

“美好生活同樂日”

為響應萬年興市政府舉辦的“健康生活周”，本中心聯同萬年興市之華人、伊朗人、意大利人、及哈拉蘭布斯教堂-希臘高齡會會員於2010年2月26日舉辦“美好生活同樂日”，當日約140人參加。

我們透過個案分析，從上述四個民族的6位長者的智慧分享中了解健康生活方式，他們的年齡範圍從76至93歲。他們的秘訣包括：



李志清和參加者齊齊唱歌，體驗「唱歌是一個很好的呼吸運動」。

Singing is a good breathing exercise - Frankie Lee and participants enjoyed singing together

Health and Wellbeing Fun Day

The 'Health and Well-being Fun Day' on 26 February 2010 was one of the events of the Manningham Healthy Lifestyle Week 2010. It was funded by the Council of Manningham city and a collaboration of Chinese Community Social Services centre and four Senior Citizens' Clubs of Manningham City - Chinese, Greek, Iranian and Italian. More than 140 people enjoyed the fun day together.

We learned about the wisdom of a healthy lifestyle from a case study of 6 seniors of the above four cultural groups, and their

ages range from 76 to 93. Their tips of healthy lifestyle are:

1. Have a balanced diet with more home-made food
2. Exercise regularly
3. Develop good hobbies
4. Engage with social groups or volunteering
5. Be happy to address any pressing issues
6. Ensure to get enough sleep and rest
7. Minimise wine and caffeine intake

Accordingly we put what we learned into practice - we had exercise, dancing, singing and healthy diet

袁玉瓊博士 策劃及發展主任

1. 注意均衡飲食與多吃自己烹煮的食品
2. 經常做運動
3. 培養良好的興趣嗜愛好
4. 參與社區團體或志願工作
5. 處理任何緊迫問題，保持開懷
6. 確保獲得充足的睡眠和休息
7. 盡量減少攝取酒精與咖啡因

因此，我們把所學到的實踐在“美好生活同樂日”當中，那天我們一起做運動，跳舞，唱歌和進食健康食品。感謝萬年興市華人高齡會的太極、舞蹈和養生舞蹈組成員，帶給了我們一個嶄新又愉快的運動經驗，眾參加者都很投入，真是樂而忘返，一名韓國女士更抱著她的小男孩與大家一起跳舞。然後，Frankie Lee領我們唱歌，他的聲音很好，更重要的是他感染大家跟着他一同唱歌和做動作。他強調唱歌是一個很好的呼吸運動，所有與會者亦以歌聲作回應及認同。

運動後，大家都興奮的期待著傳統菜色烹飪示範 - Mary Baghaei夫人負責伊朗沙拉; Anna Di Battista夫人的番茄肉醬意大利面; 何國鈞先生的中國炒飯和Dina Hasic夫人的希臘菠菜餡餅。所有的菜式都是成本低廉，易於烹煮和營養豐富。這也是當日參與者的美味午餐。

在此特別感謝地區電台調頻 96.5 主持人 Maria Ryan女士，她是非常出色的司儀，帶動著當日的程序順利及活潑地進行，令當日活動生色不少。

Ms Caroline Yuen, PhD,
Manager of Strategic Development

together. The members of Tai Chi, Line Dance and Well-being (yangseng) Dance groups of Manningham Senior Citizens Club gave us a new experience of exercises - it was so enjoyable that a Korean that a Korean lady was holding her little boy while dancing. Then we had singing which was facilitated by Mr Frankie Lee. His voice was really good and more importantly he made everyone sing and action with him. He emphasized 'Singing is a good breathing exercise' which was echoed by all the participants.

After exercise, everyone was