



## 快樂椅子舞 Chair-based Dance

順利成人訓練中心在2014年10月至11月期間，接受了由尊賢會提供的「快樂椅子舞」服務。快樂椅子舞是透過音樂帶動，寓運動於娛樂，從而協助參與者建立愉快的情緒，並訓練其四肢協調、手握力、平衡力和肌力。

是次服務共八節，每星期舉行一節，每節約有25至30位職員及服務使用者參與。整個活動過程洋溢著開心、熱鬧的氣氛。每次各人聽著熟悉的懷舊歌曲，拿著啦啦球跟隨尊賢會職員學習不同的舞步時，大家都表現投入和興奮，服務使用者更期待尊賢會職員再次到來。

是次活動能有效培養服務使用者對做運動的興趣，職員更可體驗不同的訓練方法，實在相得益彰。



Shun Lee Adult Training Centre received the "Chair-based Dance" service provided by The Jade Club between October and November 2014. Chair-based Dance is a game that combines exercise with pleasure. Through music, the Dance motivates participants to move their body. Not only does it bring joy to the participants, it also helps to improve their limbs coordination, enhance their hand grip strength, build their balancing skills and train their muscles.

The service consisted of eight sessions, one every week, in which 25 to 30 staff and service users took part each time. All the sessions were filled with much laughter and excitement. Participants were very engaged and thrilled every time the old songs were played. Along with the melody, they, who had pompons in their hands, started to follow the dancing steps of The Jade Club staff. And the service users always anticipated the next session.

The activity was beneficial to both the service users and the staff, for it was effective in developing service users' interests in sports, while staff also experienced different training methods.

