

刻畫快樂社區

Paint a Happy Community

義工：「我今日好充實呀！連茶都唔得閒飲啦！我要油牆呀！唔係屋企嘅牆，而係屋邨嘅牆！」2018 為房協 70 周年大日子，房協以『創宜居·活社區』為主題，於各出租屋邨舉辦一連串慶祝活動。**房協之友**舉辦「愛心行動 樂活社區創作日」以作配合，帶領義工參與塗髹壁畫，親手刻畫自己所屬的社區。各個屋邨的壁畫都是由本地著名插畫藝術家麥雅端小姐度身設計，以該屋邨的歷史及特色創作，再由義工們負責上色。雖然他們偶然會被油漆弄髒衣服，但是他們毫不介意，全情投入為屋邨添上色彩，臉上更掛著為屋邨出一分力的自豪感。今次活動意義非凡，慶祝房協 70 周年之餘，亦能美化屋邨，將屋邨特色及人物事跡統統呈現眼前。居民可抽空前往各屋邨欣賞，機會十分難得。在欣賞美麗的圖畫時，可從中了解到每個屋邨的小故事。

Year 2018 is the 70th anniversary of Hong Kong Housing Society (HS). **HSC** organized Operation Love - Revive Community with Creativity to celebrate the big day of HS. We invited volunteers to give a helping hand to paint the wall of their estates. The paintings are designed by the famous local artist Ms Prudence Mak. The ideas of her design are based on the history and characteristics of the estates. Volunteers focused on painting and were proud to take part in this historical event.

喜氣洋洋迎新禧

Welcoming Year of the Dog

迎接狗年，**房協之友**集合了近900名長者，於2018年1月30日到烏溪沙青年新村的大禮堂，參加一個萬歲生日派對。嚴寒令人想留在家中被窩，卻不減長者們去玩的動力。當日受冷鋒影響，氣溫降至6度，他們喝過暖暖的薑茶後，在禮堂欣賞著台上充滿活力、多元化的表演。

打頭炮的是祖堯義工及**房協之友**舞蹈組的表演，金光閃閃的服裝，襯托著強勁的節奏，為活動打開精彩的一頁。緊接著便是祖堯天主教小學的一連串表演，他們派出牧童笛手及合唱團隊，在台上台下演唱、合奏生日歌予全場長者，長幼共融的畫面，令人動容。長者們感染了小朋友們散發的童真，亦份外投入及興奮，掌聲、歡呼聲不絕。下午是嶄新的環節 - 坐著起舞顯光輝比賽。「坐著起舞」集椅子舞、坐式運動、花式體操等大成，鼓勵長者積極參與運動，享受活動的樂趣。寶石大廈、祖堯邨、家維邨、觀塘花園大廈、勵德邨及漁光村，組成6支舞蹈隊伍，透過不同的經典金曲，配合自創舞步，在台上顯光輝。舞步的合拍、他們面上的笑容、舞者之間的交流，已完美展示運動為我們帶來的正面影響。

HSC brought over 900 elder residents from HS estates to Wu Kwai Sha Youth Village to participate in a Welcoming Chinese New Year Party on 2018-1-30. A vivid dance performance was brought by Cho Yiu Chuen volunteers and HSC dancing team melted the freezing temperature. In addition, a series of fabulous performance were brought by over 60 pupils from Cho Yiu Catholic Primary School. They sang a birthday song to all the elders and projected an impressive inter-generation scene.

Shinny Seat Dance competition is an innovative programme which contains elements of chair dance, aerobic exercise on chair, and gymnastic dance. Dancers from Bo Shek Mansion, Cho Yiu Chuen, Ka Wai Chuen, Kwun Tong Garden Estate, Lai Tak Tsuen, and Yue Kwong Chuen showed the positive effect on them from exercise, by dance with the classic popular songs.

沒有停下來的理由

Pause is Never Our Choice

停步？絕對不是房協長者的選擇！他們延續一貫積極的生活態度，持續運動、參與、快樂。房協之友今年繼續帶領長者花式體操興趣班學員參與由香港仔坊會主辦的「全城共賞·躍動『耆積』全港長者花式體操節」。比賽已於2018-3-20假香港灣仔伊利沙伯體育館順利舉行，房協助理總監潘源舫先生亦應邀擔任嘉賓。

今年比賽以「積極人生、互相欣賞」為主題，希望長者展現才華洋溢和熱心投入的一面，活出健康和社區參與的豐盛人生。配合這個主題，對我們的學員是毫無難度可言，因為他們一直也擁有積極人生，懂得互相欣賞。乙明邨、祖堯邨及由祈德尊新邨及寶石大廈組成的「祈德尊寶石隊」，分別以「快活做自己」、「雨中起舞」及「上海灘」為題參與公開組賽事。房協之友長者花式體操興趣班學員比賽中表現卓越，將音樂與輕器械結合，以優美多變的演繹方法，表現了活潑靈敏、自信及團隊合作的一面。其中乙明邨學員的表現最得評判的欣賞，獲得公開組金獎。而祖堯邨及祈德尊寶石隊則獲得優異獎，祈德尊寶石隊同時憑隊員平均參賽年齡最高獲得鑽石年華大獎。他們的投入及努力是有成果的，得到快樂、健康、認同，還有停下來的理由嗎？明年花式體操節見！

Pause is never our choice. HS residents always maintain their active and positive living style. HSC continues to lead our elderly gymnastic dance class to participate in the Hong Kong Elderly Gymnastic Dance Competition held by AKA. The competition was held successfully on the 2018-3-20 at Queen Elizabeth Stadium. Mr Sanford Poon Yuen-fong, Assistant Director (Property Management) was one of the guests of the ceremony.

The theme of the contest is to encourage elderly live actively and appreciate each other through competition. Jat Min Chuen, Cho Yiu Chuen and joint team of Clague Garden Estate and Bo Shek Mansion joined the competition. They used different kinds of instrument together with the unique music to perform fabulous gymnastic dance, to show their beauty, self-confidence and team spirit. Jat Min Chuen won the "Gold Prize", Cho Yiu Chuen and the team of Clague Garden Estate and Bo Shek Mansion won the "Merit Prize".

學到老

Life-long Learning

有謂活到老學到老，**房協之友**為你提供一個持續增值自己、再顯人生光輝的機會。人的大半生都在為生活打拼，直到退休的時候，當然要為自己做點事，做自己喜歡做的事！我們在不同的屋邨舉辦了多元化的興趣班，務求迎合不同需要的你。歡迎房協居民參與，豐富自己的生活，擴闊社交圈子，更可發掘潛能，開展人生新一頁。

Life-long learning shines your life. **HSC** organizes various interest classes to serve different needs. They are not only about skill enhancement, but also social network building and potential development. Let's jump to a new page of living!

粵劇曲藝班 (香港/葵青/沙田)	Chinese Opera Interest Class (Hong Kong Island / Kwai Tsing / Shatin)
粵劇曲藝班教授的不只是唱曲，更重要的是透過閱譜、造手、唱曲，引導學員細味中國文化的瑰寶-粵劇。	Chinese Opera Interest Class brings learners to walk through the precious Chinese culture heritage.
歌詠興趣班 (新界/香港/東九龍/中西九龍)	Choir Interest Class (New Territories / Hong Kong Island / East Kowloon / Central & West Kowloon)
有別於個人唱歌班， 房協之友 的歌詠班更重視的是凝聚力及團體合作精神。學員們在班上建立了友誼，互相交流學習心得，更成為了最親密的近鄰。	HSC Choir Interest Class aims to build team spirit and cohesiveness throughout the community.
坐式體操班	Exercise with Chair Class
坐式體操是個令人坐著也能出汗，坐著也喘氣的帶氧運動。透過拉筋動作、重覆的肌肉訓練，配合著緊湊的節奏，訓練身體不同部位的筋骨、肌肉。有效地保持高質素的身心，才能有高質素的生活。	The class includes stretching, aerobics exercise and muscle training, which helps to maintain elders' quality mental and physical condition.

舞運動興趣班	Dance Exercise Interest Class
<p>現今很多家長都希望小朋友學一門舞藝，如芭蕾舞、現代舞、K-POP等等，因為他們都深信跳舞可以鍛鍊手腳協調，訓練節奏感及增強自信心。這些好處，不應讓小朋友獨享，房協之友將舞蹈滲進房協的長者居民，讓他們感受音樂的愉悅，用身體跟音樂玩遊戲。</p>	<p>Dance helps to train body coordination, sense of rhythm and self-confidence. We bring elders into the dance world, and let their body play with music with dance.</p>
硬地滾球班	Boccia Training Class
<p>硬地滾球結合了草地滾球和室內短墊滾球的精髓，演變為地板滾球。這項運動適合長者參與，訓練耐性、專注力、判斷力、腰力及手部協調。這不是一個講求速度的運動，但刺激程度卻甚高。每一球都影響著賽果，力度、角度的改變，能將局勢瞬間扭轉。</p>	<p>Boccia likes a game, which suits for elders. Patience, concentration, judgment, and body coordination are needed for the game. This is an exciting game that every throw could make a huge impact on the result.</p>
穿珠藝術班	Beading Interest Class
<p>一個又一個用晶瑩通透的彩珠穿成的藝術品，從長者們的手上誕生了！穿珠班的學員用熟練的技巧及無比的耐性，有策略地將彩珠串起，創作獨特的彩珠擺設。</p>	<p>The fine and exquisite bead accessories are made by the elders from Beading Interest Class. Their patience and skillful hands make an unique art piece.</p>

有關興趣班詳情，請瀏覽房協之友網頁 www.hs-care.com

Please browse HSC website www.hs-care.com for more details.

升級廢物

Upcycling

升級，絕對不限於打機、學業、事業，原來連廢物也能升級。升級再造是超越廢棄物的原生功能，加入新元素，令其變身成為更有價值的物件。房協之友亦於不同場合舉辦升級工作坊，將廢棄的橫額變身成為手袋、散紙包、八達通套等。我們透過工作坊將環保概念帶進社區，啟發居民發揮創意，在將垃圾放進垃圾箱前，想想如何提升其價值，將它變成更有用的物件。

房協之友環保賀年掛飾設計比賽的參加者，為廢物升級作了一個完美的示範。他們發揮創意，將你意想不到的垃圾，搖身一變，成為美觀有特色的賀年掛飾，可減少外購掛飾的需求，更可增添節日氣氛。

Upcycling is the process of transforming waste materials, useless, or unwanted products into new materials or products of better quality or for better environmental value. **HSC** promotes Upcycling workshop in various occasions, in order to spread the environmental friendly concept. Also, we wish to inspire households to turn waste into useful products in their daily life, as on to reduce waste. Participants from the Chinese New Year Decoration Design Competition perfectly demonstrate Upcycling. They use those unwanted products and turn them into beautiful and creative festive ornaments.

為鳥兒重建家園

Rebuild a Home for Birds

大家平日很少抬頭看樹吧？若細心觀察的話，說不定會發現大樹上的鳥巢呢！根據康文署記錄，香港的鳥類接近四百五十多種，佔全球鳥類品種總數的二十分之一。香港的雀鳥種類豐富，是因為香港位處河口及地勢多山，擁有多樣化的棲息地，而且是候鳥遷徙路線的中途站或越冬地。我們必須努力保護鳥兒們的家園，成就可持續發展的環境，避免破壞生態。香港植樹日是其中一個絕佳的途徑讓大家出一分力去協助重建或保育鳥兒的家，也是向大眾宣傳防止山火、愛護自然及保護山林意識的好機會。香港植樹日已於2018-3-25假元朗大棠圓滿舉行，大會邀請香港特別行政區長官林鄭月娥女士、解放軍、中聯辦及外交部等代表作主禮嘉賓，配合政府機關、工商機構等動員約1,700人，共栽種6,000棵樹苗。

房協之友一直不遺餘力鼓勵居民參與有益身心的活動，當然亦有參與別具意義的植樹日，我們誠邀了房協環保大使聯同**房協之友**環保小天使，合力於元朗大棠種植樹苗。植樹過程或許較為艱辛，但卻是一個家庭教育的機會，我們樂見無論大使及小天使都不怕辛苦，樂在其中，親手為環保出了一分力，為鳥兒重建了家園。

The Tree Planting Day was held on the 2018-3-25 at Tai Tong, Yuen Long. There were around 1,700 people including the Chief Executive of the Hong Kong Special Administrative Region (HKSAR), The Hon Mrs Carrie Lam Cheng Yuet-ngor participated in this activity. **HSC** always encourage our residents and colleagues to take part in meaningful event. Therefore, we invited a total of 64 people to join this year. Tree Planting Day is a good chance for family education. We are happy to see the participants enjoyed the process and appreciated their effort on protecting the environment.

聯系社區創宜居

Connect the Community

房協重視與社區之聯系，關切居民所需、所求，以創建恰宜居所、和諧社區。每年一度的新春歡聚，房協邀請轄下出租屋邨的居民代表聚首一堂，互相交流意見之餘，更於新春佳節相聚同賀。房協之友於2018-2-23假尖沙咀安達中心「彩福皇宴」舉行「戊戌年新春歡聚」。醒獅表演、祝酒儀式、幸運大抽獎、智趣遊戲，一連串的精彩環節贏得嘉賓此起彼落的掌聲及歡呼聲。居民代表更藉此珍貴機會，表揚房協全面及盡心的服務。

HS values feedback and suggestions from the community, which help in developing the livable housing and harmonic community. The Chinese New Year Gathering provides a platform to connect HS and the residents. HSC invited the Residents' Representatives to the gathering. Lion dance, toasting, lucky draw, games, a series of interactive games could be found there. Laughter and applause were everywhere. Estate representatives present appreciation in gratitude of the contribution of HS.