

持續學習 共享成果

Lifelong Learning Colourful Golden Age

房協之友認同知識無價，可以豐盛人生，所以在樂得耆所居家安老計劃下，帶動長者居民活得開心，舉辦各式各樣的興趣班，鼓勵長者持續學習，推動躍動晚年，使黃金歲月更添姿彩。

對房協之友樂得耆所興趣班學員來說，2016-11-2是個大日子。在烏溪沙青年新村大禮堂內，房協之友閃爍舞台才藝匯演是給他們發熱發亮的舞台。

Under the Ageing in Place program, HSC provides lifelong learning platform for elderly residents. Art and musical interest classes encourage sustainable development of skills and interests. It was the big day for participants of these interest classes on 2016-11-2 as it is their show time under the spot light of HSC Talent Show.

長者服務組總經理張滿華博士及物業管理部總經理佘姚玉心女士到場支持，為節目揭開序幕，同時擔任大會評審，勉勵長者持續學習，積極投入社區。

Dr. Cheung Moon Wah, General Manager (Elderly Services Section) and Mrs. Ada Share, General Manager (Property Management) were invited as guests for the opening ceremony. Dr. Cheung and Mrs. Share acted as adjudicators and encouraged elders to enjoy their golden age.

粵曲雅聚

Chinese Opera

「一葉輕舟去..」耳熟能詳的一句曲詞，相信你就算不熟悉粵曲，你也定必聽過。粵曲是傳統文化遺產，隨著拍子，唱說戲文，吸引無數知音人。

房協之友粵劇曲藝興趣班的學員於課堂時，跟隨老師學習打拍子及唱腔之餘，更配合造手訓練，演繹花旦小生。學員們亦會自發組隊練習綵排，從而加強合拍感，真係要俾個 Like 佢地。

Chinese Opera is traditional cultural heritage. The opera culture and art not only focus on singing but also on limbs coordination and interaction amongst actors.

粵劇曲藝興趣班(葵青/香港)

來自祖堯邨、觀龍樓及漁光村「粵劇曲藝興趣班」學員聯合演出了「游龍戲鳳」折子戲。學員們功架十足，小生有台型，花旦就夠嬌俏。

Residents from Cho Yim Chuen, Kwun Lung Lau and Yue Kwa Chuen joined the opera choir.

粵劇曲藝興趣班(沙田/葵青/香港)

乙明邨「粵劇曲藝興趣班」亦加入表演，雖然班組成立不足一年，但學員唱功了得，與祖堯邨、觀龍樓及漁光村學員合唱「鳳閣恩仇未了情」及「狄青夜闖三關」等曲目，台下亦琅琅上口，來一個全場大合唱。

Chinese Opera class participants from Cho Yiu Chuen, Kwun Lung Lau & Yue Kwong Chuen performed a well-known classic with opera gesture. Meanwhile, participants from Jat Min Chuen joined together to present which arouse audience.

舞動樂

Let's Dance as Exercise

除了歌唱訓練外，房協之友亦安排帶氧運動的花式體操興趣班及舞•運動興趣班給學員，隨著輕快的旋律、充滿節奏感的舞步，將匯演氣氛帶到高峰！

花式體操參考藝術體操和普及體操，配合音樂節奏及藉着控制輕器械，培養肢體平衡、預防跌倒。

Gymnastic dance is a mixture of artistic and gymnastic dance which allows participants dancing with light weight props. It helps to develop body balance and to prevent failing.

觀塘花園大廈的舞•運動興趣班學員隨著音樂節奏舞動起來。在舞台上表現從容的她們，其實在課堂上下過不少苦功。寫筆記、拍示範片段、唸口訣... 為了有最佳的表現，可謂無所不用其極。努力、認真的排練，成就當日精彩的表演。

Dance Exercise interest class from Kwun Tong Garden Estate put much effort on practicing. They finally presented a wonderful dance on the stage.

寶石大廈及祈德尊新邨花式體操興趣班送上啦啦隊舞蹈「媽媽咪吖」，為所有表演隊伍打打氣。

Dancers from Bo Shem Mansion and Clague Garden Estate act as cheering team to boost up exercise momentum.

來自祖堯邨花式體操興趣班學員於「夜來香」歌曲伴奏下，跳出「Cha Cha」雙人舞蹈，為現場增添浪漫氣氛。「Cha Cha」講求合拍度，二人節奏、步伐要一致才可成為「最佳拍檔」。

'Take my hand, Pull me close and take one step.' Cho Yiu Chuen participants performed Cha Cha which generate romantic atmosphere in the show.

乙明邨花式體操班學員利用輕器械「草帽」表演舞蹈「豐收」，祝願大家新一年在各方面都豐收。舞蹈與節拍一致，富有美感，為匯演畫上圓滿句號。

Jat Min Chuen members use straw hat as light weight props to collaborate artistic effect and beauty with the performance.

興趣班學員中，有7位學員年過80歲，為表揚「持續學習」精神，總經理頒贈「持續學習」獎盃予7位值得尊敬的「學員」，希望他們持之以恆，繼續在人生舞台上發熱發亮。

There are 7 participants who aged 80 or above. They put efforts on continuous learning. Dr. Cheung and Mr. Share presented the honor of Lifelong Learning Award to them.

長者服務組總經理張滿華博士及物業管理部總經理佘姚玉心女士贈送關懷愛心心意包予出席長者，為初秋送上窩心祝福。

Dr. Cheung and Mr. Share deliver caring gift pack to elders with warmth regards.

為鼓勵興趣班學員學習成果，大會特別設立多個獎項予表演隊伍，由兩位總經理作評審及頒授：

In order to promote continuous learning, awards were presented by General Managers.

獎項	興趣班	屋邨
最佳視覺獎 Visual Award	粵劇曲藝興趣班(葵青) Chinese Opera Class(Kwai Tsing)	祖堯邨 Cho Yiu Chuen
最富活力獎 Energy Award	花式體操興趣班(葵青) Gymnastics Dance Class (Kwai Tsing)	祖堯邨 Cho Yiu Chuen
最富動感獎 Lively Award	花式體操興趣班(荃灣) Gymnastics Dance Class (Tsuen Wan)	祈德尊新邨/寶石大廈 Clague Garden Estate/ Bo Shek Mansion
最富才華獎 Talent Award	粵曲興趣班(沙田) Chinese Opera Class (Sha Tin)	乙明邨 Jat Min Chuen
最佳音韻獎 Performance Award	歌詠興趣班(新界) Choir Interest Class (New Territories)	乙明邨 Jat Min Chuen
最佳創意獎 Creative Award	花式體操興趣班(沙田) Gymnastics Dance Class (Sha Tin)	乙明邨 Jat Min Chuen
最投入大獎 Devoted Award	歌詠興趣班(香港) Choir Interest Class (Hong Kong)	漁光村 Yue Kwong Chuen
最合拍大獎 Harmony Award	粵劇曲藝興趣班(香港) Chinese Opera Class (Hong Kong)	觀龍樓 Kwun Lung Lau
最具節奏感大獎 Lively Rhythm Award	舞·運動興趣班(東九龍) Dance·Exercise Class (East Kowloon)	觀塘花園大廈 Kwun Tong Garden Estate
最佳演繹獎 Singing Award	歌詠興趣班(東九龍) Choir Interest Class(East Kowloon)	觀塘花園大廈 Kwun Tong Garden Estate
我最喜愛表演團隊 My Favorite Team (由觀眾一人一票選出) Through Pop Voting	歌詠興趣班(東九龍) Choir Interest Class (East Kowloon)	觀塘花園大廈 Kwun Tong Garden Estate

金曲分享 All Time Hits

三分鐘，轉個頭，煮個麵，眨眼便過去，可以帶給你什麼？
但一首三分鐘的時代曲，動人旋律配合扣人心弦的歌詞，帶給你想像空間及難忘回憶。
這就是時代曲吸引之處。

房協之友歌詠興趣班除練習歌唱技巧之外，導師還會耐心教授樂理知識、聲樂發聲、

呼吸、咬字發音等等，體現活到老學到老精神。

Participants learn singing skills as well as basic music theory, breathing and pronunciation during the class.

歌詠興趣班(香港/新界/東九龍)

來自漁光村、乙明邨及觀塘花園大廈歌詠興趣班學員分別演出了多首耳熟能詳的金曲，學員在練習腔肺呼吸之餘，亦訓練腦筋記憶，以學習為健康。

HSC Choir Interest Class from Yue Kwong Chuen, Jat Min Chuen and Kwun Tong Garden Estate performed famous pop music which impressed audience.

歌詠興趣班(香港)

「我好驚訝，手都震晒！」來自漁光村的婆婆於首次「登台」表演前表示十分緊張。隨著音樂奏起後，婆婆亦跟隨輕鬆旋律，面帶笑容，投入表演，與團員一同贏得觀眾熱烈的掌聲。

Elders build confidence and improve self-esteem while performing on Stage.

為鼓勵興趣班學員學習，大會特別設立獎項予表演隊伍，由兩位總經理作評審及頒授：

In order to promote continuous learning, awards were judged and presented by General Managers.

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持續學習 寓運動於玩樂

長者競技日 2016 (個人)

Have Fun in Exercises

Athletic Day 2016 (Individual Game)

請關注以下訊息: 最鋒利既刀都有生鏽既一日，更何況係人呢

坊間不斷強調運動有助保持身體健康，從政府宣傳到社區建設的配套，不難體驗我們已進入講求健康生活的年代。房協之友長者則會告訴你，他們有獨特的辦法可以將老化的速度減慢，實現活齡生活。踏入秋涼季節，正是做運動的舒適日子，而房協之友每年一度的長者競技日亦在這段時間舉行。可能你會疑惑：長者都能跑能跳嗎？答案可能嚇你一跳。事實上，體能競技的成份只佔少數，更多的是健兒們一同享受運動的氣氛，以及投入於充滿創意又為他們度身訂造的項目。最能牽動長者情緒的不是著眼分數上的差距，而是替其他參賽者打氣，為好成績而興奮，為失準而惋惜。當中的每個笑面及集中的目光正好反映我們的競技日背後帶來的意義：運動對老友記並非遙不可及。透過適合他們的遊戲項目，長者也可以展現充滿運動細胞的一面。你還有什麼藉口坐著不動？快點去出一身汗吧！

As we enter the healthy living era, regular exercise has been proved to maintain healthiness. HSC buddies, have a special key to success. It is about time for the annual HSC Athletic Day as the fall season arrives. You may doubt whether elderlies can run and jump or not. It might surprise you as the participants sweat it out to achieve better results. While the events were not as competitive, what comprises a good program are the effort the elders spent and enjoying themselves through innovative sport event customized for them. The excited faces and focused eyes all reflected the aim of the Athletic Day – sports is open to all age.

徑項(速度) 運動會當然要有傳統的元素，當中不少得是追求速度的徑項，包括短跑及障礙接力。老友記為爭取名次，其實也可以去到好盡！ Track events(sprint) Sprinting and obstacle relay race are those traditional elements which added up to the event. Elders can go really far for standings!	8968/9036/9061
草地滾球/掙彩球(準繩) 各參加者好像對準繩的項目特別有心得，無論滾球或拋球一一難不到他們 Bowls/Throwing(aim) Participants have great confidence in aiming high. Rolling and throwing balls are no difficult tasks for them.	9378/9388/9249/9259
擲豆袋 彈乒乓(力量) 猶如南北極的項目，一個是鬥遠的擲豆袋，另一個則是拋出幾乎無有重量的乒乓球，兩者都著重參加者如何控制手部的力量 Bean bag/Ping Pong(strength) From throw for distance to handling light ping pong balls, events in this category are all about strength control	9453/9219
扑波仔 拋呼拉圈(眼界)	9406/9349

<p>為了提升競技日的吸引力，我們不斷嘗試加入新意念及增加項目的闊度。長者們適應力都頗高，玩得相當投入，大呼過癮。 Croquet/Hula Hoop(coordination) Elderlies are flexible to try something new to them.</p>	
<p>足球迷宮 射龍門(腳腕) 足球肯定是最普遍的球類活動之一，所以有關的賽項亦備受歡迎。看著參加者控球穿過迷宮及射龍門施展腳法，原來房協屋邨都不乏好球員！ Football is one of the most popular sports, and it is easy to spot 'footballers' among our participants!</p>	9367/9347

持續學習 愈投入愈快樂

長者競技日 2016 (團體賽)

Devoted Brings Happiness

Athletic Day 2016 (Group Game)

長者競技日除了個人參賽之外，更設有團體競技項目，長者以屋邨名義組隊參賽。團體項目歷年都備受歡迎，為運動會熾熱的氣氛再推上一層。參加者承受相對較大的壓力，一來隊制項目盡量避免有差池，另外重點是比賽期間有全場近三百雙眼睛注視著，屏息靜氣有之，吶喊助威有之，造做最緊張刺激的賽事。各個項目都講求巧手以及參賽者合作無間，以完成每個任務。當然，不少得各支啦啦隊聲援，以口號及舞蹈為活動生色不少。健兒們的汗水及投入的精神，恍惚讓他們返老還童，彷彿回到青春時。

Team events are the most anticipated ones which elders compete in teams of 4. With tasks which require great hands and cooperation, the reason behind the hype is obvious. Near 300 participants chant or hold their breathe for the scene and making most out of the exciting event. Moreover, cheering team add up the heat in the arena. As we saw participants actually enjoy themselves really well just like they can be energized. Elders can show their young and fun side once you provide the chance.

<p>用紙都可以傳球?四個隊員不停走位以紙張傳球，隊伍默契至為關鍵 How to pass a ball through papers? Our participants demonstrate how to perform through synchronized action</p>	9701/9716/9715
<p>乘風破浪—隊員以接力形式完成各個小任務，各人都沉著應戰 Relay tasks each elder pays full attention in order to finish their task</p>	9831/9838/9849/9887
<p>啦啦隊為屋邨健兒打氣，讓大家精神為之一振 Cheering teams are always the best in getting everyone along</p>	0011/0057/0089/0110