



The KNIPS Initiative for Elderly Engagement

The KNIPS Initiative aims to enrich the lives of elderly individuals through our engaging board game KNIPS. This initiative creates opportunities for social interaction, allowing seniors to share laughter and build friendships. Playing KNIPS stimulates cognitive function and enhances hand-eye coordination through its unique flicking motion, promoting physical well-being and helping to combat arthritis. Additionally, the game empowers elderly players by fostering a sense of accomplishment and boosting their confidence.

Join us in the KNIPS Initiative, where play transforms lives, promotes health, and strengthens community bonds for our cherished elderly!



Cognitive and Physical Benefits of Flicking in KNIPS

Mental and Physical Exercise: The strategic flicking in KNIPS sharpens cognitive skills like planning and decision-making, while the flicking motion itself helps maintain hand dexterity and can act as anti-arthritis exercise, promoting joint flexibility and hand-eye coordination.



Social Interaction and Combatting Loneliness with KNIPS

Building Connections: KNIPS brings elderly individuals together through engaging gameplay, fostering friendships and reducing loneliness. The game encourages conversation and camaraderie, making it a perfect activity for social gatherings in retirement homes or community centers.



Intergenerational Interaction Through KNIPS

Bridging Generations: KNIPS is enjoyable for all ages, making it an excellent tool for intergenerational activities. Regular game sessions can involve children visiting to play with elderly participants, fostering meaningful connections and mutual enjoyment across generations.

A special program is available for involving children and young people in KNIPS activities with the elderly. Please get in touch to find out more.

