

**Table 1 Distribution of residents in homes for the elderly in Alexandria according to their participation in physical activities and social activities**

Activity	Regularly		Sometimes		Never		Total	
	No.	%	No.	%	No.	%	No.	%
<b>Physical</b>								
Isotonic								
Walking	73	38.8	49	26.1	66	35.1	188	100.0
Sports	6	3.2	14	7.4	168	89.4	188	100.0
Isometric	38	20.2	44	23.4	106	56.4	188	100.0
Physiotherapy	19	10.1	-	-	169	89.9	188	100.0
<b>Social</b>								
<b>Inside the home</b>								
Visits from friends or family <sup>a</sup>	119	65.4	50	27.5	13	7.1	182	100.0
Entertain with other residents <sup>b</sup>	134	89.9	15	10.1	-	-	149	100.0
Participate in parties	93	49.5	51	27.1	44	23.4	188	100.0
Practice hobbies	58	30.9	36	19.1	94	50.0	188	100.0
Receive phone calls <sup>a,c</sup>	134	73.6	-	-	48	26.4	182	100.0
Attend religious meetings	38	20.2	37	19.7	113	60.1	188	100.0
Watch TV with others	13	6.9	49	26.1	126	67.0	188	100.0
Eat in the dining room	41	21.8	-	-	147	78.2	188	100.0
Play games with others	12	6.4	13	6.9	163	86.7	188	100.0
<b>Outside the home</b>								
Participate in trips	60	31.9	38	20.2	90	47.9	188	100.0
Visit their friends or family <sup>a</sup>	47	25.8	45	24.7	90	49.5	182	100.0
Go to mosque/church	26	13.8	29	15.4	133	70.7	188	100.0
Go to a club	3	1.6	38	20.2	147	78.2	188	100.0
Participate in volunteer work	11	5.9	21	11.2	156	83.0	188	100.0

<sup>a</sup>6 residents did not have any friends or family members inside or outside the home.

<sup>b</sup>39 residents did not have any friends in the home.

<sup>c</sup>In governmental homes no telephone is available in the bedrooms but on each floor in some homes and on the ground floor in others, while in the private homes almost all rooms have a phone connection.