



## SHKP Reading Club's Read On, Move On series spread the fun of reading and exercise

### 新閱會「悅動·閱樂」齊享閱讀與運動樂趣



Participants learn more about the history and culture of Yuen Long and Kam Tin at the cycling tour

參加者一邊踏著單車，一邊了解元朗及錦田的歷史和文化特色



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The SHKP Reading Club organized a series of Read On, Move On sports activities this fall for different reading experience. Going beyond books, cycling and stairway cultural tours as well as author sharing were held to encourage people to develop the habit of reading and exercise.

Participants of the Kam Tin cycling cultural tour rode all the way from Yuen Long to Shui Tau Tsuen and Shui Mei Tsuen where they visited heritage sites, including Yi Tai Study Hall, Tang Tsing Lok Ancestral Hall, Chou Wong Yi Kung Study Hall, Tin Hau Temple and Kam Tin Tree House, in addition to walled villages built by the Tang clan to learn more about the history and culture of Yuen Long and Kam Tin. Related books were recommended for extended reading.

For the stairway cultural tour, Walk in Hong Kong founder Paul Chan led a tour of special stairways and roads in Sheung Wan, covering Wing Wo Street, Gough Street, Shing Wong Street, Ladder Street, Hollywood Road and Sai Street, and shared interesting stories on local printing and newspaper industries in the golden days. Participants also visited a letterpress printer which has been operated by a family for more than half a decade.

Yoga instructor and author Caren Lau shared with participants tips on exercise and healthy living and talked about her own writing experience at How Yogis Read. The session was concluded with some relaxing basic yoga practice.

新閱會在秋季舉辦了一系列以運動為焦點的「悅動·閱樂」主題活動，跨越文字界限，以有趣互動的單車及樓梯文化遊以及作家分享形式，為參加者帶來不一樣的閱讀體驗，鼓勵大家培養多閱讀、勤運動的生活好習慣。

在「單車『書』暢遊錦田」文化導賞團中，參加者騎著單車由元朗市中心出發，到訪水頭村及水尾村內多個古蹟，包括二帝書院、清樂鄧公祠、周二公書院、天后宮和錦田樹屋等，又參觀了鄧氏家族圍村，認識元朗及錦田的歷史和文化特色，並獲介紹多本與景點相關的好書。

在「足·印」樓梯文化導賞團中，「活現香港」創辦人陳智遠帶領參加者漫步上環舊區，穿梭永和街、歌賦街、城皇街、樓梯街、荷李活道及西街等特色樓梯和街道，細聽昔日區內印刷及報業的有趣人和事，更探訪經營了超過半世紀的家庭式活字印刷店，與參加者一同細味本地工藝文化。

另外，瑜伽導師兼作家劉凱琳在「『瑜』何閱讀」分享會中，分享了運動與健康心得以及寫書經驗，並即場作瑜伽示範，與參加者一起放鬆身心。



Practicing relaxing yoga with the yoga instructor and author  
瑜伽導師兼作家帶領參加者一起練習瑜伽，放鬆身心



Participants love reading printed books more after the stairway tour  
透過樓梯之旅，參加者增加對紙本閱讀的鍾愛