



香港家庭福利會
九龍城活齡中心
Kowloon City Centre for Active Ageing



Main Base Opening Hours

Monday to Saturday:
8:30 AM to 5:00 PM

Closed on Sundays and public holidays

Main Base Contact Information

1/F, Block 2, Harmony Garden,
55-61 Kowloon City Road,
To Kwa Wan, Kowloon

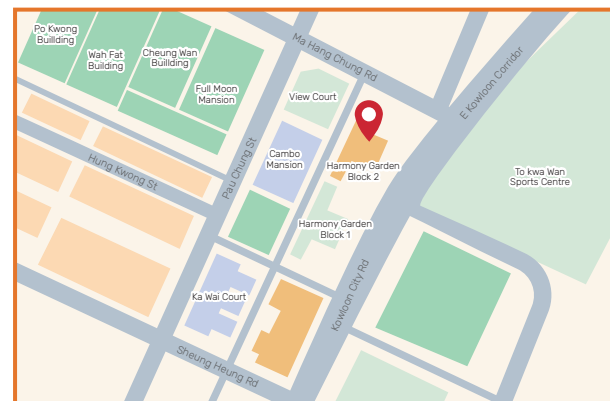
2711 2488

kccca@hkfws.org.hk

2711 0925

hkfws.org.hk

Main Base Location



Sub-base Opening Hours

Monday to Friday:
8:30 AM to 5:00 PM

Closed on Saturdays, Sundays and
public holidays

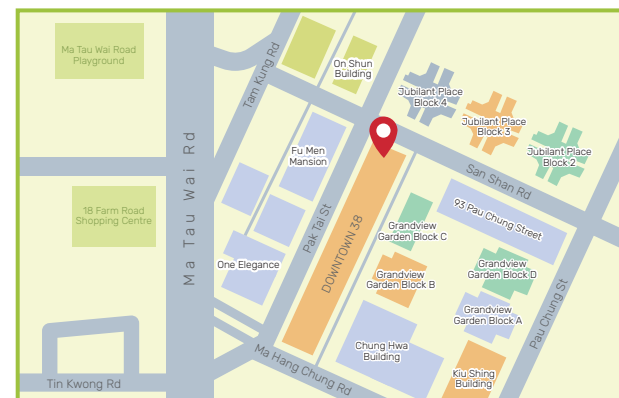
Sub-base Contact Information

Shop 1, 1/F, DOWNTOWN 38,
38 Pak Tai Street,
To Kwa Wan, Kowloon

2389 3033

2389 3300

Sub-base Location



Interest Indication Form

To: Hong Kong Family Welfare Society
Kowloon City Centre for Active Ageing

Fax: 2711 0925

I am interested in:

- ☐ Becoming a member
☐ Becoming a volunteer
☐ Receiving promotional materials about centre activities*
(*Mobile phone number must be provided to follow the
WhatsApp channel)

My contact information is as follows:

First name: _____ Last name: _____

Age: _____ Gender: ☐ Male ☐ Female

Education Level: _____ Occupation: _____

Address: _____

Contact Number:

(Mobile) _____ (Home) _____

Email: _____

Signature: _____

Date: _____

Opt-out Reply Form

If you object to the Hong Kong Family Welfare Society to use your personal data for
direct marketing / promotion purposes, please complete the Opt-out Reply Form
(available for download at hkfws.org.hk) and return it to our unit.
(Address: 1/F, Block 2, Harmony Garden, 55-61 Kowloon City Road, To Kwa Wan,
Kowloon; Fax: 2711 0925)
Handling is free of charge. For enquiries, please contact our unit at 2711 2488.

Centre Services

Health Education

Promote physical health through regular health check-ups, educational initiatives, consistent exercise, and effective disease management.



Counselling Services

Support individuals embracing active aging through personalized interviews, home visits, referrals, and small group sessions. These services empower participants to manage emotions and navigate life's challenges, promoting mental health by assisting with adaptation to later life and facilitating applications for community support and residential care services.

Social Activities

Gatherings, recreational activities, and inclusive programs expand the support network for seniors, fostering connection and enhancing overall well-being.

Outreach Network

Reach out to and support elderly individuals lacking assistance by connecting them with community resources.

Mental and Spiritual Care

Promote mental and spiritual well-being through programs that explore life's meaning and provide guidance on end-of-life considerations.



Educational Development

Organize leisure activities, courses, visits, and educational programs to inspire active aging individuals to engage in lifelong learning and pursue personal growth.

Pre-retirement Planning

Support seniors in planning for a fulfilling retirement across various aspects of life.



Caregiver Support

Educational workshops, sharing sessions, and mutual support activities are available to strengthen caregiving competencies and reduce stress. The "Resources Corner" offers a selection of books, audiovisual materials, and rehabilitation equipment rental to further assist caregivers.

Volunteer Development

Comprehensive volunteer and leadership training is provided, along with service matching opportunities, to empower individuals to actively contribute to the community and make a meaningful impact in society.

Gerotechnology

Promotion of digital technology enhances integration into a digitalized society, providing elderly individuals opportunities to engage with innovative tools and receive essential IT support.

Support for Individuals with Cognitive Impairment and Their Caregivers

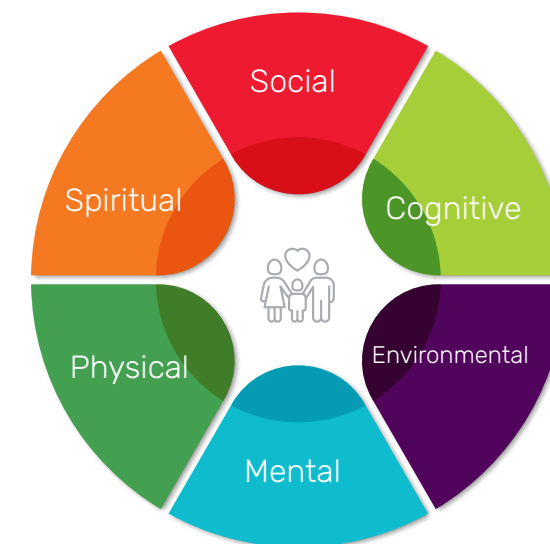
Provide community education on cognitive impairment in elderly individuals. Arrange cognitive assessments, training, and mutual support groups to assist both the elderly and their caregivers.

Drop-in Services

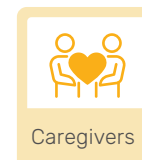
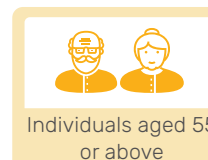
Welcome members and community individuals to visit the centre and enjoy the available facilities.

Service Mission

The centre prioritizes "holistic health," committed to fostering a healthy, positive, and active lifestyle for individuals embracing active aging. A wide range of services is offered, alongside collaborative partnerships and connections to community resources that support this mission.



Service Targets



Application and Withdrawal of Services

- During office hours, bring your ID card and visit the centre in person to pay the annual membership fee, which is valid for one year (from April 1 of the current year to March 31 of the following year).
- To withdraw your membership, please notify the centre via phone, in person, or by mail. The membership fee is non-refundable.
- Failure to renew your membership within the designated period will result in withdrawal.
- Membership services may be terminated if centre regulations are repeatedly violated. For further details, please contact the centre.