

GERONTOLOGICAL SOCIAL WORK ON 7TH MARCH 2023

Make Each New Day Count by Helping Someone or Just Making Someone Smile

One of the principals of **St Mark's Cozy Home** is to get companies and colleges to engage and participate in our home's activity. This creates opportunities to our residents to participate in activities with others and also It opens the door for them to socialize, make new friends, and improve their mental health. A fun way to care for them as some elderly adults get quite competitive in their old age and we can use that trait to keep them engaged.

Interns from SEGI College Kuala Lumpur visited our **St Mark's Cozy Home** on the 7th March, 2023 to conduct activities related to Gerontology. They came up with some fun and creative games.



Soda Can Roll Challenge

Rolling the soda can to win the sweets



DIY Bowling Game

This fun and simple DIY bowling game uses empty plastic bottles and a ball



Ping Tac Toe

There is water in the cups and they have to bounce a ping pong ball onto the table and then into the cup



Group photo with the college students and Staff of **St Mark's Cozy Home**