

## 喜氣洋洋

### Happy New Year

房協之友與居民送豬迎狗，在 2019-1-22 於烏溪沙青年新村的大禮堂，齊集來自轄下出租屋邨的長者居民，一同迎新歲。先由觀塘花園大廈舞·運動興趣班，打頭炮呈獻「閃爍百老匯」，用裝飾了的拐杖代替士的跳舞，帶出舞蹈舞界限的深層意義。繼有天水圍樂善堂梁錫琚學校的一連串精彩演出，年紀小小的小學生們，登上大舞台絕不欺場。啦啦隊、跆拳道及國術演出，每一個都接近專業水平，獲得全場此起彼落的掌聲及歡呼聲。他們更別出心裁，獻唱生日歌予全場長者，散發長幼共融溫馨暖意，份外動人。

To delivery a New Year Blessing, HSC invited elder residents from all rental estates to participate the Chinese New Year Gathering cum Birthday Party. The Dance Exercise Interest Class (Kowloon East) presented a Broadway Dance to kick-off the event. Besides, pupils from Lok Sin Tong Leung Kau Kui Primary School delivered a series of fabulous performance to the elders. Birthday wishes were also delivered to the elders via a cheerful birthday song.

## 坐著起舞

### Sit and Dance

活動到了下半部分，輪到長者的演出。7 隊自組屋邨長者隊伍，自組學習、排練，為觀眾送上 7 個充滿歡笑及活力的舞蹈表演。坐著起舞目的為推廣持續及自主運動，鼓勵長者平日看電視或聽歌的時候，亦可打著拍子，動動手、踏踏腳。跟著節奏輕輕的擺動身體，持之以恆，對身心必有正面的影響。坐著起舞的參賽隊伍個個都健步如飛、手腳靈活、笑容滿面，完美示範了持續運動的好處。最後，台上台下來個千人大匯演，令全場頓變動感舞台。

Dance team from 7 of the HS rental estates took part in the Sit and Dance Competition in the afternoon of the day. They sat and danced on the stage with some familiar popular songs, which influent the audiences. Finally, a thousand of participants dance together in the hall with full of joy.

HS – Hong Kong Housing Society

HSC – Housing Society Community

## 星聲 SING 才藝匯演 大放異彩

### Elders Continue to Share on Stage

今時今日，「孜孜不倦」已經唔止應用於正值求學時期的莘莘學子。事實上，住喺房協一眾上岸的退休長者，每日行程緊密，忙於上興趣班，忙於綵排演練，忙於登台表演。正所謂，「有一種堅持叫永不放棄」。

一年一度舞台「大晒冷」活動之房協之友樂得耆所長者持續學習系列星、聲、SING 才藝匯演已於 2018-10-24 假烏溪沙青年新村舉行，由房協總經理(長者服務)張滿華博士為節目揭開序幕並鼓勵長者積極參與活動，融入社區，實行「活到老、學到老」的精神。

興趣班學員中，有 6 位學員年過 80 歲，為表揚其「持續學習」精神，房協總經理(長者服務)張滿華博士頒贈「持續學習」獎盃予 6 位值得尊敬的老友記，希望他們能夠繼續持之以恆，繼續在人生舞台上發熱發亮。

Learning is not limited to youngsters, our elderly residents are busy with their studying and learning. They are enjoying community participation.

2018-10-24 was our big day as it was the show time for all our interest classes. Dr. Cheung Moon-wah, General Manager (Elderly Services), was sincerely invited as Officiating Guests. Dr. Cheung acted as judge and encourages members to develop life enrichment with continuous learning.

There are 6 members who aged 80 or above who make many efforts on continuous learning. Dr. Cheung Moon-wah, General Manager (Elderly Services) presented the honor of Lifelong Learning Award to each of them.

## 藝：粵劇曲藝

### Chines Opera

粵曲是傳統文化遺產，其引人入勝之處是以歷史或文學作品為參考背景，編曲改編而成。邊唱邊看故事情節發展，繪形繪聲的演繹，帶領觀眾經歷一個個動人的粵劇故事。

來自祖堯邨、觀龍樓及乙明邨「粵劇曲藝興趣班」學員與義務的專業樂師攜手合作演出了兩套折子戲及演唱了三首名曲。一口氣連唱五首樂曲，學員不但過足大戲癮，對曲詞背誦如流，連同造手一樣功架十足。

由粵劇曲藝興趣班的學員合作演出的「帝女花之仙園」，更被鄰里選出為「我最喜愛表演團隊」！

Chines Opera is traditional cultural heritage. The opera culture and art not only focus on singing but also on limbs coordination and interaction amongst actors.

Chinese Opera class members from Cho Yiu Chuen, Kwun Lung Lau and Jat Min Chuen performed 5 well-known classic dramas with opera gesture. They felt enjoyable in performance and they were finally awarded with “My favorite Team” which voted by the audience.

## 藝：舞運動、花式體操

### Dance

輕快的旋律、充滿節奏感的舞步，房協之友花式體操興趣班及舞·運動興趣班學員為觀眾帶來四種不同舞蹈！

寶石大廈及祈德尊新邨舞·運動興趣班學員送上華爾茲舞蹈。優美旋轉配合音樂，增添浪漫氣氛。

祖堯邨舞·運動興趣班學員跳出“I don't wanna say goodbye”馬上減齡，頓時化身舞蹈藝員。

觀塘花園大廈舞·運動興趣班學員化身百老匯舞蹈員，手持士的一揮一舞，為觀眾帶來百老匯舞蹈表演。

乙明邨花式體操班學員利用輕器械「筷子」表演「筷子操」舞蹈，豐富節拍感及團員合作默契令在場人士全程投入。

Dancers from Bo Shek Mansion and Clague Garden Estate performed romantic ballroom dance waltz.

Cho Yiu Chuen dancers show “I don't wanna say goodbye” to the audience.

Kwun Tong Garden Estate members danced with Stick to show us Broadway dance.

Jat Min Chuen members used chopstick as light props to collaborate artistic effect and beauty with the performance.

## 藝：歌詠興趣班

### Choir

獨唱，任何人都可以做到。但合唱、二重唱、甚至三重唱，卻需要一班人才可以完成。房協之友歌詠興趣班充分體現「獨樂樂，不如眾樂樂。」，一大班人唱始終係開心好多！

來自漁光村、乙明邨及觀塘花園大廈歌詠興趣班學員分別演出了多首耳熟能詳的金曲，學員在練習時，除了學會運用胸肺呼吸之餘，亦可訓練腦筋記憶，以學習為本之餘，同時可關注健康。

HSC Choir Interest Class members from Yue Kwong Chuen, Jat Min Chuen and Kwun Tong Garden Estate performed famous pop music which impressed audience a lot. In class, they learn singing skills with proper breathing.

## 資源再生 令節日變得更有意義

### A Meaningful Festive

房協之友舉辦環保燈籠設計比賽，鼓勵居民使用舊物料或環保物料發揮創意，製作環保燈籠。比賽以「團。圓」為主題，參加者可以透過設計燈籠，從中帶出家人團聚、家庭融洽、及和睦社區等信息。房協之友環保燈籠設計比賽頒獎典禮於 2018-11-10 假香港恆豐酒店舉行。是次活動邀請得獎者及其親友參與，讓珍貴的一刻與家人分享。同場亦加影“房協 Got Talent”及祖堯邨義工隊表演椅子舞，讓當日在場氣氛高漲。

HSC Eco-Friendly Lantern Design Contest aims to encourage residents living in HS rental estates demonstrating their creativeness and promote the concept of environmental up-cycling in a green living style. Under the theme of “Family Reunion”, HSC advocates warm family and harmonic community through designing lantern. HSC Eco-Friendly Lantern Design Contest Award Ceremony held on 2018-10-11 at Prudential Hotel. HSC had also invited the family members of the awardees to attend the ceremony. It was a great opportunity for the awardees to share their precious moment with family precious moment.

HSC held a mini competition called “HS Got Talent” and invited the volunteer team from Cho Yiu Chuen to perform chair dance. The competition provided opportunity for the participants to show their talents and encourage the concept of life-long learning.

## 冬大過年

### Winter Solstice Gathering

正所謂「冬大過年」，冬至是中國人最重視的節日。房協之友當然不會放過這個機會，在去年 12 月中在鯗魚涌社區會堂舉辦冬至敬老顯愛心暨樂得耆所生日茶聚，與近 350 位來自祈德尊新邨、觀龍樓、乙明邨、明華大廈、家維邨、勵德邨及觀塘花園大廈的長者慶祝冬至。當日活動，我們邀請長者花式體操興趣班(沙田區)的學員，與大家分享學習成果之餘，亦為觀眾席上的長者帶來一場賞心悅目的演出。同場，更為長者們帶來了一場別出心裁的泡泡表演。除了看到各式各樣充滿幻彩的泡泡外，台下的長者更有機會「抱抱」。

Winter Solstice is one of the most important festivals for Chinese. HSC organized Winter Solstice Gathering at Quarry Bay Community Hall for the residents from Clague Garden Estate, Kwun Lung Lau, Jat Min Chuen, Ming Wah Dai Ha, Ka Wai Chuen, Lai Tak Tsuen and Kwun Tong Garden Estate. There were over 300 elders celebrating Winter Solstice together. HSC provided a platform for the Gymnastic Dance Interest Class to share their achievement. Moreover, HSC has also arranged a creative bubble show to the participants.

## 運動無限者

### Game Day

隨著人口老化，社會愈來愈講求健康人生，以確保我們可以最佳狀態安享退休生活。所以坊間發掘不同的運動形式，務求提升大眾對運動的興趣，例如：馬拉松、瑜珈、體能鍛鍊小組等。而其中，房協之友將遊戲融入運動，在 2018-11-16 於西貢賽馬會大會堂舉辦了運動無限者，吸引長者們在遊戲中鍛鍊身心，不知不覺間就運動了一整天。

Healthy retirement life is a big topic nowadays in Hong Kong, an aging city. In the market, various types of sports are introduced to promote the advantages of exercise. HSC put sport into exercises in the game day, which was held on 2018-11-16 at Sai Kung Town Hall. Elders work out with fun throughout a day.

#### 一腳入洞

運用腳力及身體平衡力，將足球不偏不倚的踢進不同大小的龍門

Balancing training is applied to this game. Player shoot to the basket goals to get score

#### 推點心

用手臂及腰部的力量，配合眼界的準確度，將點心一籠一籠準確的推到飯桌上

Use arms and waist to push a cage of dim sum to the designated location

#### 抹鼻水

要毛巾墮落在恰當的位置，剛柔並重是玩這個遊戲的秘訣

To slide a towel on the mat can help to swipe a running nose

#### 長者去濕平

推著實物超級市場的購物車，鬥快搶貨品，衝向終點，是貼地又好玩的速度遊戲

To drive a real shopping cart, pick the stuff. The more stuff you pick, faster to the checkout point, the higher score you get

#### 壽司記住食

要記住壽司的組合，再用長筷子將正確的壽司夾往另一邊，看似簡單的遊戲，其實當中包括不少技能，包括腦力、手指、手腕及腰力，缺一不可

Memorize the combination of Sushi, use a long chop stick to serve them right on the table. Waist, finger, wrist, memory are used in one game

#### 彈乒乓

在乒乓球桌上跟模擬黑熊對打，乒乓球落在不同位置便可得到不同分數，娛樂性滿分

It's fun to play table tennis with a cartoon Black Bear. Different locations the ball drops, different scores you get

## 你的一小步 未來的一大步

### One Little Step is a Big Step for the Future

你今日行咗一小步未呀? 保護環境、減少浪費，雖然都已成為老生常談，但往往會有人放棄持續努力。可能有人會覺得香港有幾百萬人口，小部份人的努力只會徒勞無功。但是，我們每日的一小步，繼而影響更多人參與這一小步。集腋成裘，大家一同為保護環境的努力，一小步就會成就我們未來的一大步。

Protecting the environment and reducing waste have become common place. Some people may think that there are millions of people in Hong Kong, and the efforts of a small group will only be in vain. However, a small step in our daily life, gradually affects the community participate in making green works. As a result of a small step will make a great step forward in the future.

#### 增擴見聞一小步- 國際環保博覽 2018

##### Step to Know More About Green - International Environmental Expo 2018

逛街的時候有沒有聽到其他人叫「走飲管」或者「走餐具」呢? 時下流行外出時自備飲管及餐具，以減少使用塑膠的機會。留意環保的潮流，大家可以了解更多不同的環保心得。去年十月舉辦國際環保博覽 2018，房協之友帶領居民到場參觀。各位環保小先鋒於會場了解最新的環保資訊之餘，更參與環保小手工，寓環保於樂趣之中。

Did you heard someone calling "No Straws" or "No Tableware"? There is a trend, nowadays, to bring your own straws and tableware to reduce the chance of using plastics. Knowing more about the trend of environmental issues, you can learn more different way to protect our environment. HSC led the residents visiting The International Environmental Expo 2018 in October last year so as to learn the latest environmental information.

#### 惜食、減費、回收一小步 - 聖誕食品募捐行動

##### Step in to reduce food waste and recycling - Christmas Food Drive Program 2018

房協之友於聖誕前後辦舉聖誕食品募捐行動，收集居民捐出的聖誕節食品，透過惜食堂捐贈予有需要的長者及家庭，分享聖誕節的氣氛。其實回收轉贈都是環保旅程中最後的一小步，大家更要珍惜食物，適量購買，一同做個環保小先鋒。

HSC find the way to share love as well as reduce food wastage. We collects the festival food and transfer to the needy through Food Angel. Recycling is the last step in the environmental protection journey, we shall cherish food and buy in moderate way in our first place.

## 「義」字當頭

### AVS Run & Walk for Volunteering

房協之友帶領祖堯邨居民參與於 2018-10-14 由義務工作發展局(義工局)舉辦義跑義行「義」018 步行籌款。祖堯邨義工沿數碼港商場步行至數碼港道折返，為這項有意義活動籌得善款，從而協助義工局推動義務工作發展。

HSC led Resident of Cho Yiu Chuen joined "AVS Run & Walk for Volunteering" which held by Agency For Volunteer Service to raise fund for the development of volunteerism. The program held in Cyberport Waterfront Park and participants enjoyed the walk.

## 樂善堂萬人行 2018

### Lok Sin Tong Charity Walk

房協之友號召了觀塘花園大廈近 40 名義工，於 2018-11-24 參與一年一度由九龍樂善堂舉辦的樂善堂萬人行 2018 慈善步行籌款，由沙田馬場沿城門河步行至沙田公園。是次籌得的善款將會用作醫療、教育及社會服務經費，持續為有需要人士服務，令更多弱勢社群受惠，讓關愛延展至社區。

HSC led the volunteers from Kwun Tong Garden Estate to participate in Lok Sin Tong Charity Walk 2018 which was held on 2018-11-24 at Sha Tin Racecourse. Volunteers started walking from Sha Tin Racecourse, alongside the Shing Mun River to Sha Tin Park with over 10 thousands participants. Fund raised will be used to finance the development of Lok Sin Tong's medical, educational, elderly and social services.

## 尋找香港好去處

### Find a Good Place in Hong Kong

儘管很多人會認為香港是彈丸之地，但其實當你用心發掘香港的好去處，細心欣賞每個部分，你會發現很多令你意想不到、眼界大開界的地方。房協之友於 12 月帶領居民前往「第 53 屆工展會」，購買糧油麵食、湯料及美容保健食品等。房協之友更把握機會於工展會前帶領居民遊覽香港不同的景點，找尋香港的另一面。我們帶領居民參觀了位於北角的油街實現，一個推動藝術交流的領域。在油街實現裡，我們能感受到城市裡的一片綠洲，居民甚至在藍藍的天空下享受了短暫而難得的日光浴。當走進展覽廳中馬上進入了藝術的境地，若你草草走過，牆上掛著的只是一些不知在畫什麼的抽象畫。但當你仔細觀察整幅畫的每個細節，你會發現新派藝術家所表達的深意。

Hong Kong is a tiny place, there are actually a lot of attractions if you try to look at them out closely. HSC took the chance of Hong Kong Brands and Products Expo Parade 2018 Tour to bring our residents to some attractive and unexpected sites for visit. One of the visiting points is Oil Street at North Point. It is a venue for promoting art and culture especially for young designers. Residents could enjoy the sun bath on the turf. Inside the exhibition hall, they could explore the meaning of various art piece.