

舞蹈背後

房協之友帶領居民參加由香港仔坊會主辦的全港長者花式體操節已踏入第六個年頭，參加者對「習舞」的熱心有增無減。「習舞人士」分別來自祖堯邨、乙明邨、祈德尊新邨及寶石大廈。由第一年戰戰兢兢的踏上香港伊利莎伯體育館舞台的跳舞班學員，到今年足滿自信及擁有豐富舞台經驗的「習舞之人」，簡直判若兩人。他們將訓練的成果，在台上發揮得淋漓盡致。

舞台上，他們是默契十足的戰友，舞台下，他們是互相扶持的鄰里街坊，是餘暇消遣的最佳伙伴。部份長者表示，最初加入跳舞班，只是想運動下，維持一星期一次的帶氧運動，沒想過要表演，部份長者甚至對比賽感壓力及抗拒。但經過學員們互相鼓勵後，他們開始在舞台上發現自己的潛能及自信，更享受團隊精神的凝聚力。在跳舞之外，他們得到的比技巧更多。

長者花式體操興趣班

葵青區-祖堯邨

課堂上，時而聽到他們的笑聲，時而聽到他們大聲數拍子的聲音，臨近比賽或表演的日子，他們對練習的認真態度及能耐，比年青人更強。自組練習已是他們的慣常日程，「練到齊為止」亦成為他們口號了！

荃灣區-祈德尊新邨/寶石大廈

「興趣班裏裏外外都好朋友！」學員們笑著說。這句說話完美描述了長者花式體操班(荃灣區)學員之間親密的感情。他們本來只是偶爾在屋邨左右碰見的街坊，有些更是素未謀面，同住在荃灣區的陌生人。但興趣班給他們結了緣，令他們成為分享生活逸事的朋友、結伴欣賞音樂節目的伙伴、一同飲茶聊天的茶伴等。比賽當日，他們更顯互相照應的一面。你幫我拿細軟，我扶你上落樓梯。互相鼓勵、關心彼此。也許他們對比賽的鬥心不是最強，但感情肯定是最好的。

沙田區-乙明邨

看著數屆全港花式體操節金獎得主的乙明邨舞蹈隊員，以為他們與導師在課堂上的訓練必定非常嚴謹，氣氛嚴肅。但原來剛好相反，課堂裏氣氛充滿歡樂、異常輕鬆。他們在排練時認真、對每個舞步一絲不苟，但一到小休時，就像小學的小息般，學員們跟導師打成一片，吱吱喳喳、喋喋不休閒休。聽說他們還在課堂上認識到一起做義工的好拍檔，常相約到不同機構參與義工服務。遇到有共同興趣、共同話題的人，實在可貴。

The Story Behind Dance

It was the 6th Hong Kong Gymnastic Dance Competition that HSC taken part in. We brought “Dancers” from our Dance Interest Class (Cho Yiu Chuen/ Jat Min Chuen/ Clague Garden Estate/ Bo Shek Mansion) to the Queen Elizabeth Stadium for their 6th competition since 2014. They gained experience from the competition, from time to time, they become a professional performer.

On the stage, they are teammate, dance partner. Other than that, they are friends, neighbour, and companion. At the beginning, the aim of joining dance class is to have some regular body training. Some of them were even reluctant to participant in competition. After years by years, they develop self-confidence and team spirit, which are an unexpected achievement.

Gymnastic Dance Interest Class (Cho Yiu Chuen)

Laughter and beat rapping are throughout the dance class at Cho Yiu Chuen. Nearer to the competition day, Cho Yiu Chuen dance class formed a training group for intensive training beyond lesson. “To have the best performance!” is their slogan.

Gymnastic Dance Interest Class (Clague Garden Estate/ Bo Shek Mansion)

“We are buddies!” said the dance class teammates. They join the dance class and become friends. They share happiness and sadness. The dance class bring them not only the dance technique, but also a companion, a buddy, a caring friend.

Gymnastic Dance Interest Class (Jat Min Chuen)

Jat Min Chuen Dance Class is the Golden prize winner of the Gymnastic Dance Competition. They practice seriously on the lesson, and relax during the break, just like a kids. Dance brings them together, gradually become hobby sharing partner.

*HS-Housing Society

HSC-Housing Society Community

喜迎豬年

新年除了新春活動還有甚麼好節目?房協之友向長者和居民大搞生日派對。於新春舉辦迎春敬老顯愛心暨生日茶聚,與近 400 名來自明華大廈、勵德邨、樂民新村、乙明邨、觀龍樓、觀塘花園大廈、漁光村的長者齊賀新春及壽辰。活動當日,我們邀請了「可持續發展委員會」表演一場別出生面的「低碳生活」巡迴話劇,令長者們開懷大笑,度過一個不一樣的生日會。

精彩節目再接再厲,房協之友在新春期間於祖堯邨及乙明邨舉辦金豬賀歲嘉年華。除了攤位遊戲、幸運大抽獎、民間表演外,亦邀請到財神送上祝福。同場更邀請了祖堯邨坐著起舞學員及乙明邨歌詠班學員現場表演椅子舞及大唱賀年歌為大家助興!

In Celebration of Chinese New Year

HSC organized gatherings with the elder residents at LOHAS Park and Kai Tak Community Hall in February. Near 400 elders from 7 rental estates enjoyed a celebration with those whose birthdays fell in January and February. HSC also invited Council for Sustainable Development to perform a drama themed Low-Carbon Lifestyle to deliver an environmental protection message.

HSC Chinese New Year Carnival was held in February at Cho Yiu Chuen and Jat Min Chuen. Apart from the funny games, all of the residents were also enjoying the juggling show and excited lucky draw moment. On the other hand, we invited our interest class members to sing and dance on stage.

義工又出動啦!

年近歲晚,房協之友已經急不及待舉辦各種活動,務求令居民過一個熱熱鬧鬧的新年,今年也不例外。我們首先啟動「愛心行動」,以社區探訪為服務焦點,於春節前夕推出一系列義工探訪活動,為長者帶來窩心暖意。

於 2019 年 1 月舉辦的「新春義工探訪」,房協之友召集近 60 位長者義工,為超過 800 名觀龍樓、祖堯邨、明華大廈長者送上節日的祝福,實行自己屋邨自己探。義工跟受訪者的年紀相若,話題特別投機,談談身體狀況,再訴說屋邨最近的改變,如此溫馨的交談,令長者家裡頓時充斥著滿滿的暖意。

GO GO Volunteer

To celebrate the Chinese New Year, HSC had actively arranged numerous activities to bring festive atmosphere into the neighbourhood. HSC's Operation Love, a series of volunteer home visiting in conveying warmth to the elderly, was thus initiated.

In January, Lunar New Year Volunteer Visit gathered 60 volunteers in delivering New Year's blessings to over 800 elders living at Kwun Lung Lau, Cho Yiu Chuen and Ming Wah Dai Ha. The similar background between the volunteers and interviewees overcomes the unfamiliarity, hence the harmonious ambience were brewed.

社區藝術家用創意帶出深厚意義

一幅又一幅美妙的作品，揮春上繪畫著不同的人 and 事，包括家人、盤菜、舞獅等等。每個社區藝術家都將自己的理想社區透過作品向公眾表達出來。他們有著不同的故事、背景，但共同之處，是他們都是住在房協轄下的屋邨/屋苑，有著相同的和諧社區文化意識。

房協之友農曆新年期間，在房協轄下的屋邨舉辦了賀年揮春創作比賽，召集社區藝術家施展其創作神力，讓大眾透過他們的作品，記錄及細味社區軼事。得獎作品在 2019-3-30 舉行的賀年揮春設計比賽 2019 頒獎典禮暨文化交流茶聚展示。得獎藝術家藉交流會觀摩各個得獎作品，交流創作心得及社區故事，激發創作靈感。同場亦有手工藝工作坊，藝術家可即場發揮創意，創作具個人特色的裝飾。

Community Artist brings Festive Message

Every amazing art pieces tells a story, e.g. family warmth, lion dance beat, etc. The Community Artists wish to express their treasures embedded in the community to the audience, who are their neighbors.

HSC hold a [Fai Chun Design Competition](#) during Lunar New Year for HS Residents who are hidden in the community. Those who won the competition were invited to attend the prize presentation ceremony on 2019-3-30, where they could share their experiences with other participants.

見招拆招 考驗團隊精神

邊個話長者唔可以玩野外定向?邊個話長者唔鍾意玩?房協之友挑戰社會對長者的普遍感觀，在活動注入新元素，用超過 10 個創新遊戲，誘發長者們發揮小宇宙。我們在 2019-4-16 於西貢樟木頭老人度假中心舉辦耆樂大作戰，邀請近 80 位長者參加。他們組成 8 人小組，根據不同指示，到指定地方完成各項任務，每個任務必需要以團隊完成。除了令他們深入了解營地環境外，更讓他們動動腦筋，與隊員分工合作，發揮團隊精神，以最快速度完成任務。雖然只是玩樂性質，但他們對於每個遊戲都一絲不苟，玩得非常投入。時而緊張大叫，時而興奮拍掌。不少長者表示很享受是次活動，可讓他們動動腦及手腳，整個人都年輕起來!

Team Spirit Leads to Success

Near 100 HS elders joined HSC Team in a check point game on 2019-4-16 at Cheung Muk Tau Holiday Centre for the Elderly. Who said they are not playful? Dare not to take challenge? HSC designed 10 games, mobilize elders into 10 teams. Each team completed all mission under dedicated instruction, and at different place throughout the camp site. They played hard, and had so much fun with their teammates with 'Esprit de corps'.

添上綠色新衣

春節的時候，大家有沒有添置新衣呢？大家有沒有留意，不時都會發現一些光禿禿的山頭，它們要添置新衣就比我們困難得多！根據漁護署的資料，2016-17 年度中，郊野公園共發生 20 宗山火，燒毀超過 1000 棵樹，300 多公頃土地受損。山火不但令我們的郊野變得光禿禿，一些賴以維生的昆蟲動物都會變成無家可歸，所以我們要竭力保護郊野樹木，防止山火。每年一度的香港植樹日就是大家協力為山林添上綠色新衣的時候，藉此宣傳防止山火、愛護大自然及保護山林的意識。

香港植樹日於 2019-3-23 假獅子會自然教育中心(西貢蕉坑) 舉行。房協之友帶領近 60 名房協環保大使，已是第 16 年參與植樹活動。活動當日灑著微微雨水，滋潤著泥土。環保大使們無懼風雨，一步步踏上山頭，為郊野山頭添上嫩綠的色彩。

A New Green Jacket

There are always some naked hills as a result of fire. It is not easy to recover hills in green. The Tree Planting Day held on 2019-3-23 at Lions Nature Education Centre, was a way to add new green jacket for our city. HSC encouraged our colleagues to join the meaningful event. It is the 16th go and near 60 HS green ambassadors have taken part. Although the weather carried slight rain, HS green ambassadors were not afraid of wind and rain, stepping up the hills, adding a verdant color to the naked hills.

迎春懷舊夜

房協邀請轄下出租屋邨的居民代表出席以迎春懷舊夜作主題的己亥年新春歡聚。當晚出席的嘉賓都以懷舊主題作打扮。穿越不同年代，由 50 年代的葉問、60 年代的呂奇、到 80 年代的胡楓、李龍基打扮，各具特色，令晚宴增添不少色彩。大會更於席前增設懷舊遊戲攤位，讓嘉賓在享受晚宴前懷勉一番，重拾舊日回憶。

Chinese New Year Banquet

HS held the Chinese New Year Banquet themed 'In the Old Days'. Guests were dressed-up in the 50s'to 80s', to match with the nostalgic decoration. Funny old games before banquet made a perfect kick-off.

春

面對全球氣溫每年提升，香港的冬天就像消失了一樣，過去的冬季只發出過 3 日的寒凍天氣警告。我們大概可切實地感受到環境污染為地球及氣候帶來的影響。踏入春季，氣溫已升至攝氏 30 度，但又會驟然降 7 至 8 度。在這乍暖還寒的天氣，祛濕、排毒、增強抵抗力是必要的。除了湯水、藥療外，以運動舒緩風濕關節痛及增強抵抗力為最有效。世界衛生組織建議成年人每周進行 150 分鐘的中等強度運動，即運動時不太喘氣和仍能說話，能有效維持身體機能。有見及此，房協之友以各種不同方式，將運動帶進生活。除了興趣班外，我們在不同的場合爭取帶領長者做運動。坐式體操、坐著起舞便是又方便，又能達至運動效果的輕便帶氧運動。除了透過動手動腳舒展筋骨及鍛鍊肌肉外，配合數拍子、呼吸，更能強化心肺功能。每日做 20 分鐘，必定能強身健體，以應對這千變萬化的氣候。

Spring

Unsettled weather of spring with sudden warm and cold, people especially elderly suffer from joints pain, muscle stiffness, or even sickness. To get rid of these physical discomfort, we could use medication, Chinese medicine soup, or else, the most natural way – Exercise. HSC seize every opportunity to infuse exercise into life, and into our activities. We introduce seat dance, aerobics on chair, which are the easy way to train our body. Have 20 minutes aerobic exercise every day, could effectively keep sickness away.