



賽馬會齡活城市  
Jockey Club Age-friendly City

捐助機構



香港賽馬會慈善信託基金

主辦機構



基督教家庭服務中心  
Christian Family Service Centre

### Mr Keung (walk leader of “Jockey Club Age-friendly City Project – Walk the City for Active Ageing”)

The programme of “Walk the City for Active Ageing” connects different organisations with the elderly in need through walking tours, allowing them to get to know the interesting scenic spots, which are beneficial to their physical, mental, social and spiritual well-being.

### Mr Wong (participant of “Jockey Club Age-friendly City Project – Walk the City for Active Ageing”)

Everyone was enthusiastic! We were all on time and no one was late for each activity. We learnt how to walk properly with correct posture.

Walking together with other elderly people can help activate our brains, as we exchange views and share tips for everyday life. We can reflect on our own experience and make improvement.



### Ms So (participant of “Jockey Club Age-friendly City Project – Walk the City for Active Ageing”)



During the walking activities, the staff and volunteers were all very nice and showed their care for the elderly participants.

I hope similar activities would be held in the future which can benefit the elderly people. Sometimes it is not about money, it is simply companions – doing exercises together, eating a snack together – which can make my day.

I like doing exercises and am grateful to keep my current physical fitness!

### Mr Wong (participant of “Jockey Club Age-friendly City Project – Walk the City for Active Ageing”)

It’s so pleasurable to exercise with a large group of people!

We can breathe fresh air together. I can now walk longer and better than before. With the correct walking posture, we can achieve more with less effort. Every morning I have to walk for at least half an hour! I do hope the walking activities could be organised again!

