



歡樂球傳送計劃

Joyful exercise ball event

由卡城華人耆英會社區同行大使計劃呈獻



耆英會同行大使關愛小組的義工創意了一款歡樂球，希望為長者送上喜悅。我們可以用它來做手部運動，使我們的手能活動自如，同時當我們做手部運動時雙眼和球對望，它會和你歡笑，給你帶來無限的快樂，這就是這款球的目的和義意。

哈哈笑一笑，
手手動一動，
開心樂悠悠。



CCECA Chinese Community Helpers are launching the “Joyful Exercise Ball” campaign this Christmas. Each ball is unique and handknit by our Chinese Community Helpers to bring joy and warmth to seniors. The soft, brightly coloured balls are great for exercise. Join us this Christmas in staying active and happy!

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