

## 公告欄

## NOTICE BOARD

## 遮陽篷修復

請注意，C座外的遮陽篷與彎曲柱子已經移除。行政大樓和C座之間的通道以及隔離開後的停車場已恢復正常使用。遮陽篷的修復預計需要三至六個月，通道可能在建設期間受到限制。居民的拜訪時間將保持不變，不受影響。一旦確定修復工作日期，將發出通知。對於任何不便，我們深感歉意，並感謝消費者和家人的理解。

## 預防跌倒和平衡團體鍛煉計劃

為了改善消費者的身體健康和福祉，預防跌倒和平衡團體鍛煉計劃已進行半年。該計劃旨在降低跌倒風險，提高機動性，減緩惡化速度，以增強基本的日常能力，如站立、行走、起床等。該計劃由物理治療師策劃，並由康娛組協助。運動分為四個類別：上肢、下肢、站立平衡和動態平衡。在適當的情況下，將添加額外的道具和設備。該計劃將每週舉行一到兩次，每次約45分鐘到1小時。參加的消費者都給予正面的反饋。如果您有興趣參加，請立即與我們聯繫。

## Canopy Restoration

Kindly note that the bent column and canopy outside C Building have been removed. The passage between the Administration Building and C Building, as well as parking behind the boom gate, has returned to normal. The restoration of the canopy is expected to take three to six months, and access to the passage may be restricted during the construction work. Consumer visitation hours will remain unchanged and unaffected. A notice will be issued once the restoration work date is finalized. We apologize for any inconvenience and appreciate the understanding of consumers and representatives.

## Falls and Balance Group Exercise Program

To improve the physical health and well-being of the consumers, the Supervised Falls and Balance Group Exercise Program has commenced for half year. The programme aims to reduce the risk of fall, improve mobility, and slow down the deterioration rate to enhance basic daily abilities like standing, walking, getting out of bed, etc. The program was planned by the physiotherapist and is assisted by the Leisure and Lifestyle Team. The exercises are divided into four categories: upper limbs, lower limbs, standing balance, and dynamic balance. Extra props and equipment would be added in due course. The program will be held once or twice a week for the participants and each session is about 45 minutes to 1 hour. We have received positive feedback from participated consumers. If you are interested to join, please contact us immediately.

## NEWSLETTER 簡訊

FEBRUARY 2024 二月

## 慶祝新年



## Birthday Corner



## 歡迎以下眾位新院友

## WELCOME OUR NEW CONSUMERS

K30 Huiche Fan 老范, H47 Ms Xie 謝女士, H39 Mr Yip 葉先生, H33A Ms Tam 譚女士, H35 Mr Tam 譚先生, C73A Huynh Thieu 黃婆婆, C81 Ms Huang 黃姨.

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我院近期舉行系列活動慶祝新年



## 一月活動回顧 JANUARY ACTIVITIES REVIEW

Sound of Music Art Troupe New Year Performance 音樂之聲藝術團新年表演



Australia Day - 澳大利亞國慶日



Bus Trip - 巴士遊



## 二月活動回顧 FEBRUARY ACTIVITIES REVIEW

Chinese New Year Celebration Yum Cha, Wealth God, Lion Dance -  
慶新年飲茶, 迎財神, 舞獅