



賽馬會「e健樂」電子健康管理計劃
Jockey Club Community eHealth Care Project

Initiated and Funded by:



The Hong Kong Jockey Club Charities Trust

Project Partner:



博愛醫院
Pok Oi Hospital





Tasting Expressive Arts 表達藝術體驗

Expressive arts workshops were organized to the elderly in our centres that they could express their feelings with healing effects.

中心透過舉辦表達藝術，讓長者參與及創作達至身、心、靈治療效果。長者透過不同的表達藝術方式表達自我感受，增強認知能力。



Pour Painting Workshop 流體畫工作坊

It was a new experience for the elderly joining Pour Painting Workshops. They enjoyed focusing on the fluid. Their artworks reminded their good memories.

對長者而言參與流體畫是工作坊一個新嘗試及新體驗。透過製作流體畫，讓長者在疫情期間放鬆心情，釋放壓力，他們專注於畫框上顏料的流動，從而製作出一副屬於自己的畫和帶回家以作留念。



Puppet Interacting Show 偶戲互動體驗日

Puppet show artists from Hong Kong Youth Arts Foundation were invited to our elderly centres. "A boy and his dog" brought lots of joy and fun to the elderly.

中心邀請香港青年藝術協會的青年偶戲藝術家到中心演出，欣賞戲偶「男孩與小狗」的鬧劇及當中的互動，成功為長者帶來歡樂，令長者加深了對偶戲表演的認識。



Ukulele 耆趣小結他

Practising Ukulele for a while, our elderly gained basic skills. We prepared a mini concert with MTR volunteers bringing along with Erhus that created an Ukulele & Erhu magic music journey.

由專業導師教授夏威夷小結他(ukulele)。長者們經過一段時間的學習，基本功已經穩固，故安排了一場交流會，與港鐵義工共賀中秋，這場交流會港鐵義工帶著二胡來到中心「踢館」，上演一場懷舊金曲遇上現代曲的奇妙音樂之旅。



Aromatherapy Workshop 香薰治療工作坊

Under COVID-19, most elderly faced sleeping problem. We tried to introduce Aromatherapy therapy to release their stresses. 邀請了香皂工房香薰治療師到中心進行香薰治療工作坊。面對疫情，大部分長者少不了緊張同有壓力，睡眠質量下降，導致日間精神較差，透過香薰治療，長者於疫情裡得以舒緩壓力。



Arts activities沿途有你

Arts activities can help to relax. The elderly felt released during arts-making

透過藝術活動讓參加者專注當下、放鬆身心，其中一項是完成一幅數字油畫，參加者只需專注於每一筆的著色就能完成畫作。



Music Therapy 輕鬆音樂治療

The elderly followed the therapist to play music instruments and to sing songs. What a fun day!

導師透過各種音樂器具及熟悉的歌曲、活潑跳躍地引領長者們藉此舒展身心，治療各自的煩憂及困擾。



Exercise, exercise and exercise! 耆趣運動鬆一鬆!

Exercise is important for the elderly. With the support of eHealth project, we could have fitness coaches to our elderly centres to lead exercise.

透過專業導師帶動長者一起「動起來」做運動。



Introducing Kortball 老友記合求必 Fun 體適能興趣班

With the support with Hong Kong Kortball Association, we introduced Kortball and Kortball skills to the elderly.

活動邀請了「香港合球」代表隊分享合球的知識及一些留意的技巧及做運動要留意的事。



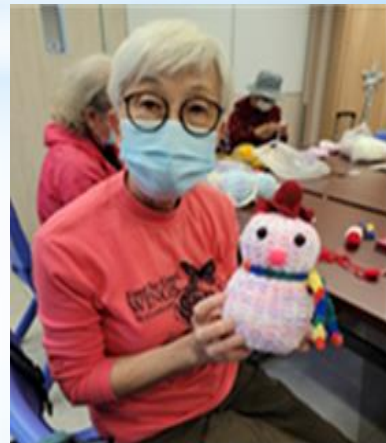
Horticultural Therapy Workshop 園藝治療工作坊



Knitting works 編織耆樂心

Knitting was new activities in our elderly centres. With the support of eHealth project, a knitting group was organized in one of our elderly centres. Most participants enjoyed it and were happy to have their dolls.

透過毛冷編織讓參加者專注當下、放鬆心情，這一期主要製作聖誕主題公仔，有大小、針法、質料不同的雪人和聖誕老人，完成後參加者很有滿足感。



Experiencing Singing Bowl 頌鉢初體驗



Reminiscence Fun 老嘢OLD Yeah！創藝劇館

Drama, interactive games and arts workshops with some good-old-day topics and props brought lots of memories to the elderly.

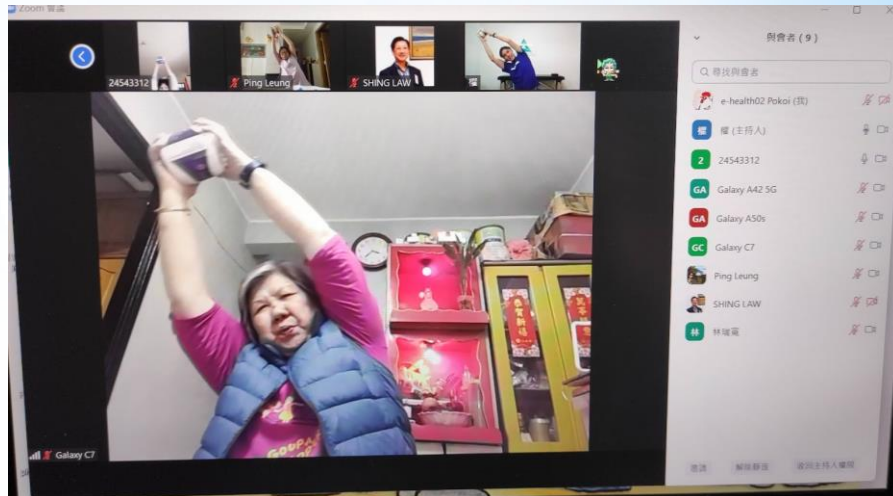
邀請"老嘢OLD Yeah！創藝劇館"到中心以昔日為主題，透過短劇放映、互動任務、藝術工作坊及展覽，讓長者回顧人生，過程中用到的舊物圖樣道具使參加者充滿回憶和熱烈討論



Pastel Nagomi Art 畫出彩虹「和諧粉彩繪畫班」



"Zoom" breaking through boundaries- We keep workouts 疫情阻不了，我們繼續透過網上來運動





賽馬會「e健康」電子健康管理計劃
Jockey Club Community eHealth Care Project



博愛醫院
Pok Oi Hospital

Thank You