

主辦機構：



捐助機構：



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust  
同心 同步 同進 RIDING HIGH TOGETHER

# 賽馬會樂齡新天地 香港傷健協會悅齡展翅薈舍

## JOCKEY CLUB PLACE FOR HEALTHY AGEING HONG KONG PHAB ASSOCIATION HAPPY AGEING HUB



Age

50+

Age

55+

服務對象

Service Target

● 護老者  
Elder's Carer

50歲或以上香港居民(悅齡導師)  
or above Hong Kong residents  
(for Happy Ageing Tutor)

55歲或以上香港居民  
or above Hong Kong residents

#開展逆齡人生  
#ReverseLife

#創造理想黃金歲月  
#CreateIdealGoldenAge

## 服務宗旨

### Service Objective

「賽馬會樂齡新天地 - 香港傷健協會悅齡展翅蒼舍」是一項針對社區長者及護老者之需要的計劃，藉提供不同主題的靈活學習課程，達到積極樂頤年。

“Jockey Club Place for Healthy Ageing - Hong Kong PHAB Association Happy Ageing Hub” targets the needs of elders and their carers in the community, and we offer flexible learning courses on different themes to achieve active ageing.

## 主題營舍活動

### Thematic Camp Activities

無障礙體驗活動

Barrier Free  
Experiential Activities



有營烹飪

Healthy Cooking



護老者支援

Carer Support



環保及園藝

Environmental  
Protection and Gardening



健體運動

Physical  
Exercises



綜合活動

Combined  
Activities



## 悅齡導師培訓計劃

### Happy Ageing Tutors Training Project

向50歲或以上並有心服務他人之人士提供系統性培訓，以裝備成為「悅齡導師」，於營舍內帶領活動給參與「主題營舍活動」之長者及其護老者；亦會將學習到的知識及技能帶到社區，與社區長者及其他社區人士分享。

The Training Project aims to train people over the age of 50 who are willing to serve others. After completing the systematic trainings, they become Happy Ageing Tutors to lead Thematic Camp Activities and apply their learned knowledge and skills to serve the community.

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## 聯絡方法

### Contact Us

