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桃園市平鎮區公所新聞稿

Press Release from Pingzhen District Office,
Taoyuan City

平鎮區 109 年長青學苑開學典禮暨招生博覽活動 The 2020 Evergreen College Opening Ceremony and Admission Expo of Pingzhen District, Taoyuan City

平鎮區公所訂 8 月 18 日上午 9 時於平鎮區婦幼活動中心 1 樓舉行 109 年度長青學苑下學期開學典禮暨招生博覽活動，本期課程共計開設 38 個班級，計有 1,041 人次的學員參與，其中 65 歲以上長者共計有 54%，年齡最長者為高齡 88 歲的劉月珍女士，他從長青學苑創校至今已經連續上了 5 年的課程；報名最多門課的為王金英女士，共計報名 5 門課，幾乎每天都到長青學苑來上課，因為熱衷參與學習，讓他的退休生活多采多姿。

The 2020 evergreen college opening ceremony and admission expo for the second semester is held by the Pingzhen District Office at the Women and Children Activities Center of Pingzhen District at 9:00 am on 18 August. There would be a total of 38 classes for the programs open for the period, with an aggregate of 1,041 students participated. Among the students, there are a total of 54% of students who are above the age of 65, and the senior with the oldest age is Mrs. LIU Yue Zhen, who has been taking classes for a consecutive five years since the establishment of the evergreen college. Mrs. WANG Jin Ying has signed up for five programs, being the person who signed up for the highest number of programs; her retirement life becomes more colorful due to her enthusiasm for learning.

台灣面臨人口結構高齡化的問題，平鎮區公所為了推動國民健康老化的社會福利政策，積極鼓勵長輩走出家門參與學習，自 105 年度起開始辦理長青學苑課程，善用區內的活動中心和館舍場地，共計 10 個社區上課點開課，讓長輩們能就近學習課程，實踐健康老化、樂活的生活。

Taiwan is facing the problem of an aging population structure. To promote the social benefits policy of healthy aging for nationals, Pingzhen District Office has been actively encouraging senior citizens to leave home and participate in learning events. Since 2016, the Pingzhen District Office has started to organize programs for the evergreen college while facilitating the activity centers and venues within the district to open classes. A total of ten venues for classes in the community allow senior citizens to participate in learning programs in the neighborhood, thus realizing a life of healthy aging and happy living.

平鎮區長青學苑本期課程自 7 月 15 日起開放報名，除了少數班級尚有名額外，大部分的課程都是秒殺額滿，其中舞蹈班及手機生活運用班最受學員歡迎，今年因為受到疫情的影響，歌唱班師生改以手語學習為主，藉由肢體律動，達到身體健康，活躍全腦，防止老化的效果。

The programs for the evergreen college of Pingzhen District opened for registration since 15 July. Except for several classes still have vacancies, the registration for most of the programs was full immediately. The classes of dancing and the real-life application of mobile phones are the most popular programs among students. This year, due to the effect of the outbreak, teachers and students for the singing class transformed the model to focus on the learning of sign language, which achieves the effects of healthy physiques, brain energizing, and anti-aging through body rhythm.

開學典禮除了動態的表演活動，還有各種靜態課程的學習展現，包含書法藝術及國畫的現場揮毫，都是學員十分喜愛的課程。活動中也頒發講

師聘書給本學期授課的 33 位老師，期勉大家走出家門，快樂學習，讓退休生活更為精彩。活動尾聲發給現場參與的長輩每人 1 份上課的學用品，讓長輩再次體驗當個學生的開學趣！

Aside from active performances, the opening ceremony also has learning exhibition for different static programs, including the on-site performance of calligraphy and traditional Chinese painting, both of such programs are popular among students. The event also issued the lecturer's appointment letter for the 33 teachers who are teaching during the semester. In essence, the event was held in the hope of urging people to step out of their houses and learn happily, rendering an even more fabulous retirement life. By the end of the event, senior citizens attending the event received a packet of learning supplies for their education, allowing them to experience the fun of school-opening once again as students.