

## 以關懷凝聚社區

### 長者關懷日義工探訪

來自祖堯邨及觀塘花園大廈的義工今年再次齊集香港體育學院，與近 1,200 名不同機構的企業義工，進行啟動禮及義工簡介後前往各區，探訪 2,000 名 60 歲或以上的獨居長者。義工們的愛將潛能引爆，雖然愛心福袋的重量一點也不輕，加上部分長者義工們年紀也不輕，但他們沒有任何怨言，互相幫忙，將心意逐一送給每一位的長者。義工們在探訪後表示，做善事的喜悅和滿足感已掩蓋了倦意！

### 守望相助健康義工

講到做義工，房協之友致力帶領居民參與了無數的義工活動。現在，房協義工要「升呢」，房協之友全力支持香港公開大學護理及健康學院培訓社區健康義工，帶領觀龍樓、祖堯邨及觀塘花園大廈的義工參加由香港公開大學舉辦的「守望相助」健康義工培訓課程，為義工提供一系列與健康關顧及義工服務有關的訓練，期望能為有特別健康需要的人士提供關懷、支援及照顧。培訓課程於 2019 年 10 月正式開展，為期 9 個月。課程提供教材，更加入多媒體及互動元素，使義工們學習更方便、投入，並提升照顧技巧，為社會加添正能量！另外，房協之友於 2019-10-26 帶領眾義工們參觀香港理工大學「賽馬會智齡匯體驗中心」，透過參觀智能家居示範單位，讓義工們知道智齡科技的意思，透過互動及遊戲，讓義工們明白現今科技對長者家居生活的支援。

## Caring facilitates coherence in the community

### Elderly Visit 2019

Volunteers from Cho Yiu Chuen and Kwun Tong Garden Estate gathered at Hong Kong Sports Institute with 1,200 corporate volunteers. They visited 2,000 solitary elders after the kick-off ceremony. The gift packs were heavy but they shoulder them with care. Although some of the volunteers were fatigued, they had no complaints. Their happiness and satisfaction replaced their tiredness.

### Supreme Power of Team Spirit

HSC leads our residents to participate in various volunteer work. It is the time for our volunteers to upgrade. HSC invited the volunteers from Kwun Lung Lau, Cho Yiu Chuen and Kwun Tong Garden Estate to join the volunteer programme organized by the School of Nursing and Health Studies of Hong Kong Open University. This programme provides knowledge and series of training in order to equip the volunteers, in providing special care and support to the person with special needs. The programme started in October 2019 with a 9-month period. Our residents are trying their best to learn with different materials. HSC also led our residents to visit the "Jockey Club Smart Ageing Hub Day Experience Centre" at Hong Kong Polytechnic University on 2019-10-26. Under the guidance of ambassadors, the volunteers understand how the technology improve the lives of the elders.

## 粵曲匯知音

「粵曲」對於新世代的確有點陌生，或許少部份年輕一輩更會覺得粵曲「Out 咗」，宜家梗係要聽 K-Pop 先夠「潮」。也許粵曲不再「流行」，但值得重視的傳統文化遺產也必須「流傳」下去。

房協之友粵劇曲藝興趣班匯集一眾粵劇發燒友，每星期都會聚首一堂，讓學員們在專業導師指導下，接受粵曲歌唱訓練。課程內容除了基礎粵曲音樂理論、音律節奏、吐字發音外，亦加入粵劇造手元素，以訓練學員的舉止談吐、身體節奏及協調等。

為使學員們增加舞台演出經驗，房協之友於 2019-10-8 假基督教家庭服務中心舉行房協之友樂得耆所長者持續學習系列粵曲雅聚匯知音，近百位來自祖堯邨、乙明邨、觀龍樓、漁光村及家維邨的粵劇曲藝興趣班學員分享課堂學習成果，並邀請了親友鄰里到場支持及打氣！

當日學員經過悉心打扮後，由義務樂師團隊及導師引領下，分組演出多首粵劇名曲，包括靈臺夜訪、胡不歸之慰妻、傾國名花、洛水夢會、鳳閣恩仇未了情及艷曲醉周郎等。

## Chinese Opera links people together

Chinese Opera is traditional cultural heritage. The opera culture and art not only focus on singing but also in delivering a story behind the lyrics. Although it is not familiar with the youngster nowadays, it should not be fail in handed down from past. Chines Opera is an impressive world cultural heritage that must be pass to the next generation.

HSC hold Chinese Opera Show on 2019-10-8 in Christian Family Service Centre which invited hundred participants from Cho Yiu Chuen, Jat Min Chuen, Kwun Lung Lau, Yue Kwong Chuen and Ka Wai Chuen.

With full dressed and the aids from Tutor Miss Kwan and her volunteered musician partners, participants are confident enough to perform six well-known songs to the audience perfectly.

## 運動無限耆

這個世代的人平均比以前長壽，所以退休的生活亦比以前長久。換句話說，他們有更充裕的時間享受人生，接受不同的新挑戰。房協之友於 2019-10-10 假將軍澳體育館舉辦運動無限耆 2019，帶領長者衝破體能極限，令長者們體驗「唔玩唔知身體好」。有不少參加者大叫「好激呀!」「原來我仲咁玩得!」

### 個人表演

活動分為個人及團體遊戲兩部份量，挑戰長者的不同技能。運動會以武林功夫為主題，製造動感氣氛，令長者們更積極投入遊戲。齊眉棍法挑戰長者們的平衡力及手腳協調，看似簡單的推膠管遊戲，但玩起來原來都需要一定的技巧。

龍爪擒拿手不但考眼界及手部的運用外，更巧妙地借助地墊的阻力，用最短的時間，將地上的膠波收歸己有，成為最強龍爪手。

### 團隊精神至高無上

下午遊戲是最精彩的部份，以屋邨為單位，分別派 6 人出戰，爭奪各個團體獎項。每個遊戲都需要隊員的合作，方可完成賽事。當中六合拳更將參加者的內在潛能迫出來，突然武魁上身似的，為求擊敗對手，以保隊友安全，跳、跑、截、追，招式盡出，令場面十分緊張、刺激。

## Sports Infinity

Nowadays, people life is growing longer. On the other words, the retirement life is getting longer. Elders are having more leisure time to enjoy life, and meet different challenges. HSC held the Elderly Game Day 2019 at Tsuen Kwan O Sport Centre on 2019-10-10. Some of them were excited, and shouted 'I am still young enough to play hardly!'

### One Man Show

Games are divided into two parts, to test the various skills of Elders. Chinese Kong Fu is the theme of the Elderly Game Day. Qi Mei Gun Fa is one of the games, which need a well control of body balance and coordination.

Long Zhuo Qinna Shou needs a good condition of sight, and arms control, to grab the ball to their own territory.

### Supreme Power of Team Spirit

Afternoon games are in team. Each team are formed by 6 people from one estate. The games need perfect cooperation. The elders strive to protect their teammates by breaking out unlimited human power. That was the most exciting moment of the day.

## 以愛凝聚社區

以愛共融為主題的房協之友才藝滙演，於 2019-11-19 假烏溪沙青年新村舉行。參加者無論是表演或觀賞，都憑著「愛」，凝聚在同一個時空、同一場地。他們有著對舞蹈的愛、歌曲的愛、追求知識的愛，甚或是對鄰里的愛(捧場者)。無論是怎麼樣的愛，總之，他們就在這天，在這個空間，享受著一個充滿愛的表演。

### 舞蹈的愛

房協之友在祖堯邨、祈德尊新邨、觀塘花園大廈及乙明邨都有舞·運動興趣班。大部份學員都是「鐵粉」，由 5 年前興趣班成立，一直跳到現在。令他們保持對跳舞的愛，除了因為導師教授不同舞蹈以增加趣味性外，他們發現舞蹈對身體的正面影響超乎預期。尤其是鐵粉們，他們都盛讚跳舞有逆齡功效呢!

### 歌曲的愛

歌詠班是房協之友興趣班中陣容最鼎盛的興趣班，分別在葵青、中西九龍、香港、東九龍及沙田都有課堂。學員對金曲的喜愛，令他們不滿足於只在 K 房唱歌，而要由音樂的基礎學起，學習讀歌譜、數拍子。還原基本，從頭再細味每首耳熟能詳的歌曲。

### 追求知識的愛

除了歌詠班，房協之友還有粵劇曲藝興趣班，分別於觀龍樓、祖堯邨及乙明邨設常規課堂。學員最初在粵曲班學會了讀工尺譜、學會了理解歌詞，但都未能滿足他們對知識的追求。所以後期便加入了造手課程，使學員汲取全面的粵劇知識。

### 鄰里的愛

各興趣班除了有專業的導師帶領外，更有志同道合的同學。這在持續學習上，擔當了一個很重要的角色。他們在課堂上除了研究課堂知識外，更會研究食譜、街市行情、養生之道等等。濃濃的街坊情，就這樣建立了! 有共同愛好、興趣的人走在一起，份外投緣。有著共同的愛好，人與人便能連繫起來，以延展至社區。

## Love brings us together

With the theme of Love Coherence, HSC held Talent Show 2019 on 2019-11-19 at Wu Kwai Sha Youth Village. Love in dance, love in music, love in knowledge, and love in neighbourhood bring the participants together, and they are all in love with the perfect show.

### Love in Dance

HSC Dance Exercise Interest Class are held at Cho Yiu Chuen, Clague Garden Estate, Kwun Tong Garden Estate and Jat Min Chuen. Most of the class participants are the die-hard fans. They have joined the classes since it started. Some of them said dance brought them the unexpected positive impact on physical aspect.

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## Love in Music

HSC Choir is the most crowded interest class. We have classes at various district. Love in Music make them eager to learn from zero, from score, beat, and to taste every note of songs.

## Love in Knowledge

Besides Choir, HSC hold Chinese Opera Interest Classes in Kwun Lung Lau, Cho Yiu Chuen and Jat Min Chuen. After they learned to read the score and sing, they are hungry for achieving additional skills from the lesson. Therefore, we also add Chinese Opera gesture and posing into the course.

## Love in Community

Love in Community is an important elements for a sustainable life learning concept. Besides the professional trainers, sharing the same loved hobbies bring participants together in every class. This kind of love throughout neighbourhood spread into the community.

## 升級燈籠高高掛

大眼仔米高、色彩繽紛的城堡、尖沙咀鐘樓等等，一個個美侖美奐的燈籠，由選材到設計都一絲不苟。驟眼看來，你絕對不會察覺這些燈籠是環保燈籠設計比賽的升級(Upcycling)作品。房協之友一直致力以不同形式向社區推廣環保，有實幹型的各項回收活動，亦有富鼓勵性及教育意義的房協之友環保燈籠設計比賽。比賽鼓勵居民用廢棄物作材料，創作一個專屬、具特色的燈籠。除了參加比賽贏得獎項外，在家掛住燈籠時，更可向街坊展示升級燈籠的環保意義。

## Upcycling Lantern

Monster Mike, Castle, Hong Kong Clock Tower, etc. were found in the Lantern Design Competition. HSC actively promotes the concept of GREEN by various means. Apart from the Recycling Campaign, we hold Lantern Design Competition, to encourage residents make their own, unique lantern by using waste. These unique lanterns help to win the awards from the competition, besides, they make use to promote GREEN throughout community by hanging up in the public area.

## 回收桶≠垃圾桶

大家有沒有見過回收桶裝滿了錯誤分類的垃圾？這使本來可回收物品也受污染，不能回收。很多人誤以為一些物品可以回收，而將它們放入垃圾桶。有油污的外賣餐具就是一個好例子。即使塑膠餐具可以回收，但食物殘留會污染回收物。這使大批共同處理的回收品受到污染，最終可能讓它們被送往堆填區。

大家要謹記回收桶≠垃圾桶！不可以為了一時便利將垃圾掉入回收桶，亦不可以將回收物隨便掉棄於垃圾桶！齊齊了解回收物的知識，分別出可以及不可以回收的物品。回收的工作全賴我們一同的努力，一起為我們的社區努力吧！

## 乾淨紙包回收活動

紙張、膠樽、玻璃等都是大家耳熟能詳的回收物，紙包飲品盒可以回收嗎？在 2017 年，港人棄置紙包飲品盒數量近 2.9 萬公噸，足以鋪滿 4,360 個香港大球場。一個紙包飲品盒由紙、膠及鋁等組成，回收率近乎零。本港紙包飲品生產商維他奶國際集團有限公司推行「乾淨紙包回收活動」，於社區及學校增設回收箱回收，亦安排流動教育車教育市民，支持紙包飲品盒回收。由現在開始，大家謹記不要將紙包飲品盒掉進垃圾箱，將乾淨紙包飲品盒回收再造！

## Recycling bin ≠ Trash Can

Have you even seen the recycle bin stuffed with unrecyclable trash? That makes the recyclable items contaminated and cannot be recycled. People are mistakenly put the unrecyclable items in the recycling bin. Plastics tableware with oil stains is a good example; even some plastic can be recycled, food residues will contaminate the recyclables. Those recyclable stuff will be sent to the landfill finally.

We must keep in mind that the recycling bin ≠ the trash can! Do not drop the garbage into the recycling bin for convenience, or discard the recycled materials in the trash bin! Learn more about the recycled materials. Let's working together in recycling for our green community!

## Drink Carton Recycling Program

Paper, plastic, glass, etc. are familiar recyclables. Can beverage cartons be recycled? In 2017, there are nearly 29,000 metric tons of beverage cartons discarded in Hong Kong, large enough to cover 4,360 Hong Kong Stadiums. A beverage cartons consists of paper, glue and aluminum, with an almost zero recovery rate. Vitasoy International Group Co. Ltd., a beverage manufacturer in Hong Kong, has launched a "Drink Carton Recycling Program". It has set up recycling boxes in communities and schools for recycling. It also arranges mobile educational vehicles to educate the public and support the recycling of beverage cartons. From now on, everyone must remember to clean the beverage cartons for recycling!