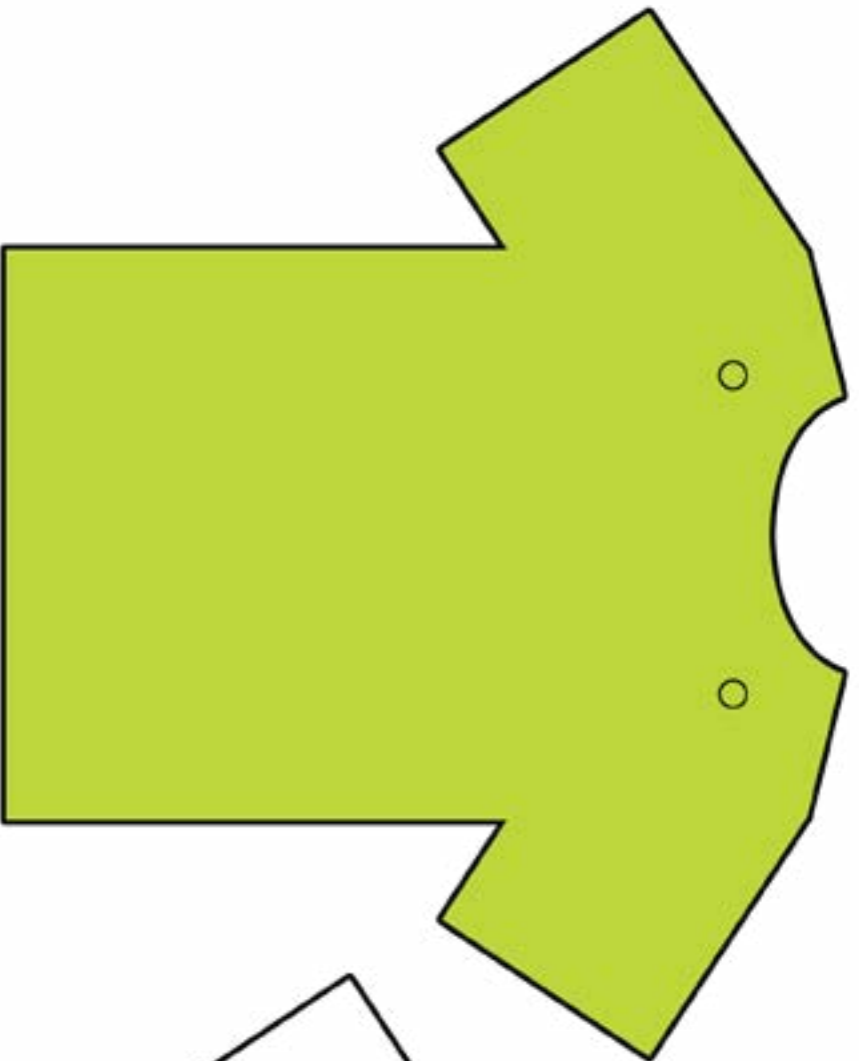
Instructions:

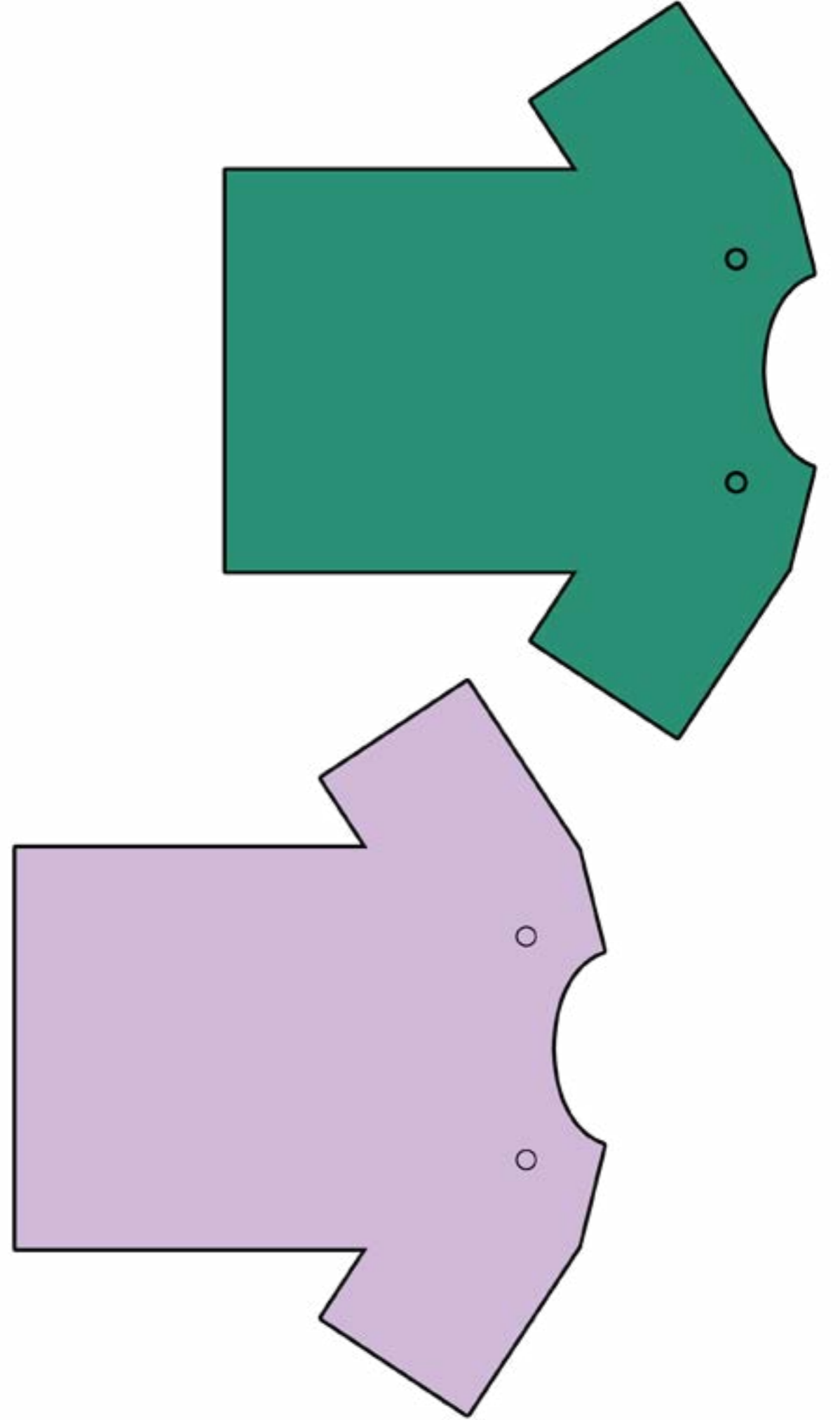
- Print the following pages as many times as you like. The more jerseys, the longer the decoration.
- Cut out the jerseys.
- Use scissors or perforator to make holes.
- Thread a ribbon or string through the jerseys.
- The jerseys decoration is ready to be hung up.











1.3 REGULAR FLAGS DECORATION

Decorate your site with flags decoration for a festive atmosphere. There are two different versions; choose the one you like the most or make both.

Materials:

- Color printer. Don't have a color printer? Then cut similar shapes from colored paper.
- White A4 paper
- Scissors or a perforator
- String or ribbon

Instructions:

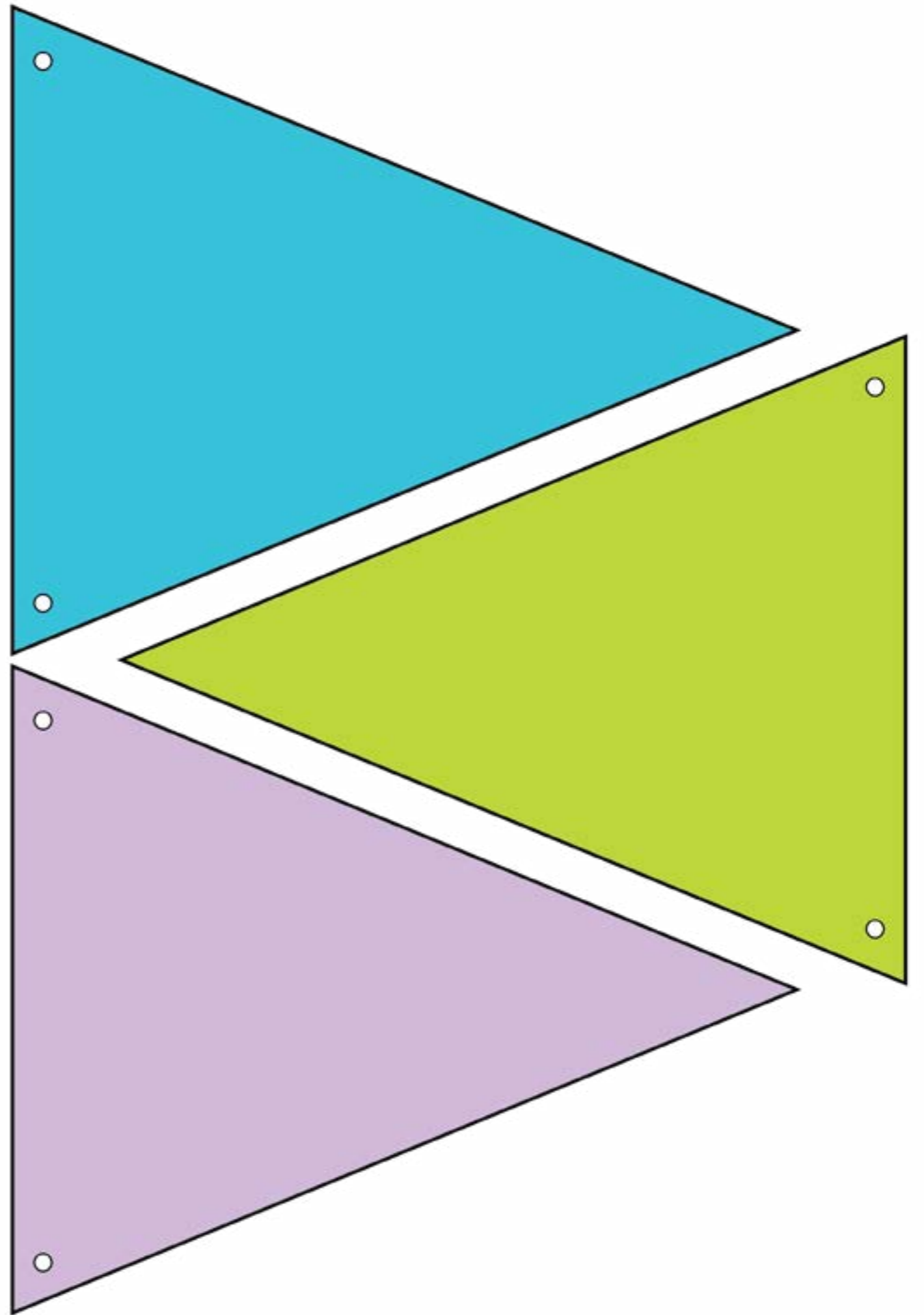
- Print the following pages as many times as you like. The more flags, the longer the decoration.
- Cut out the flags.
- Use scissors or a perforator to make holes.
- Thread a ribbon or string through the flags.
- The flag decoration is ready to be hung up.

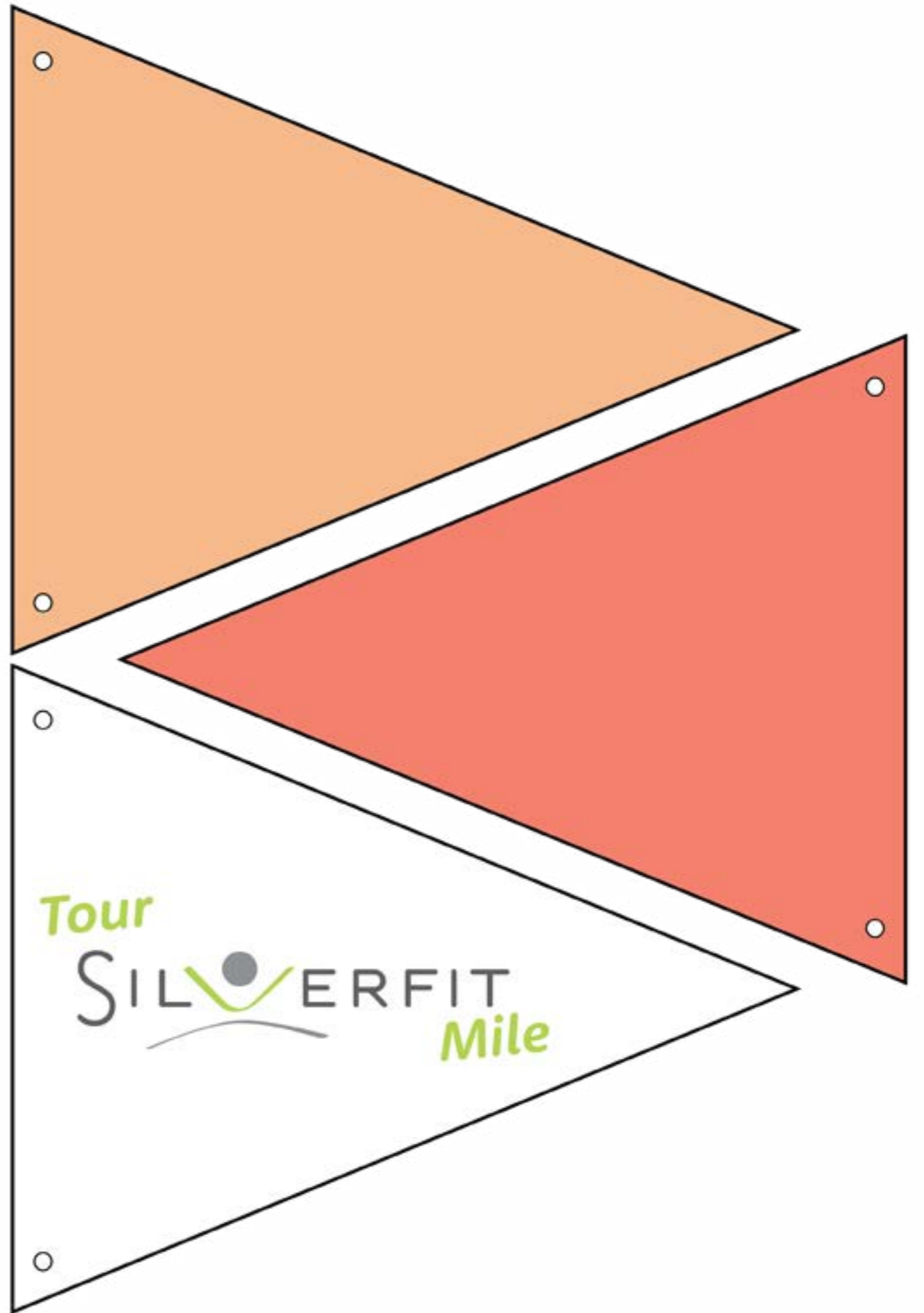
SLINGER 1: PAGINA 25 - 27

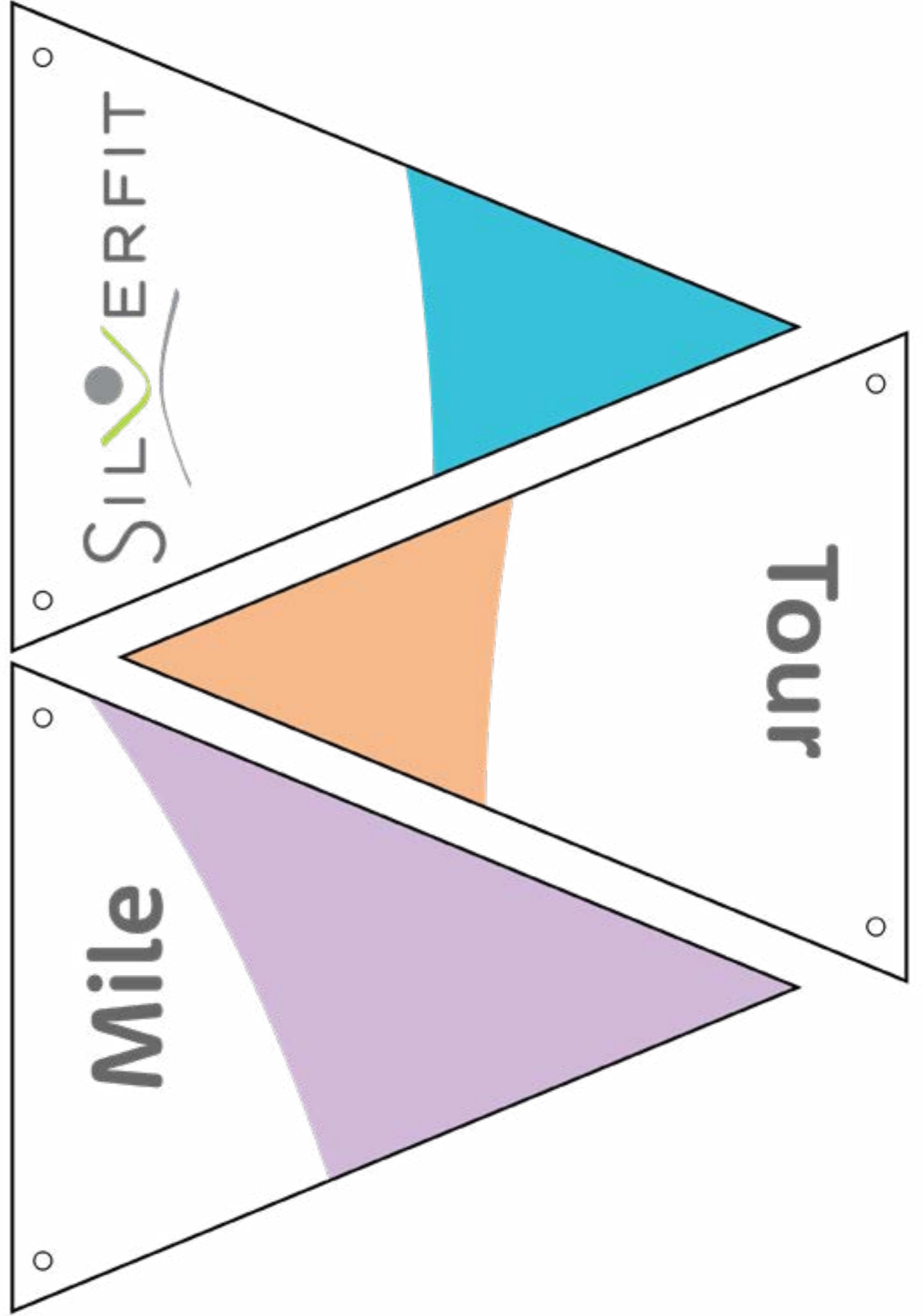


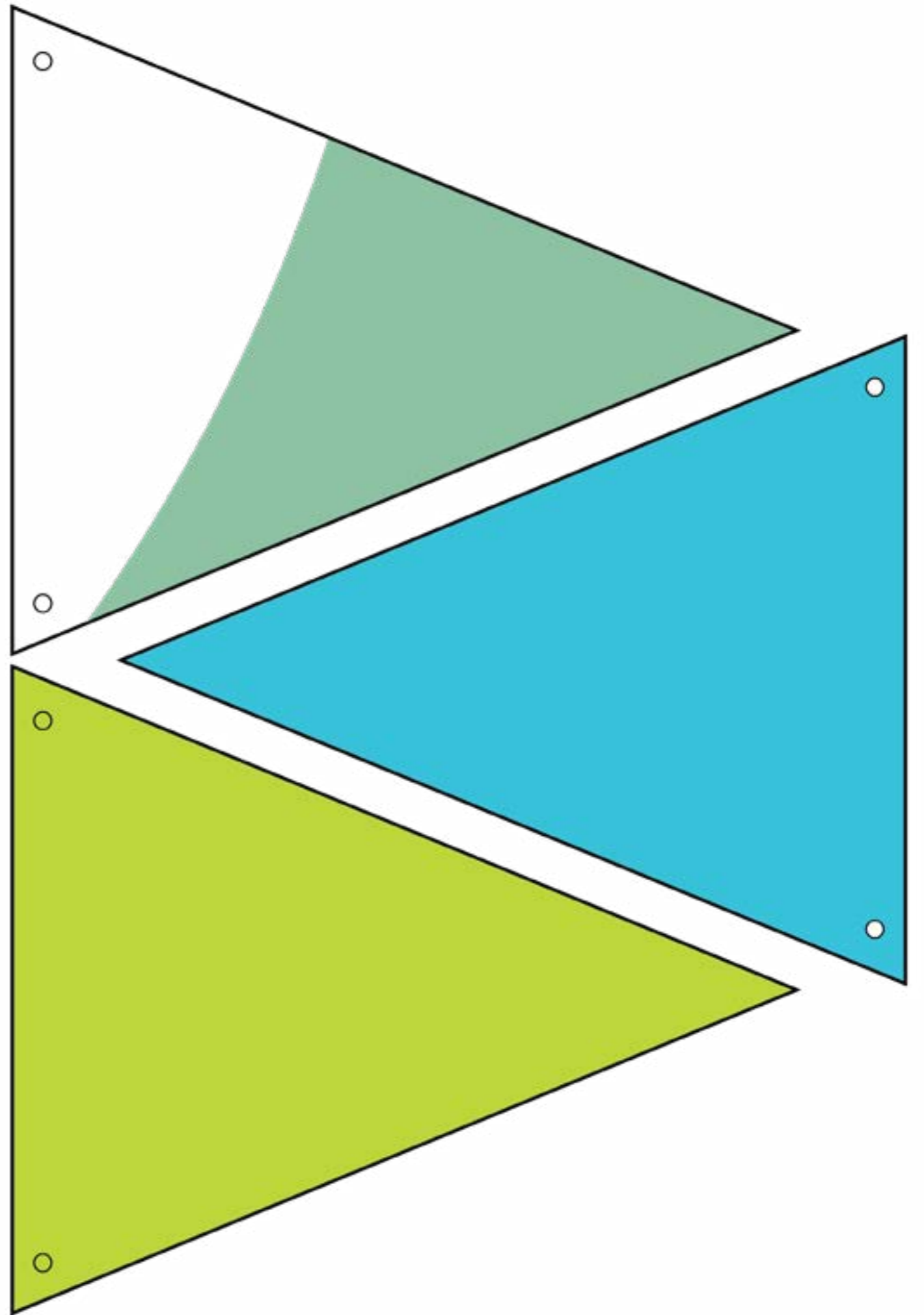
SLINGER 2: PAGINA 29 - 33

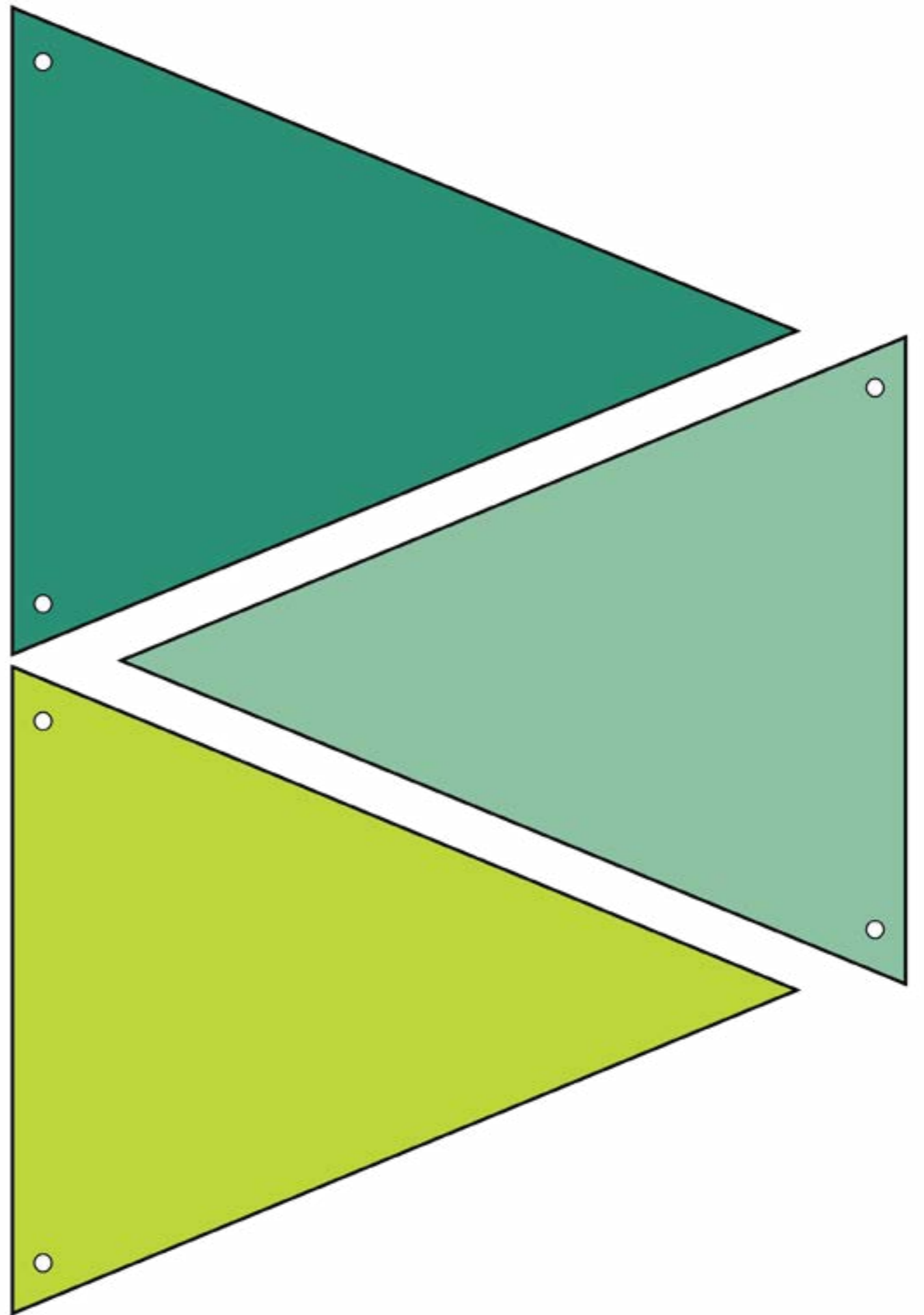












1.4 COUNTRY FLAGS DECORATION

Materials:

- Color printer.
- White A4 paper
- Scissors or a perforator
- String or ribbon

Instructions:

- Print the country flags (or a selection of them) as many times as you like. The more items, the longer the decoration.
- Cut out the country flags.
- Use scissors or a perforator to make holes.
- Thread a ribbon or string through the country flags.
- The country flag decoration is ready to be hung up.



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1.5 CIRCLE CHAIN

Create festive decorations together with linked circles in the colors of the Tour SilverFit Mile.

Materials:

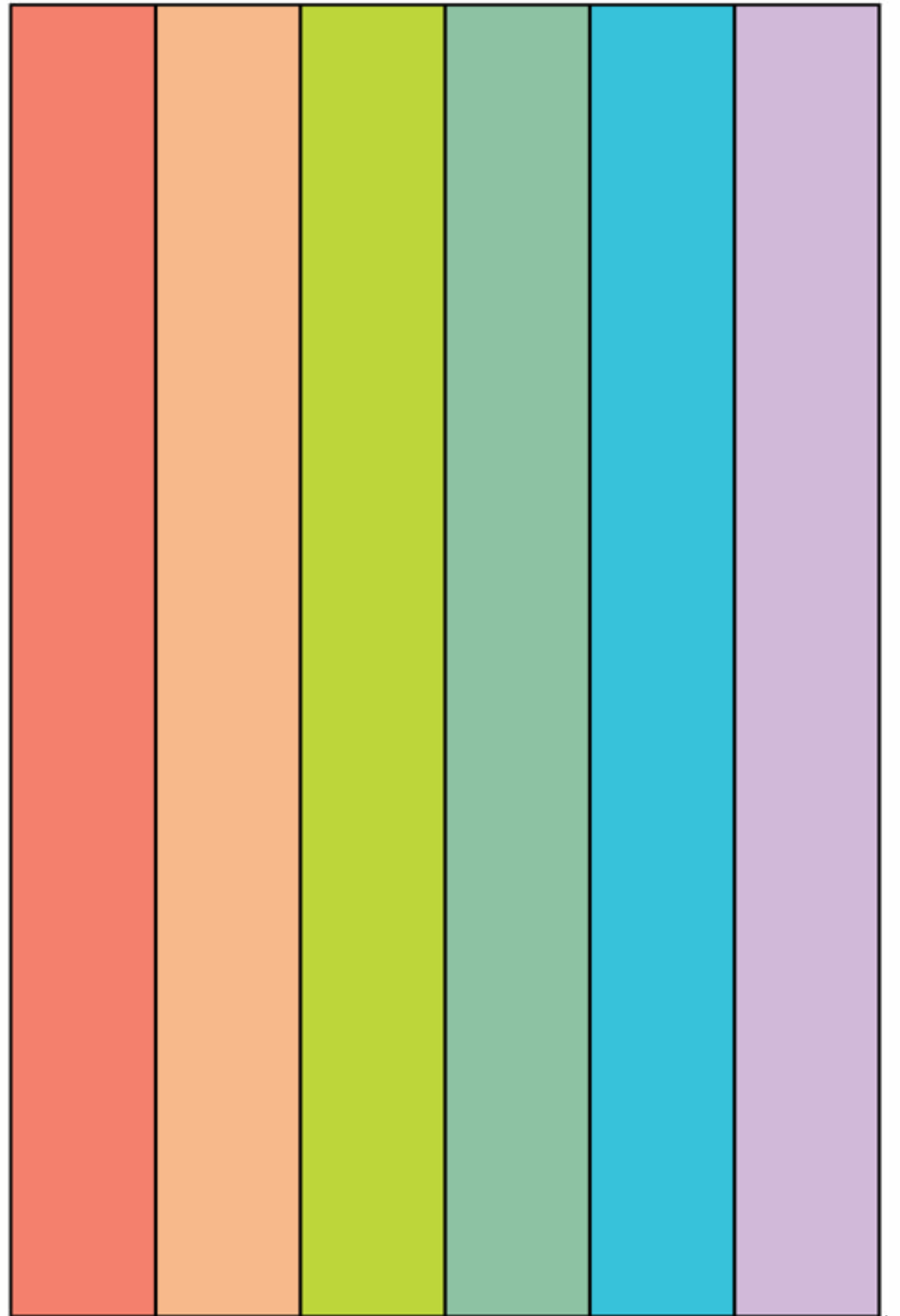
- Color printer. Don't have a color printer? Then cut similar strips from colored paper.
- White A4 paper
- Scissors
- Tape or a stapler with staples

Instructions:

- Print the strips as many times as you like (the more items, the longer the decoration). Four pages of strips will create a decoration of approximately 1.5 meters.
- Cut out the strips.
- Take one strip of paper and form it into a circle. Secure it with a piece of tape or a staple.
- Take the next strip of paper, thread it through the first paper circle, and form it into a circle as well. Secure it again with a piece of tape or a staple.
- Repeat this process until all strips are used.
- The circle decoration is ready to be hung up.

Tip: For a circle decoration consisting of large and small circles, alternate the strips on page 47 with the strips on page 51.





1.6 CIRCLE NECKLACE

A low-threshold way to create a festive outfit for clients is by making a circle necklace.

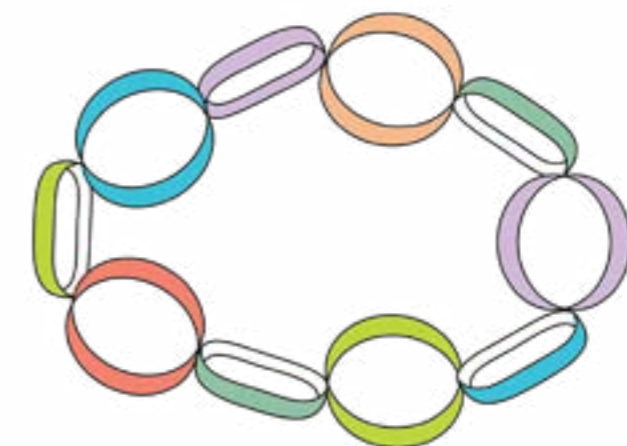
Materials:

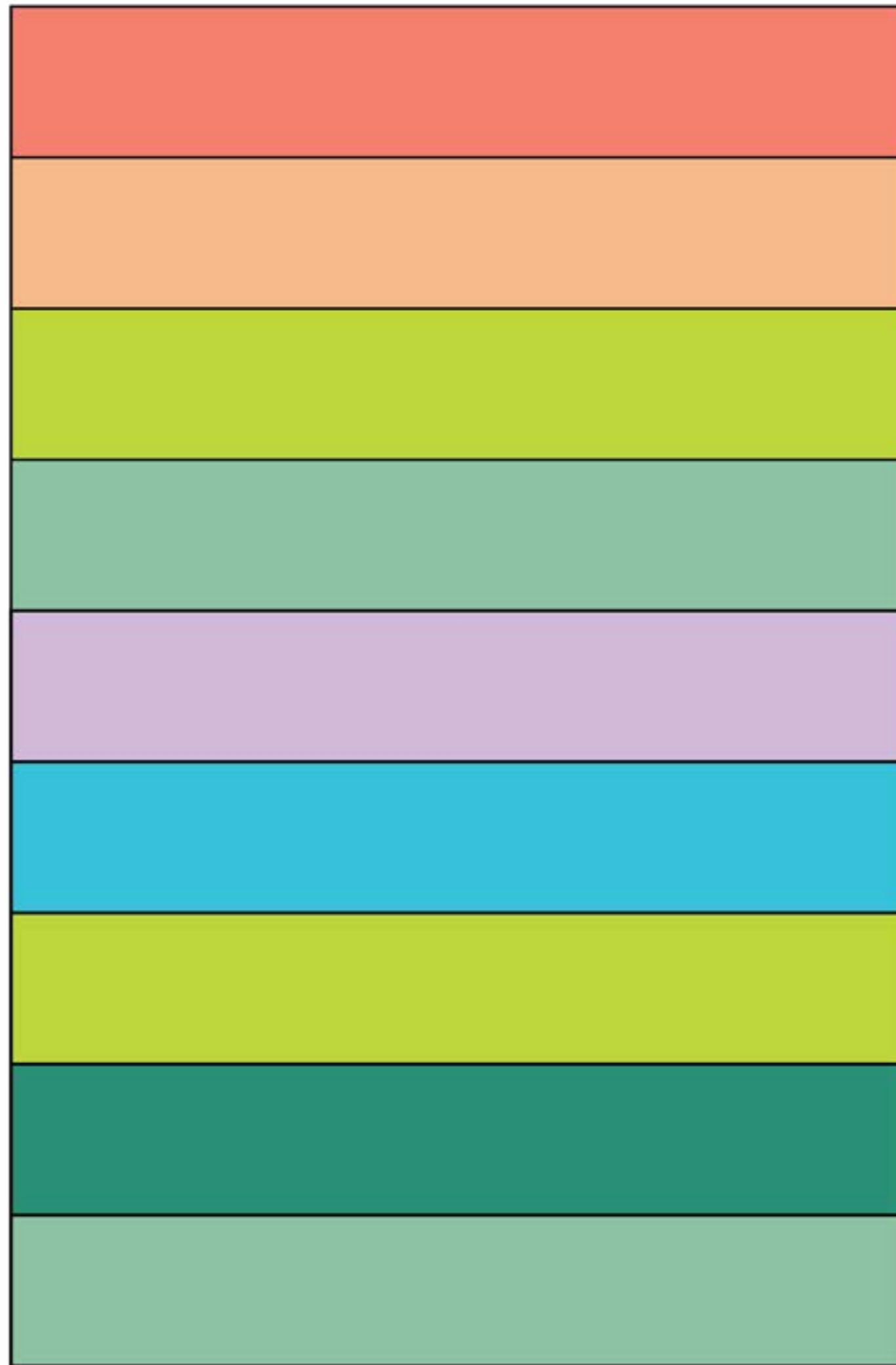
- Color printer. Don't have a color printer? Then cut similar strips from colored paper.
- White A4 paper
- Scissors
- Tape or a stapler with staples

Instructions:

- Print the strips as many times as you like. The more items, the longer the necklace. 2.5 pages of strips will create a necklace for a client.
- Cut out the strips.
- Take one strip of paper and form it into a circle. Secure it with a piece of tape or a staple.
- Take the next strip of paper, thread it through the first paper circle, and form it into a circle as well. Secure it again with a piece of tape or a staple.
- Repeat this process until the circle necklace is long enough for a client.
- The circle necklace can now be worn.

Tip: Mix the strips from the circle decoration and the circle necklace for a combination of large and small circles.





1.7 ROUTE SIGNS AND BIKE SIGNS

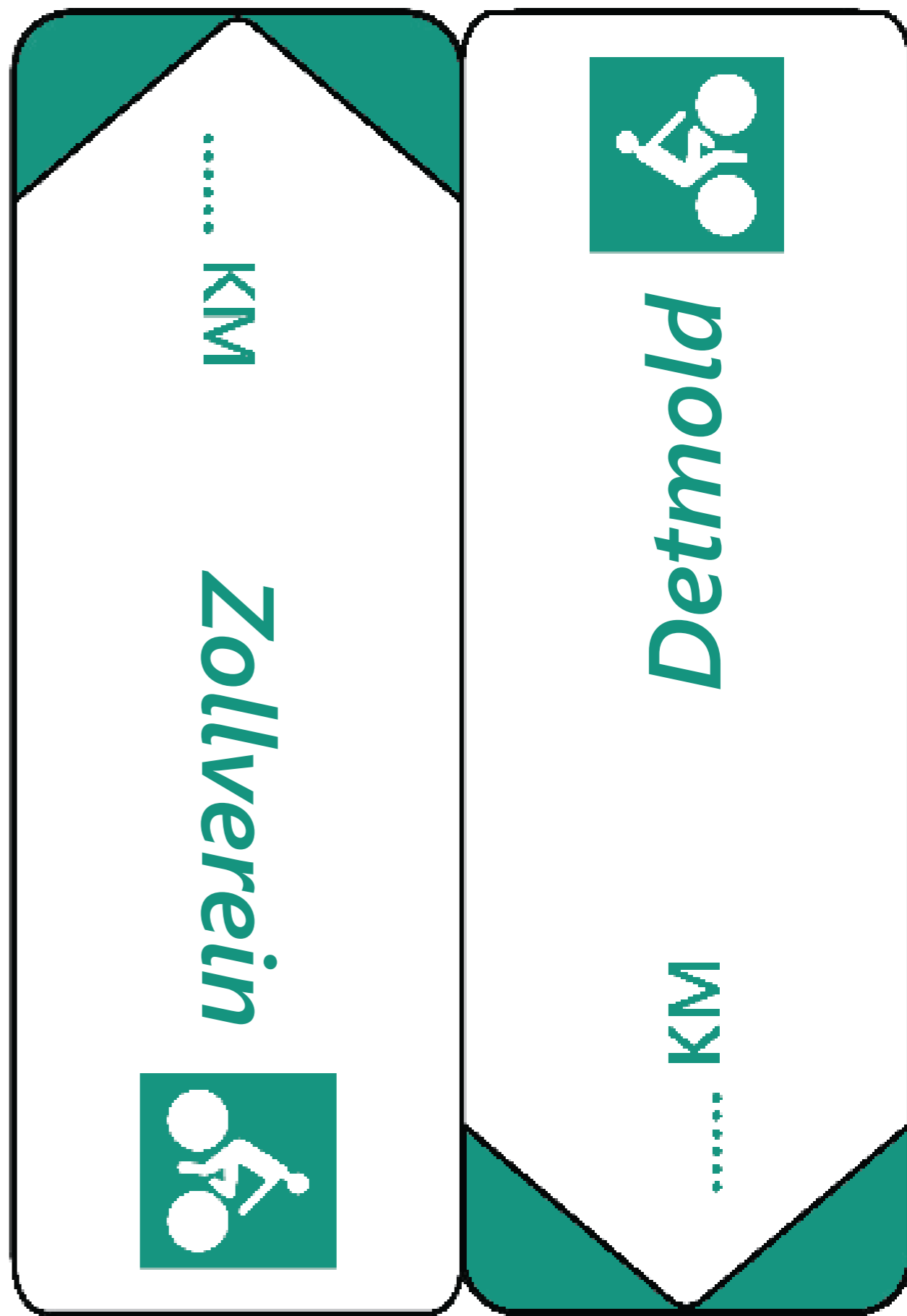
Enhance the cycling theme even more with these delightful decorative posters.

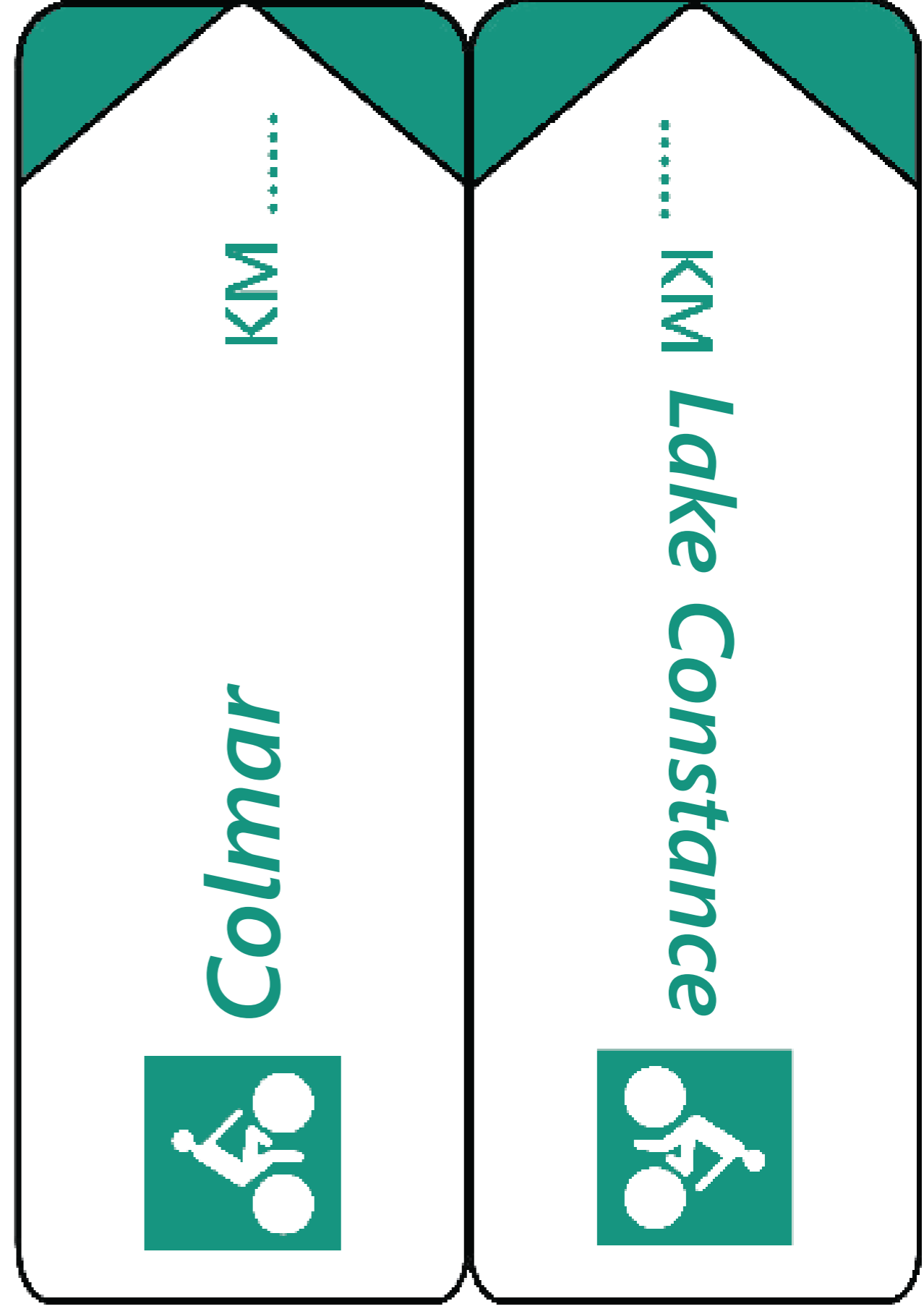
Materials:

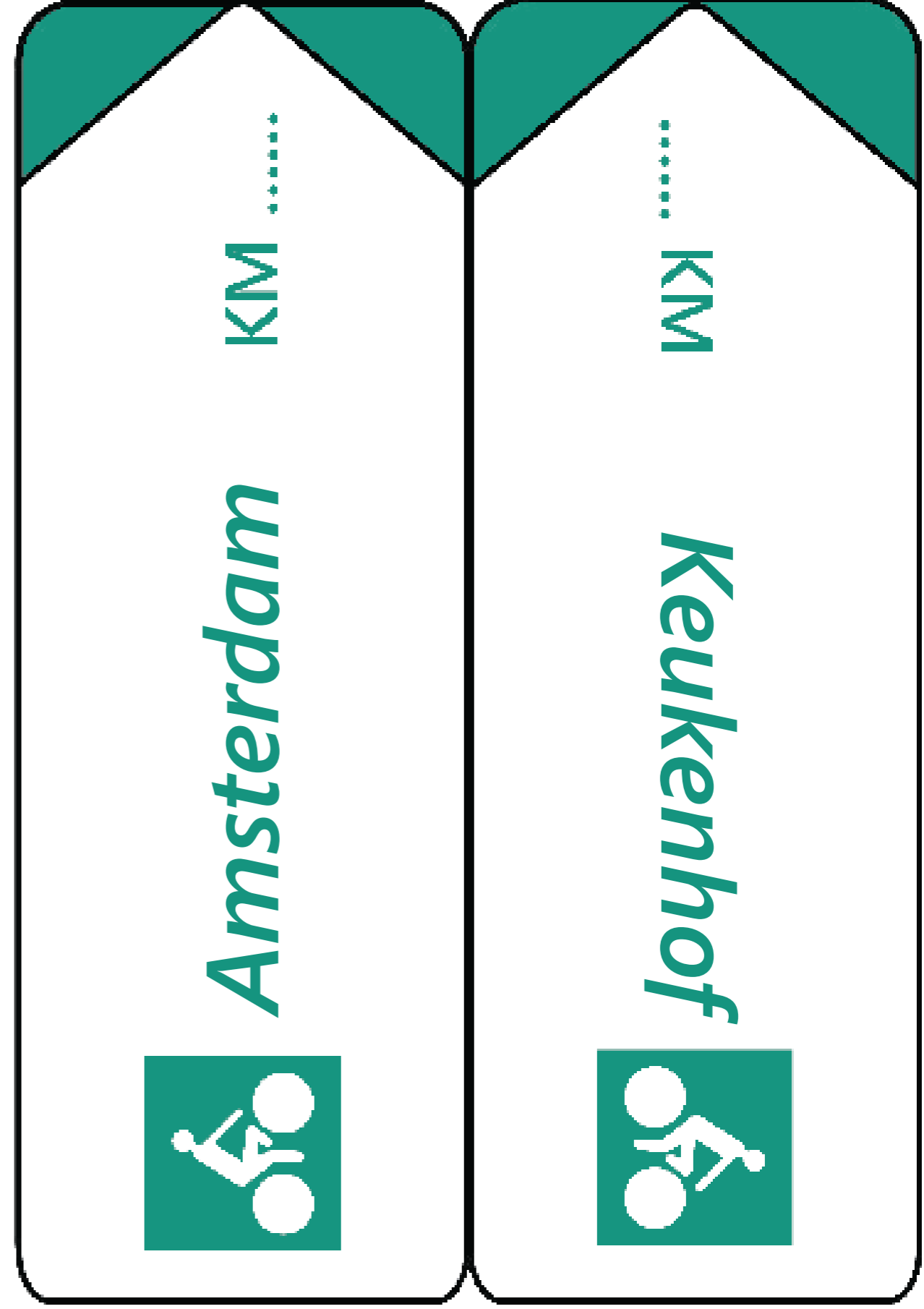
- Color printer
- White A4 paper
- Scissors
- Thick marker
- Tape/painter's tape

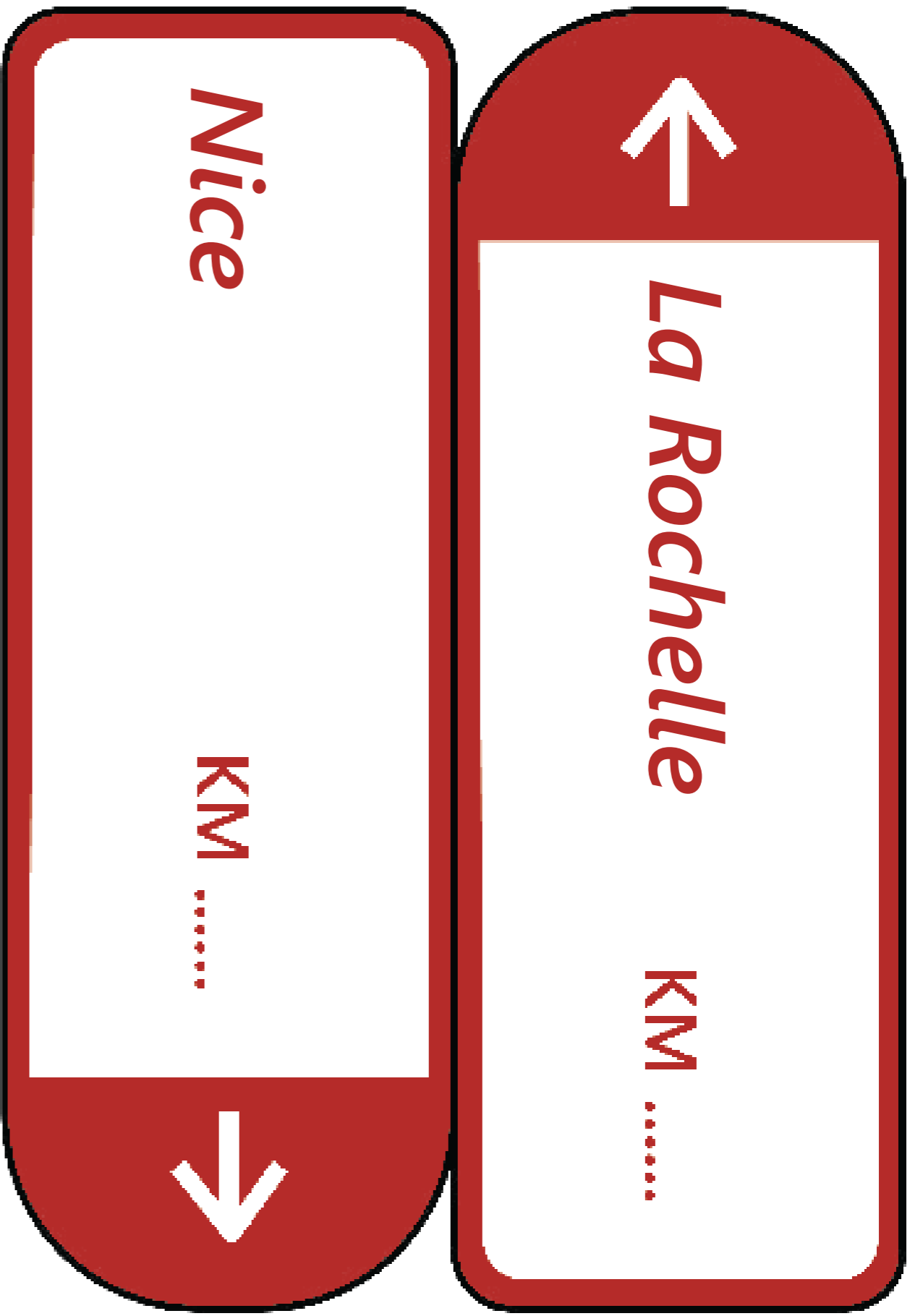
Instructions:

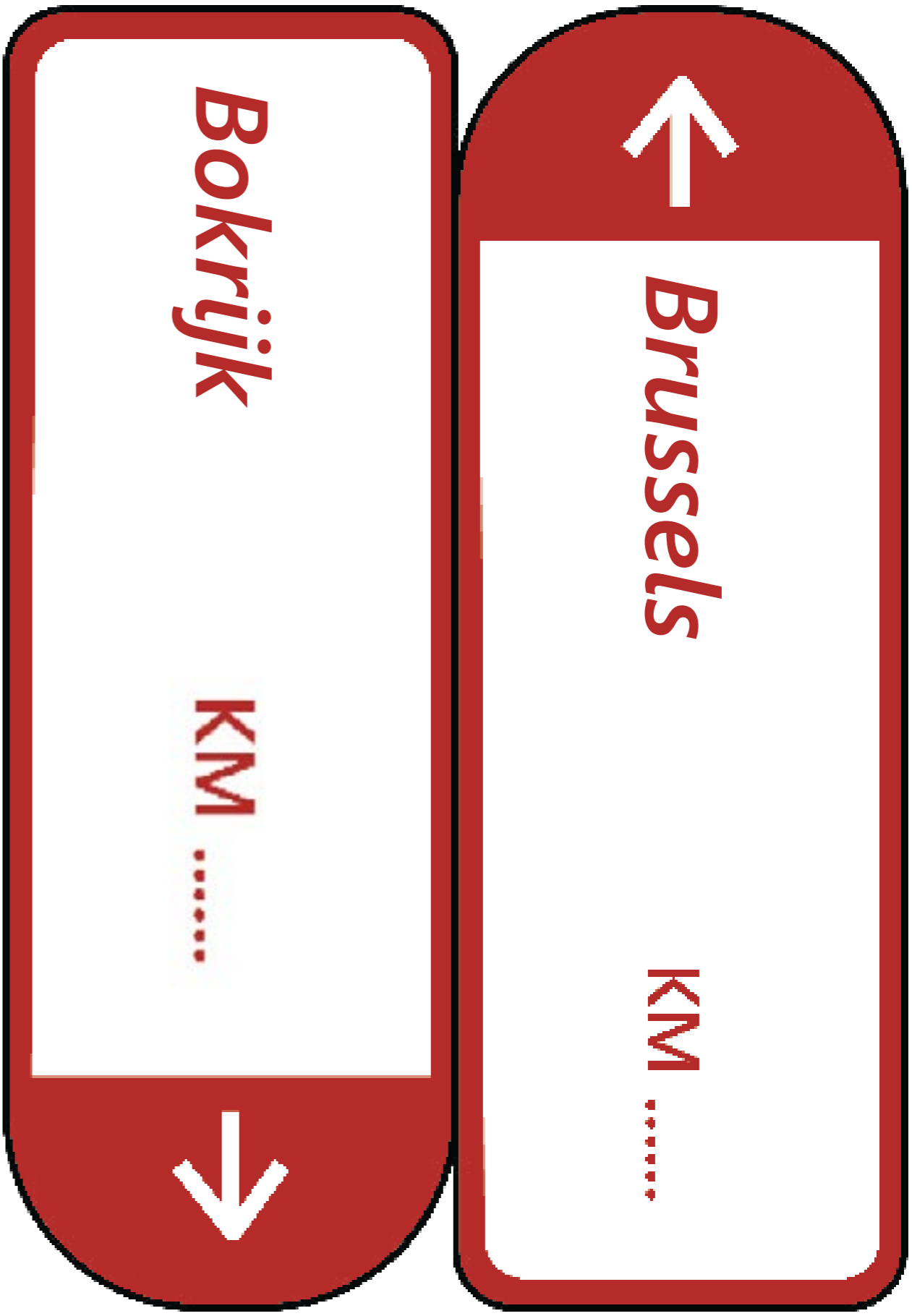
- Print the pages with directional signs.
- Cut out the directional signs.
- Use Google Maps to find out how far your location is from places like Nice, Knokke-Heist, Lac Constance, and Keukenhof.
- Use a marker to fill in the number of kilometers on the signs.
- Hang the signs with a string or painter's tape (easier to remove afterward).













The Dutch Flower Route KM

Knokke-Heist KM









2.1 MEMORY

Memory is a game that can be played with a minimum of two people.

Materials:

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

Instructions:

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

Memory:

- Place all cards on the table.
- Turn the cards face down, so the cards with the SilverFit logo are facing up.
- Shuffle the cards.
- The first player flips two cards:
Do both cards have the same image? Then the player gets to keep the cards and flip two more cards.
If they are not the same, turn them back over, and it's the second player's turn.
- Continue until all cards are flipped. The player with the most cards is the winner."





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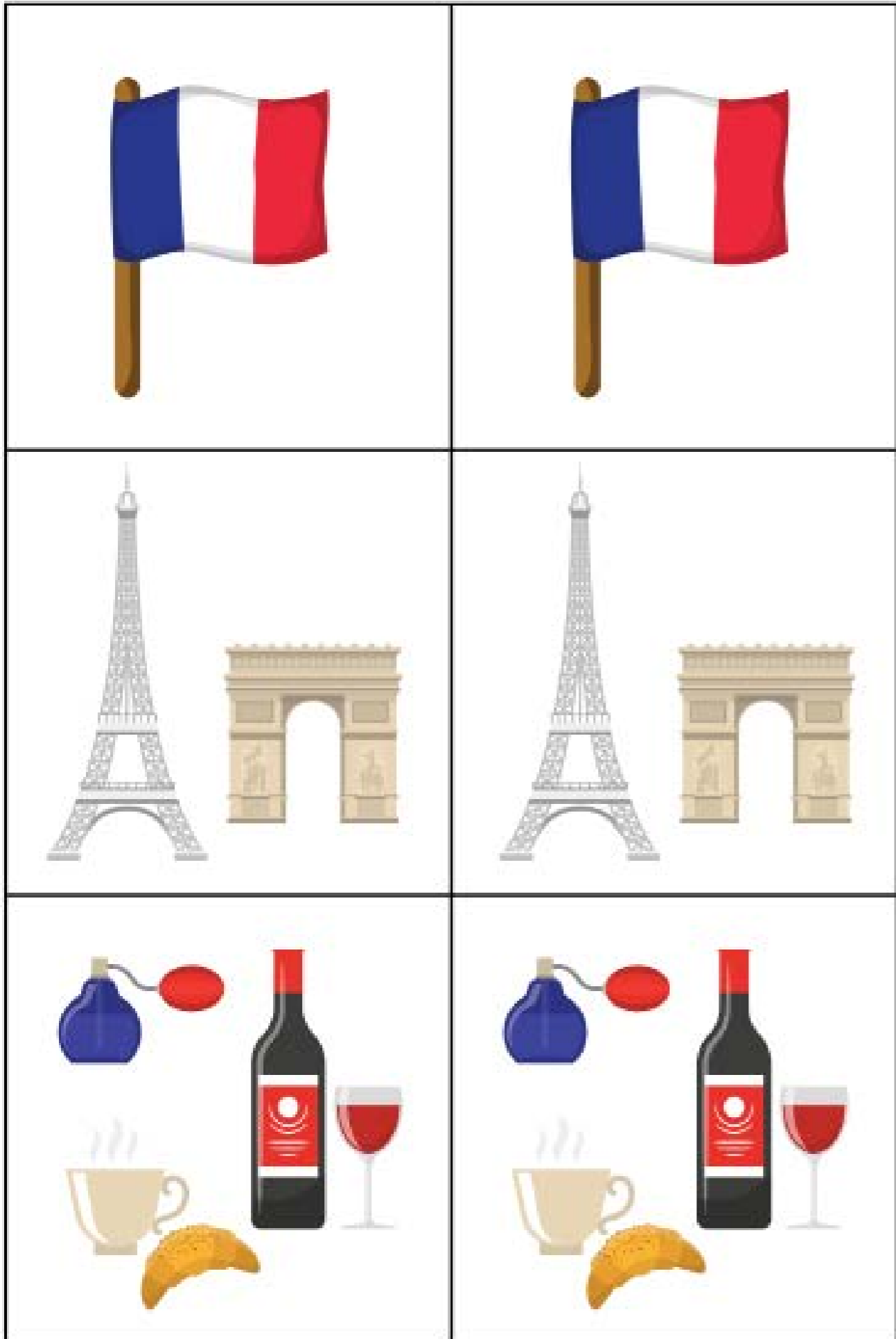
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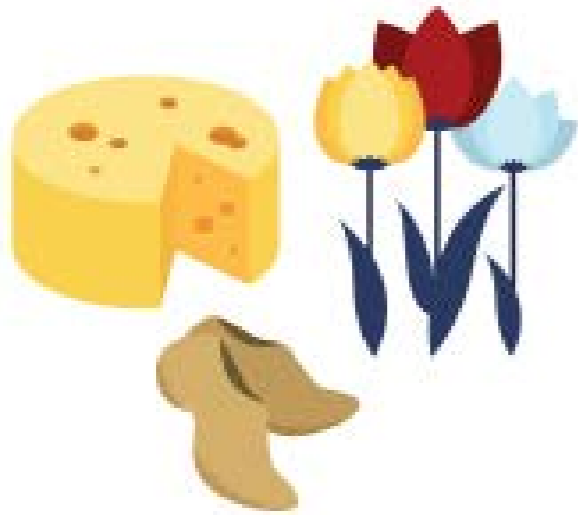
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2.2 GUESS THE PICTURE

Guess which image appears by flipping each card one by one. You can play this game alone or with a small group of residents.

Materials:

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

Instructions:

- Print the pages once.
- Cut out the cards from the pages.
- Arrange them in order with the numbers at the top:

1 2 3
4 5 6

Guess the picture:

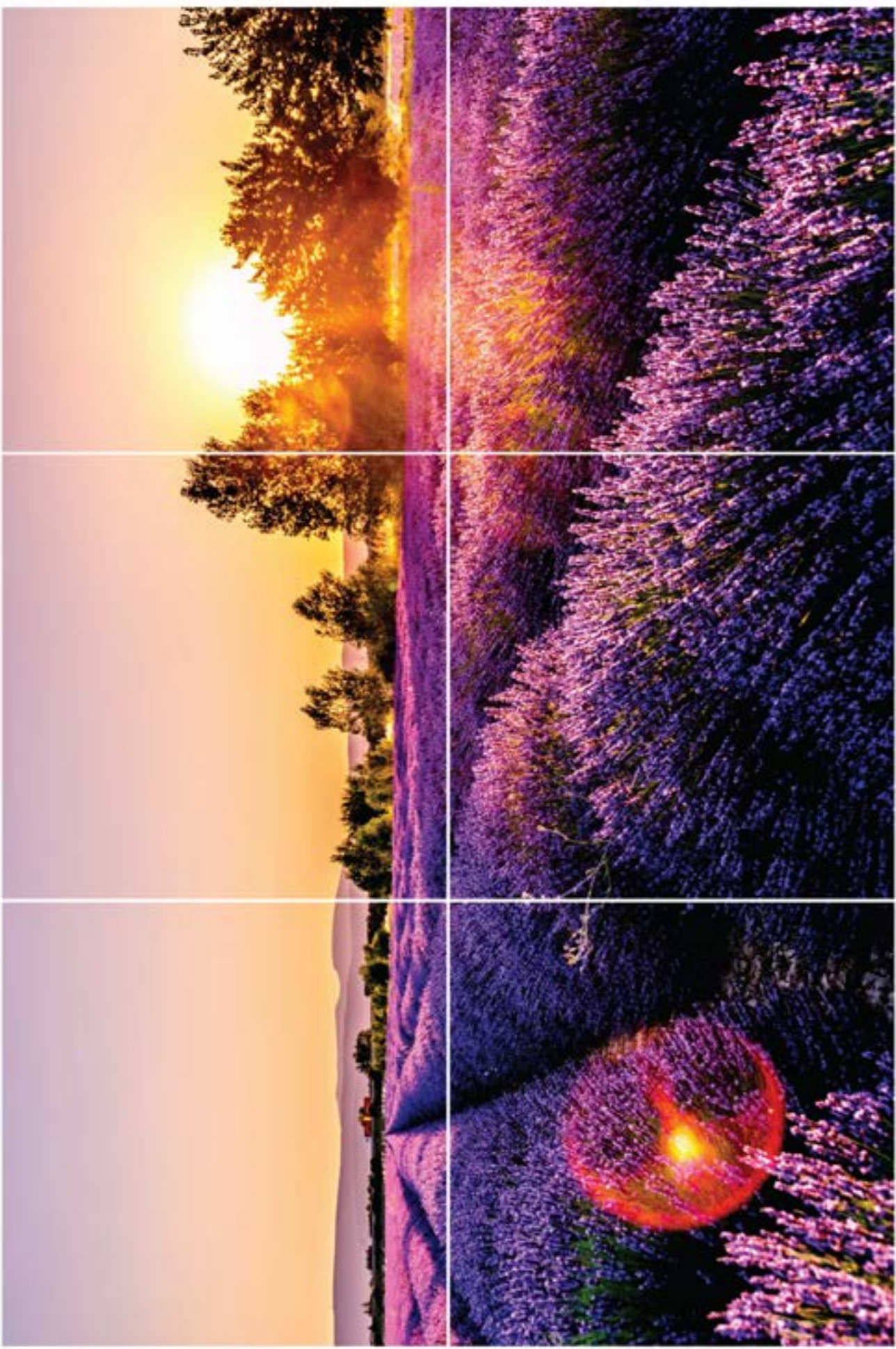
- Now flip one card over. Try to guess what is pictured.
- No idea? Flip another card and guess again.
- Continue until it becomes clear what the image represents.

Tip: It can also be used as a puzzle.





<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>



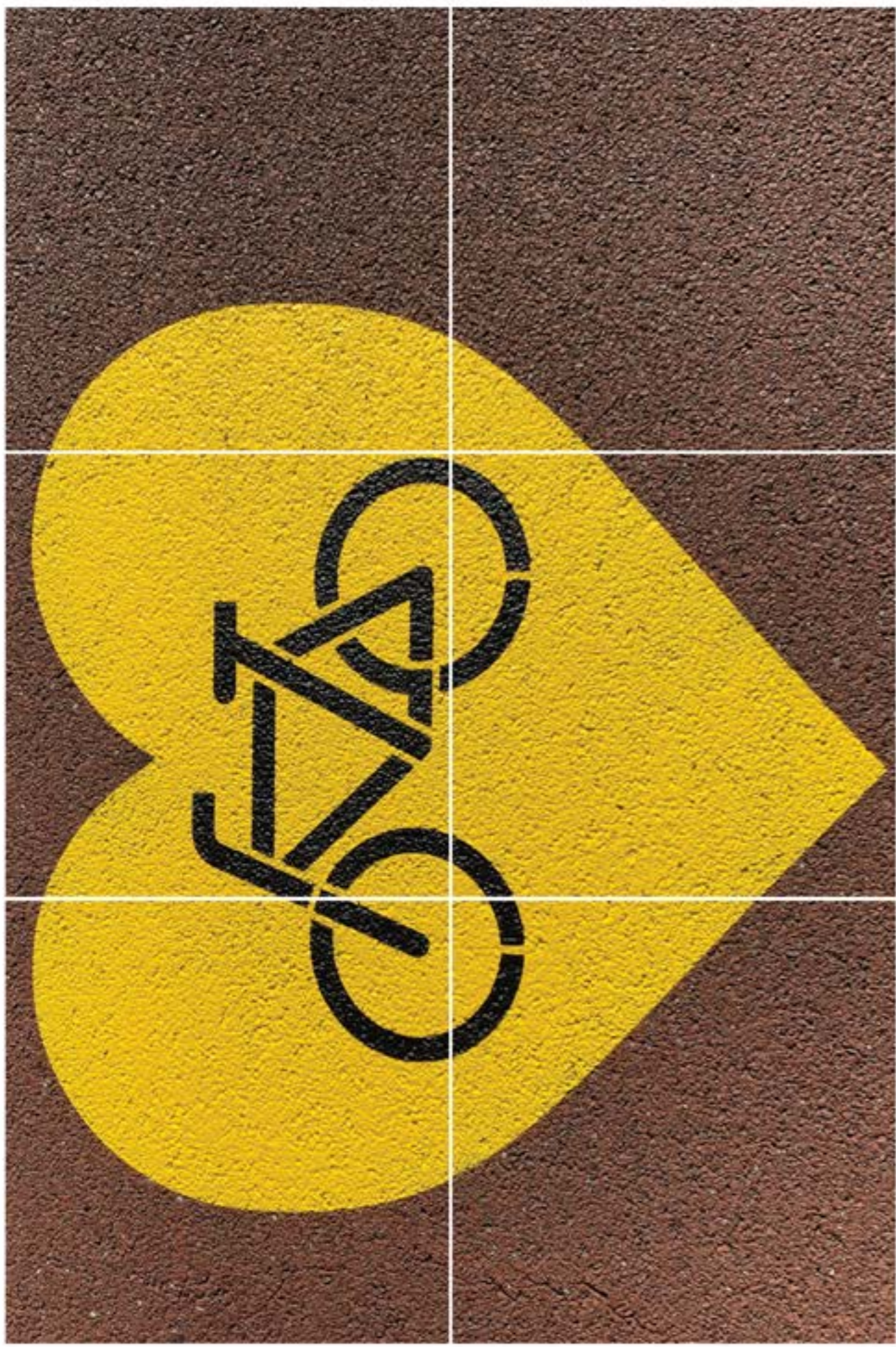
<p>1</p> <p>Tour SILVERFIT Mile</p>	<p>2</p> <p>Tour SILVERFIT Mile</p>	<p>3</p> <p>Tour SILVERFIT Mile</p>
<p>4</p> <p>Tour SILVERFIT Mile</p>	<p>5</p> <p>Tour SILVERFIT Mile</p>	<p>6</p> <p>Tour SILVERFIT Mile</p>



<p>1</p> <p>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>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>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>

3.1 DECORATE YOUR OWN JERSEY FLAGS

Do your clients enjoy getting creative? Make a cheerful decoration that clients can decorate according to their preferences.

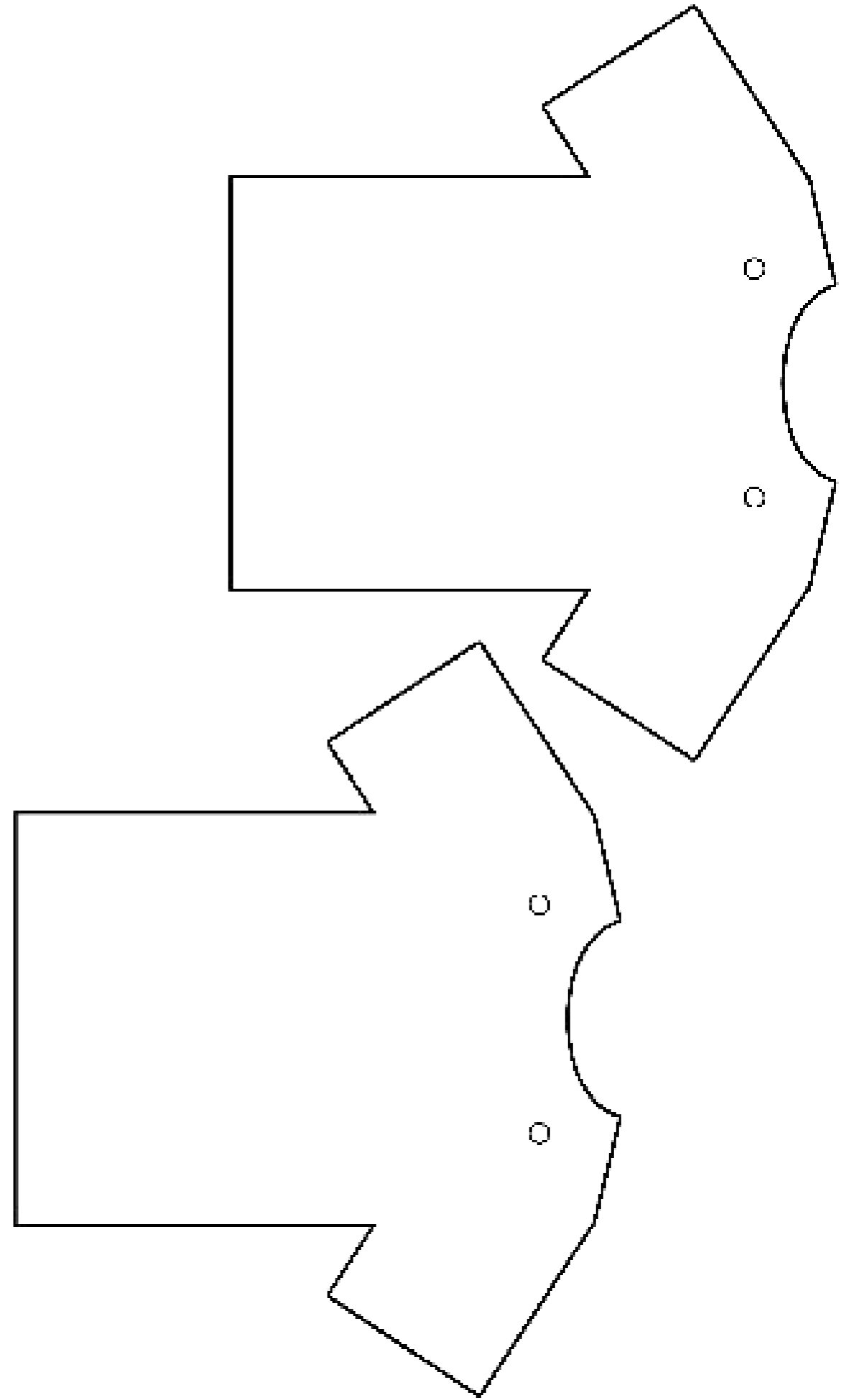
Materials:

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

Instructions:

- Print the pages with jersey outlines as many times as you like. The more jerseys, the longer the decoration.
- Let clients decorate the wall decoration as they wish.
- Allow them to dry.
- Cut out the jerseys.
- Use scissors or perforator to make holes.
- Thread a ribbon or string through the jerseys.
- The jersey wall decoration is ready to be hung up.





3.2 DECORATE YOUR OWN FLAGS DECORATION

Do your clients enjoy getting creative? Make a cheerful decoration that clients can decorate according to their preferences.

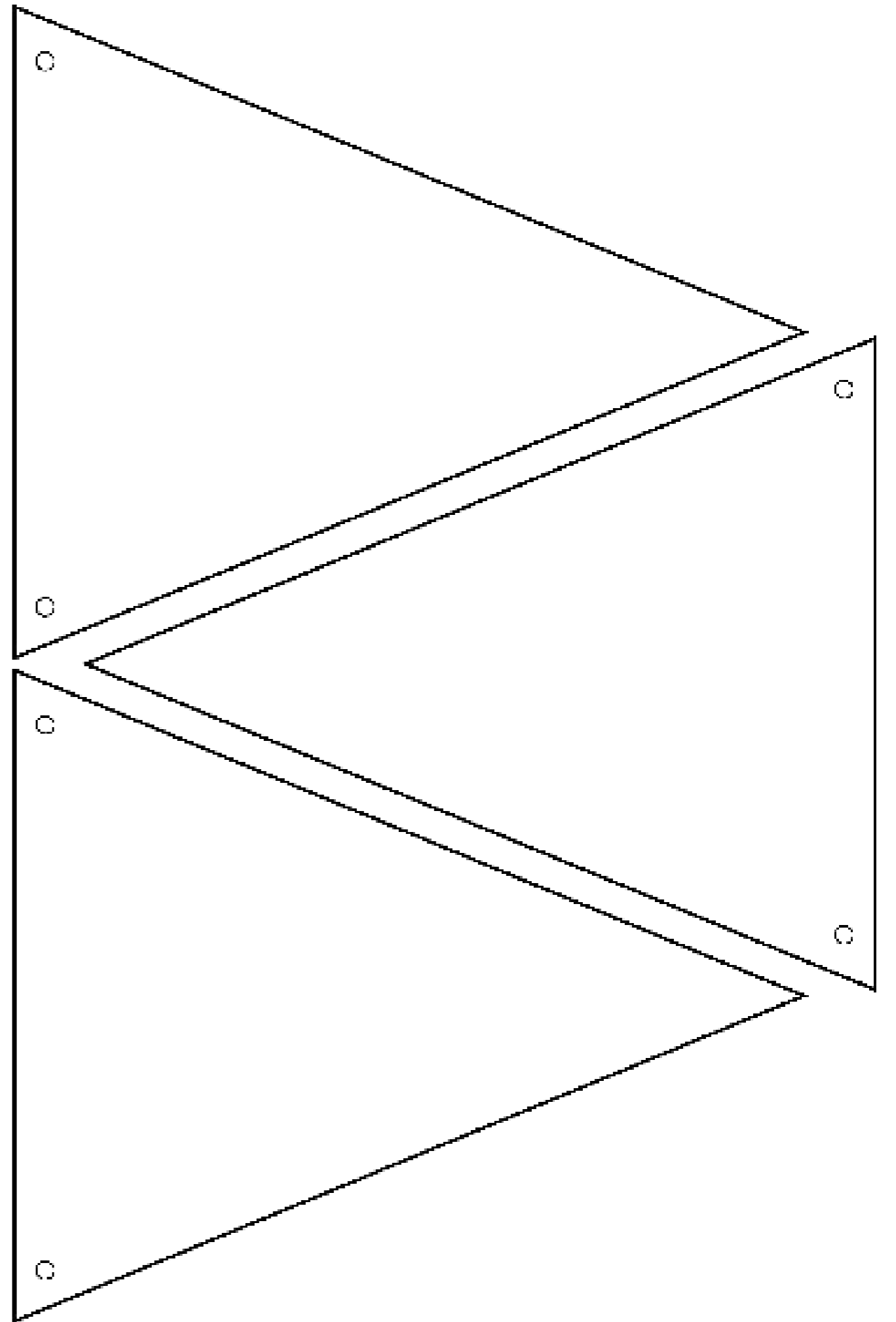
Materials:

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

Instructions:

- Print the pages as many times as you like. The more shirts, the longer the decoration.
- Let clients decorate the wall decoration as they wish.
- Allow them to dry.
- Cut out the shirts.
- Use scissors or perforator to make holes.
- Thread a ribbon or string through the shirts.
- The wall decoration is ready to be hung up.





3.3 DECORATE COUNTRY FLAGS

Do your clients enjoy getting creative? Make cheerful country flags that clients can decorate according to their preferences.

Materials:

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

Instructions:

- Print the pages with flag outlines as many times as you like. The more flags, the longer the decoration.
- Let clients decorate the flags as they wish.
- Allow them to dry.
- Cut out the flags.
- Use scissors or perforator to make holes.
- Thread a ribbon or string through the flags.
- The country flag decoration is ready to be hung up.



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3.4 DECORATE YOUR OWN BICYCLE FLAGS

Do your clients enjoy getting creative? Make cheerful bicycle decorations that clients can decorate according to their preferences.

Materials:

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

Instructions:

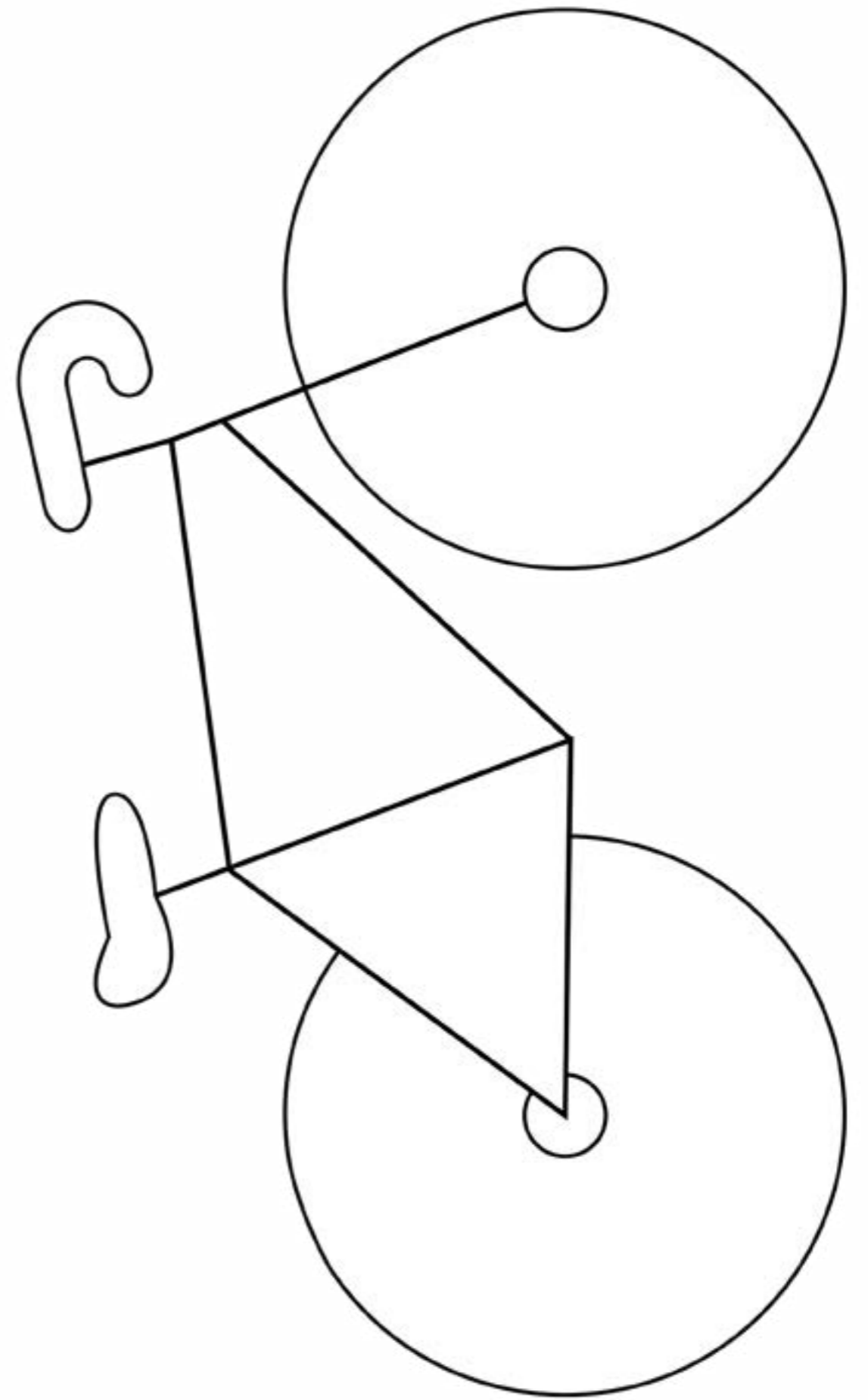
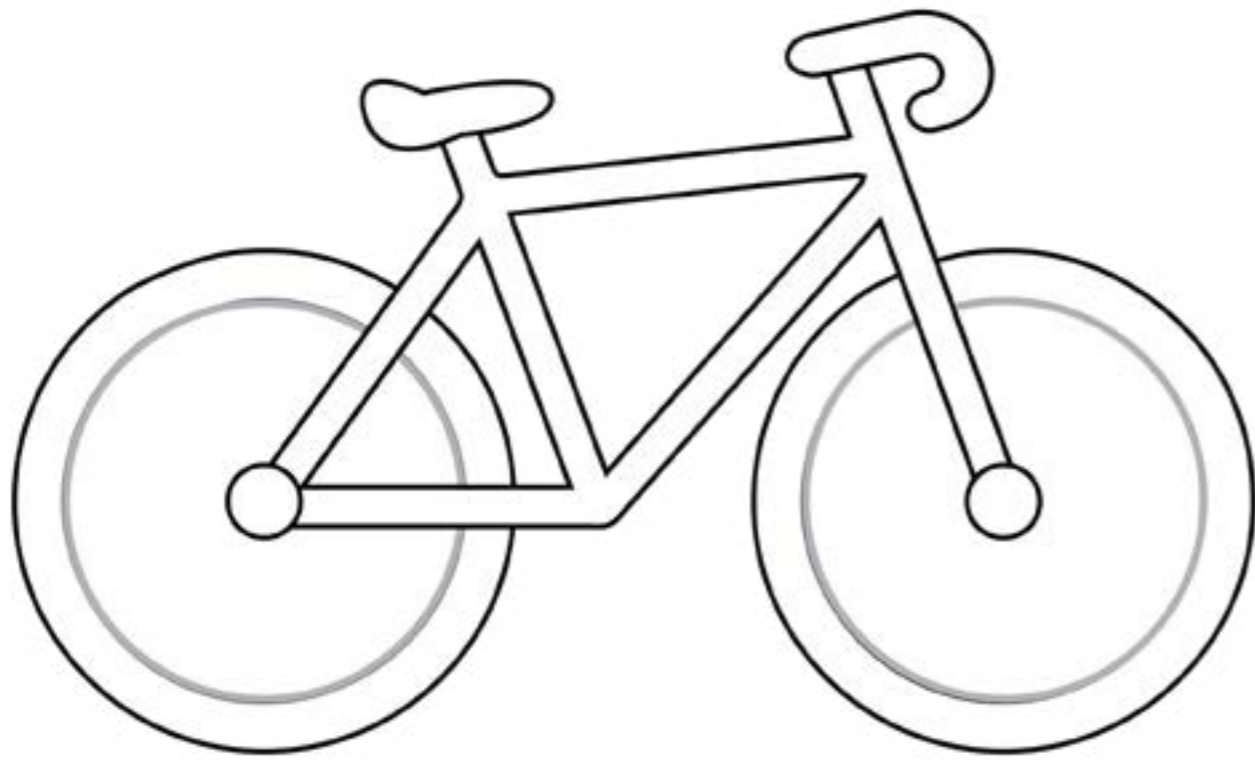
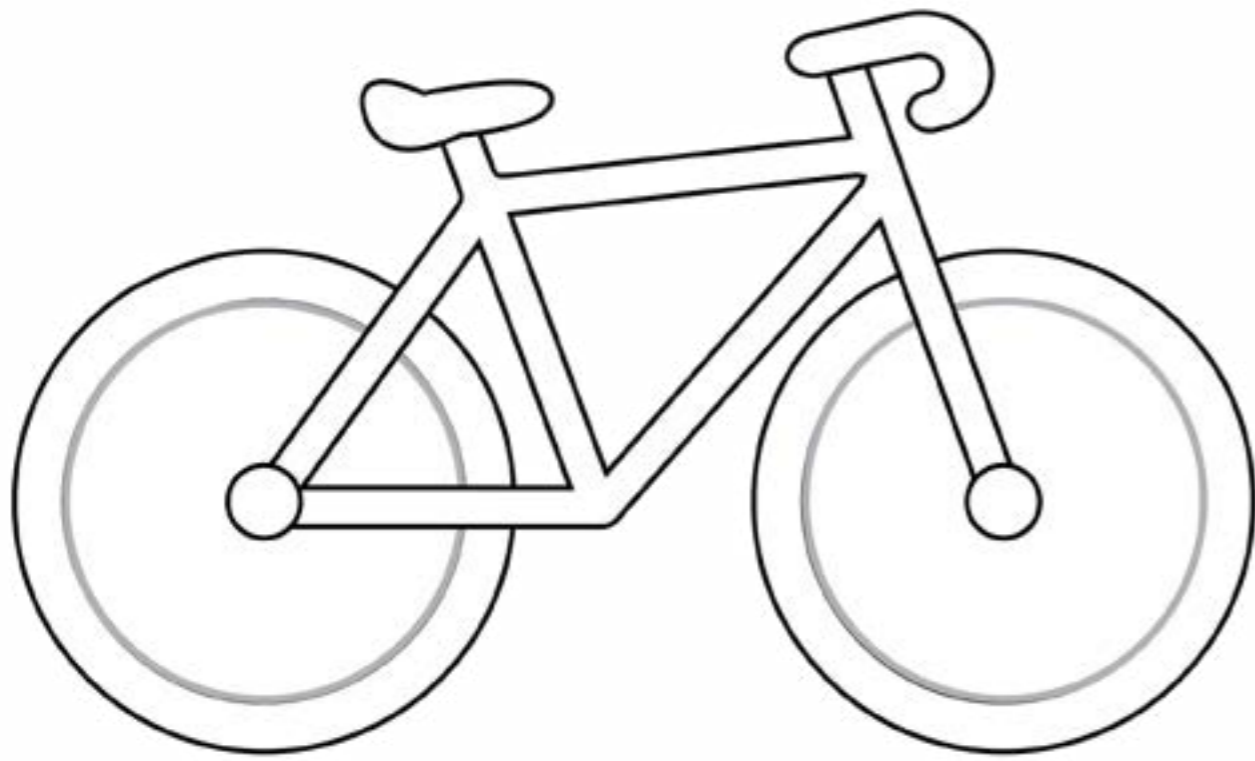
- Print the pages with bike outlines as many times as you like. The more bikes, the longer the decoration.
- Let clients decorate the bikes as they wish.
- Allow them to dry.
- Cut out the bikes.
- Use scissors or perforator to make holes.
- Thread a ribbon or string through the bikes.



Decoration tip!

Picture: Residential Care Centre
La passerinette in Belgium.





3.5 BACK NUMBERS

Make participation in the Tour SilverFit Mile extra personal by giving each participant a personalized bib number with their name and a fictional number.

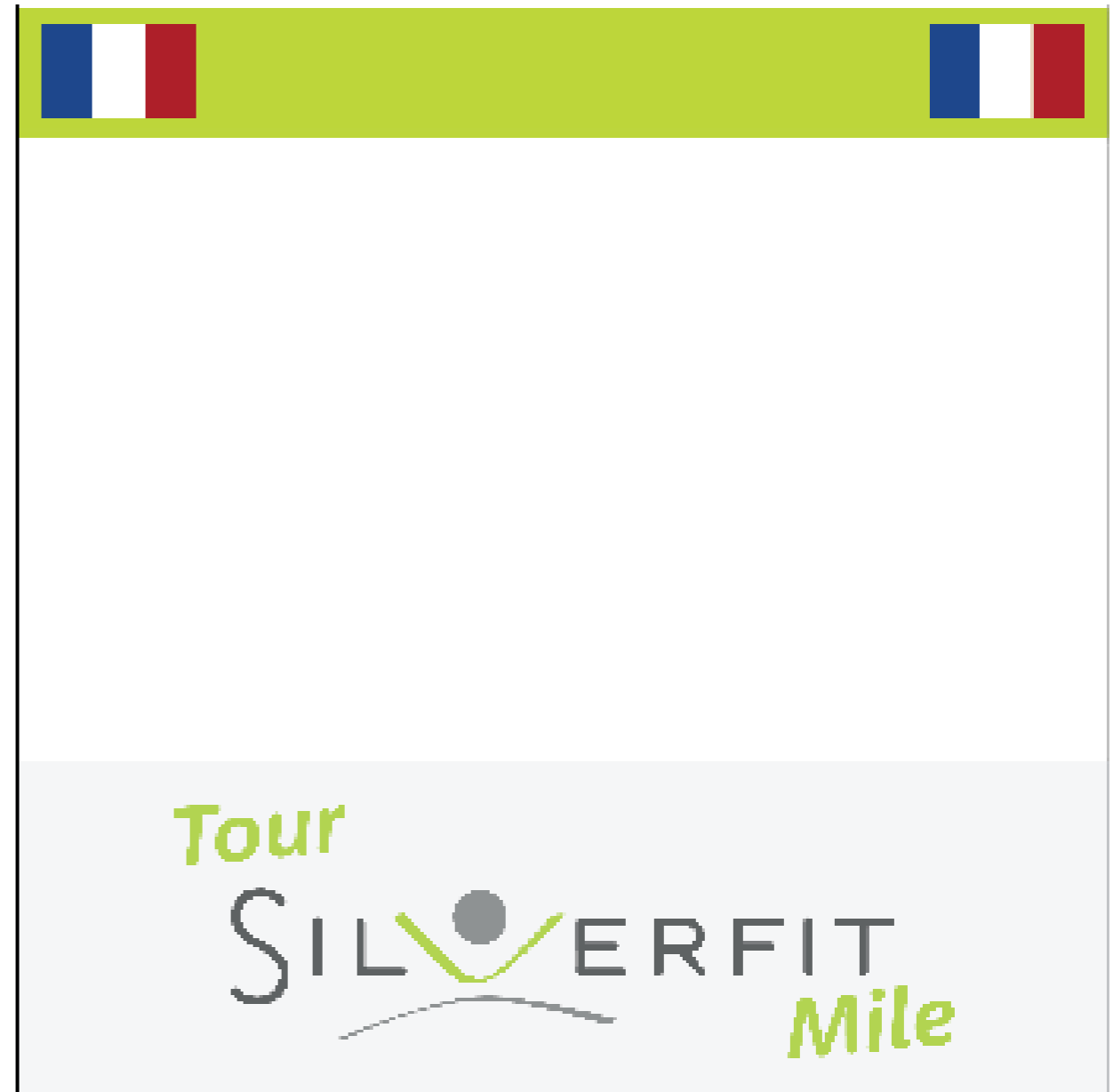
Materials:

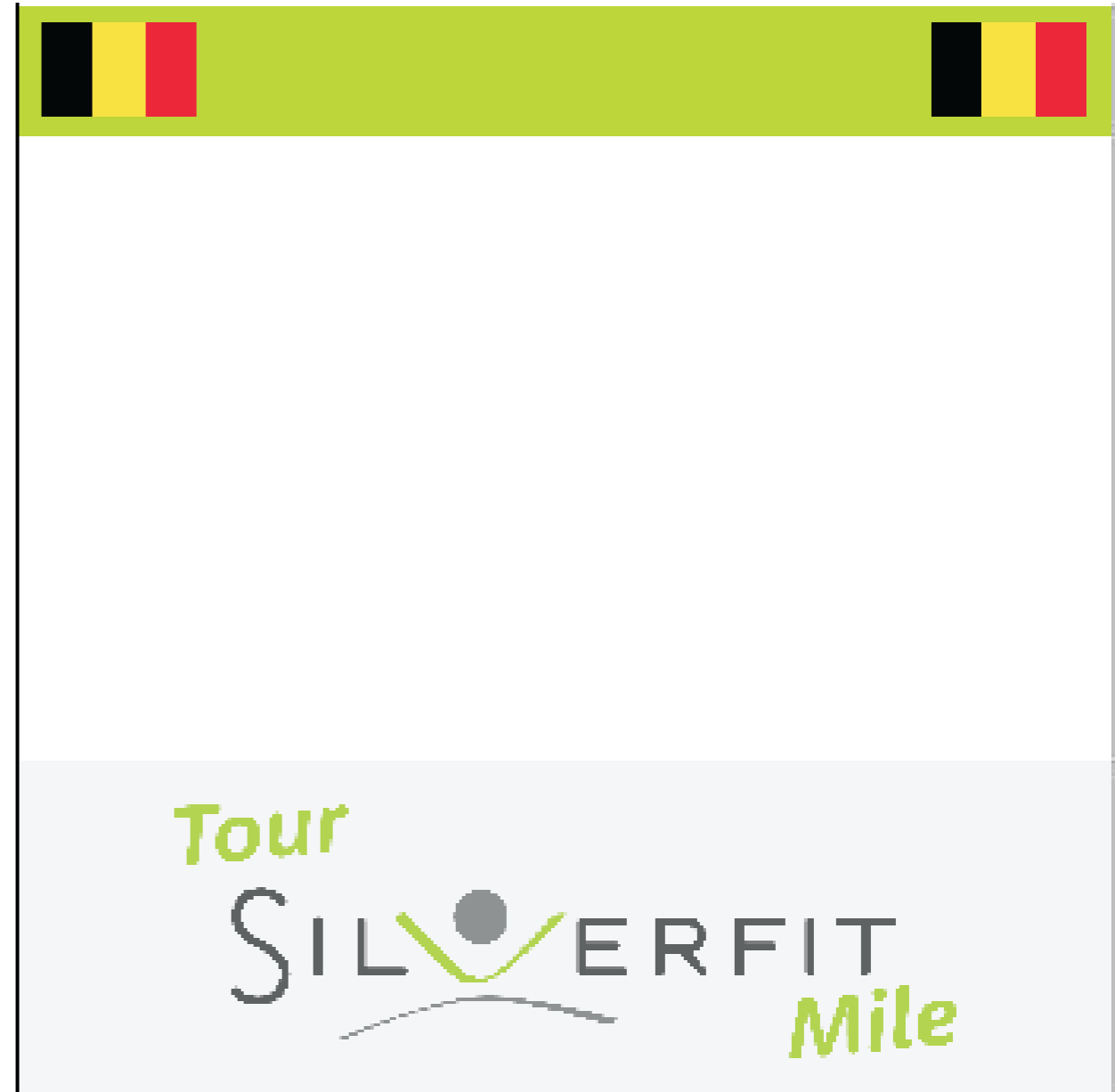
- Color or black-and-white printer
- White A4 paper
- Scissors
- Black marker
- Safety pins

Instructions:

- Print the page with the bib number of your choice as many times as needed. There are versions with Dutch, German, French, or Belgian flags.
- Cut out the bib numbers.
- Write the participant's name and a fictional number with a black marker.
- Attach the bib number with a safety pin.













Music makes people happy, can motivate and brings new energy. We have created a nice selection of popular songs for each country that you can play while clients are cycling at your location. Some songs are about cycling, while others are classics from the '40s to '60s. You can find the Spotify link for each of the songs and playlists, as well as the link to YouTube.

We hope you enjoy these songs and that they may evoke good memories!

French songs

About cycling

A bicyclette - Bourvil (1949)

[Link Spotify](#) - [Link YouTube](#)

A bicyclette - Yves Montand (1968)

[Link Spotify](#) - [Link YouTube](#)

La complainte de l'heure de pointe (A vélo dans Paris)

- Joe Dassin (1972) - [Link Spotify](#) - [Link YouTube](#)

En vélo - Georgius (1940)

[Link Spotify](#) - [Link YouTube](#)

Fais du vélo - Georgette Plana (50's)

[Link Spotify](#) - [Link YouTube](#)

Viens, viens Madeleine - Georges Ulmer et Arletty (1959)

[Link Spotify](#) - [Link YouTube](#)

Les Bicyclettes De Belsize - Mireille Mathieu (1969)

[Link Spotify](#) - [Link YouTube](#)

L'homme au vélo - Félix Leclerc

[Link Spotify](#) - [Link YouTube](#)

La Bicyclette - Cordula Wirkner

[Link Spotify](#) - [Link YouTube](#)

Un petit vélo rouillé - Juliette

[Link Spotify](#) - [Link YouTube](#)

German songs

About cycling

Fahrrad Fahrn - Max Raabe

[Link Spotify](#) - [Link YouTube](#)

Ich Fahr So Gerne Rad - Peter Petrel

[Link Spotify](#) - [Link YouTube](#)

Mit dem Rad, Kamerad - Heinz Erhardt, Wolf Albach-Retty

[Link Spotify](#) - [Link YouTube](#)

Dutch songs

About cycling

Spring maar achterop - Eddy Christiani

[Link Spotify](#) - [Link YouTube](#)

Moet ik lopen - Andre van Duin

[Link Spotify](#) - [Link YouTube](#)

Op de tandem naar Marokko - Armand

[Link Spotify](#) - [Link YouTube](#)

Fiets - Herman van Veen

[Link Spotify](#) - [Link YouTube](#)

Jimmy - Boudewijn de Groot

[Link Spotify](#) - [Link YouTube](#)

Op Fietse - Skik

[Link Spotify](#) - [Link Youtube](#)

Op de fiets - Verreck & Peijsier

[Link Spotify](#) - [Link Youtube](#)

Als ik tweemaal met mijn fietsbel bel - Andre van Duin

[Link Spotify](#) - [Link YouTube](#)

Veilig achter op de fiets - Paul van Vliet

[Link Spotify](#) - [Link YouTube](#)

Flemish songs

About cycling

Den coureur - Danny Sinclair

[Link YouTube](#)

De coureurs - Koen Crucke en Guido Naessens

[Link Spotify](#) - [Link YouTube](#)

M'n velo - Bolero

[Link Spotify](#) - [Link YouTube](#)





Popular French songs

Y d'la joie - Charles Trénet

[Link Spotify](#) - [Link YouTube](#)

C'est à Capri - Tino Rossi

[Link Spotify](#) - [Link YouTube](#)

La Vie En Rose - Edith Piaf

[Link Spotify](#) - [Link YouTube](#)

Les flamandes - Jacques Brel

[Link Spotify](#) - [Link YouTube](#)

Le plat pays - Jacques Brel

[Link Spotify](#) - [Link YouTube](#)

Amsterdam - Jacques Brel

[Link Spotify](#) - [Link YouTube](#)

La Valse Au Village - Jean Sablon

[Link Spotify](#) - [Link YouTube](#)

Pour un flirt avec toi - Michel Delpech

[Link Spotify](#) - [Link YouTube](#)

Emmenez-moi - Charles Aznavour

[Link Spotify](#) - [Link YouTube](#)

Mon amant de Saint-Jean - Lucienne Delyle

[Link Spotify](#) - [Link YouTube](#)

Populaire Nederlandse liedjes

Tulpen uit Amsterdam - Herman Emmink

[Link Spotify](#) - [Link YouTube](#)

Zeg weet je wat ik wil - De Annebella's

[Link Spotify](#) - [Link YouTube](#)

Wij zijn twee eenzame cowboys - Johnny and Rijk

[Link Spotify](#) - [Link YouTube](#)

Peter - Sweet Sixteen

[Link Spotify](#) - [Link YouTube](#)

De vogels van Holland - Jetty Paerl

[Link Spotify](#) - [Link YouTube](#)

Kijk eens in de poppetjes van mijn ogen - Annie de Reuver

[Link Spotify](#) - [Link YouTube](#)

Twee motten - Dorus

[Link Spotify](#) - [Link YouTube](#)

Kleine jongen - Andre Hazes

[Link Spotify](#) - [Link YouTube](#)

Zij gelooft in mij - Andre Hazes

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Ik verscheurde je foto - Koos Alberts

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Tip!

Listen to all songs via our album on Spotify

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Popular Flemish songs

De jodelende koe - Rina Pia

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Waarom zijn de bananen krom - Tony Corsari

[Link Spotify](#) - [Link YouTube](#)

Parels goud en edelstenen - Jo Leemans

[Link Spotify](#) - [Link YouTube](#)

Onvergetelijk - Will Tura

[Link Spotify](#) - [Link YouTube](#)

Melodia d'Amore - Rina Pia

[Link Spotify](#) - [Link YouTube](#)

In 'T Stamcafé - Romain Deconinck

[Link Spotify](#) - [Link YouTube](#)

Heimwee naar huis - Will Turna

[Link Spotify](#) - [Link YouTube](#)

In de straten van Rome - Jean Walter

[Link Spotify](#) - [Link YouTube](#)

Heel mijn hart - Jo Leemans

[Link Spotify](#) - [Link YouTube](#)

Blauwe kimono - Will Tura

[Link Spotify](#) - [Link YouTube](#)

Popular German songs

Ein Student Aus Uppsala - Heintje, MamaKirsti Sparboe

[Link Spotify](#) - [Link YouTube](#)

Pretty woman - Benny Quick

[Link Spotify](#) - [Link YouTube](#)

Schön ist es auf der Welt zu sein - Roy Black

[Link Spotify](#) - [Link YouTube](#)

Griechischer Wein - Udo Jürgens

[Link Spotify](#) - [Link YouTube](#)

Aber bitte mit Sahne - Udo Jürgens

[Link Spotify](#) - [Link YouTube](#)

Itsy Bitsy Teenie Weenie Honolulu Standbikini - Caterina

Valente, Silvio Francesco

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Café au lait - Peter Alexander

[Link Spotify](#) - [Link YouTube](#)

Siebzehn Jahr, blondes Haar - Udo Jürgens

[Link Spotify](#) - [Link YouTube](#)

Sag mir wo die Blumen sind - Marlene Dietrich

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Ich bin wie du - Marianne Rosenberg

[Link Spotify](#) - [Link YouTube](#)

Spotify-playlists of popular songs from the 40s, 50s and 60s.

Playlist 'Nederlandstalig jaren 40 & 50'

[Link Spotify](#)

Playlist 'Onvergetelijke Vlaamse Liedjes van Toen'

[Link Spotify](#)

Playlist 'Chansons Françaises Années 40 - 50 et 60'

[Link Spotify](#)

Playlist 'Deutsche Hits 50er & 60er'

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