



## Pun Choi Banquet

Pun Choi Banquet at Phoenix Clubhouse was held on February 17 (Sat). Stepping into the clubhouse, one was greeted with lively New Year songs and beautiful daffodils, thanks to Wendy for teaching us how to cut daffodil bulbs a month ago. Everyone greeted each other. Some of the members also brought along chocolates to share with others. We divided the work that day so that everyone could enjoy a happy Lunar Chinese New Year. Kyra and other members made glutinous balls together, three robust members went to pick up the Pun Choi while Verena, Wai Man and I prepared the games.

We prepared two group games this year. Everyone formed a circle and sat down. First we played the "counting words" game from the variety show on TV. After demonstration and warm up, everyone gradually grasped how to play the game: 1. Remember what number the previous person counts to 2. supply a suitable word. Next we played "passed the ball and answer questions". The host played music as a balloon was passed around, When the music stopped, whoever was clutching the balloon had to answer a question regarding Chinese New Year. If he/she gave the correct answer, he/she would receive candy as a reward.

Pun Choi started when every dish was appropriately arranged. Everyone moved the tables in a concave position so that members could easily queue up for the food. Apart from the delicious Pun Choi, we also had minced beef with onions, steamed veggies and rice with sausages plus our own home-made glutinous balls. Everyone ate heartily, laughing and talking. After lunch, everyone helped clean up on their own accord. We continued to play for half an hour after cleaning up. The games like "pile cups", "catch pencils" and "shoot pencils" were thrilling and exciting.

Happy hours flew by quickly, we parted unwillingly. Upon leaving we didn't forget to thank the organizer for this activity. I was happy that I could celebrate Chinese New Year with others, to enjoy Pun Choi, and to experience this rich festival atmosphere. In the New Year, I wish everyone an abundant and happy life!



Tak Mon

# Recovery Be My Way!

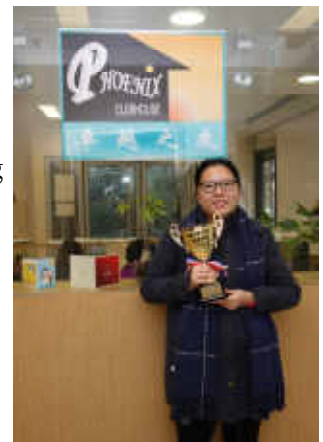


At the end of last year, we participated in the Tung Wah Hospital Radio-i-care activity "Recovery Be My Way! comics, colouring and writing competition", an event organized by the Queen Mary Hospital Mental Health committee in collaboration with the Social Welfare Western Psychiatric Centre Social Services. Our members achieved outstanding results in the competition. In the book review section, Wai Fong, Po Lin and Tak Mon won the second runner up, the third runner up and the excellence awards respectively and in the comics section, our members also received awards for excellence. Congratulations!

Let's us look at the winning masterpieces.

The second runner up masterpiece by Wai Fong:

I empathized with the characters after reading the story because I was also a rehabilitated person and I felt deeply for them. Although the two protagonists had different personalities, I appreciated their effort in helping each other. Actually, during the course of the sickness a person will encounter frustrations and feel helpless, but I feel that it can help him think about life differently, from several angles, understand more about the people around him and to value life. Fortunately, society now pays more attention to mental health and through interviews with rehabilitated persons, the public is made to realize and understand mental illness more, reducing stigma and misunderstanding of this issue. I think the recovery element can work in our daily lives because we can face life positively. I believe this kind of mentality can make our society more harmonious, with hopes of a wonderful future!



The excellence award masterpiece of Tak Mon:

Dream is a seed; everything starts with it. Practice is a process; apart from luck we have to work hard. Sowing seeds may not always produce fruits. We can only hope that after irrigation, plowing and weeding, the seed can germinate, blossom and bear fruit. Having a dream gives life meaning, pushing the society forward. A man with no dream is like the walking dead. Everyone is unique. We have to find a suitable way to manifest our strong points. If we can respect each other, take responsibility and do our best, hope may then be ignited in our lives. We have to have the will power to challenge difficulties, to endure hardships, to face adversity positively, and to be humble and brave so we can grow even amidst trials and hardships. This is metamorphosis of life, just like how a caterpillar turns into a butterfly...



## The tour of Tuen Mun New Life Interactive Farm

I participated in the TEEN activity at the Tuen Mun New Life Interactive Farm on January 17, 2018. It was organized by Kwai Chung Hospital. Besides secondary school students, we also had Mindset ambassadors with us that day. On one hand, I could strengthen my friendships with other members and to make new friends; on the other hand, I could play around the farm and appreciate nature. What a wonderful experience!

Our tour guide Peter's detailed explanations deserves praise for he succeeded in broadening our knowledge. Peter not only explained methods of planting herbs but also their pharmaceutical effectiveness. We gained more knowledge in gardening and the many types of Chinese medicine. When he talked about the longan tree, he let us identify an insect called "longan chicken". Since the insect lived in the longan tree and camouflaged as part of the tree, it was not easily distinguishable. It was new and fun. This had broaden our horizon. We benefitted a lot from this tour.

During lunch hour, we not only savored the lunch but also used the herbs to make drinks. We had a special lunch!

We made chocolate banana spring rolls after lunch. To enjoy food made with our own hands was indeed a good feeling. We were pleased as punch!

Lastly, we drew an inspiration card on which we wrote our thoughts. Thanks to the secondary school students for the card!

We said goodbye to each other after experiencing a happy and fulfilling journey. Thanks to Kwai Chung Hospital, TEEN and Mindset for arranging this activity.



KK

## First Aid Class Sharing



It was fun to learn first aid. It made our work and lives extremely practical. I thought I would fail since I couldn't keep up with the class when I first learned emergency treatment. I was tremendously happy that I could get the certificate with the help of the instructor and other members.

We had a good instructor. His sense of humor captivated all of us. The course had both theoretical materials and practicum. I learnt a lot during this course. It could help us to solve the problems in our daily lives, to help others as well as myself. Also, it could help me in my work and add to my

recognition from others.

I hope the Clubhouse can offer more similar courses for members to participate in so that we can grasp more useful knowledge.

Wing

## Administration Unit

1. Phoenix Clubhouse's 19<sup>th</sup> anniversary cum volunteers appreciation day will be held on March 10 (Sat) from 10:30am to 3:30pm. The program includes volunteers award presentation, choir, events review of the previous year, member's sharing, lucky draw, group games, talent show, and lunch buffet.
2. We will stop distributing supermarket coupons in our activities because the Queen Mary Hospital financial department has imposed stricter guidelines on using these cash coupons. Also, the McDonalds' coupons on hand will only be distributed on the first working day of the Lunar Chinese New Year. We have also stopped giving out birthday coupons in February.
3. Thanks to Friends of Phoenix Clubhouse for their contributions in the year 2017/18. The new term for Friends of Phoenix Clubhouse members will start on April 1, 2018. Members interested in becoming a member representative please contact the administration unit before March 15, 2018.
4. 2 year four students from Polytechnic University will do their practicum at the Clubhouse from March 22 to May 11.

### Transitional employment

1. Chris finished his position as administrative clerk at Paul Hastings on January 17, 2018 and was replaced by Chi Wai on February 1, 2018.
2. Ching Wah finished his position as Document Control Clerk at Hongkong Land on January 23, 2018 and was replaced by Wai Man on January 30, 2018.
3. Cheuk Lung finished his position as Document Control Clerk at Hongkong Land on February 22, 2018 and was replaced by Angela on February 26, 2018.

## Clerical Unit

1. The iMac has arrived already. We are in the testing phase. Its major function is for film cutting. We are currently planning to order Photoshop software.
2. We are intending to purchase some self-learning software packages on Word 2010, Excel 2010, Adobe Photoshop CS3, Putonghua and Chang-ji after the monthly meeting discussions.

### Education

1. The First Aid Class examination has finished. All candidates passed. We will gradually distribute the certificates.

## Environmental and Tuck Shop Unit

1. We were very pleased to invite volunteer Wendy to come to the clubhouse to teach us how to cut daffodils on January 23 (Tues). We prepared 2 pots of Qitou Daffodils and 1 pot of Crab Claw Daffodil so that we could add to the New Year atmosphere in the Clubhouse.
2. John was again the champion of exercise equipment usage in January. He recorded 310 minutes of exercise for that month. The second runner up and the third runner up was Cheuk Kwan and Michelle respectively. Congratulations to all! Other members please keep up their exercises.
3. The cake-making class made 3 turnip cakes this year. They were delicious!
4. The Nutrition seminar was held on February 7. 22 members took part. Thanks to Ms. Cannes Chan, the nutritionist from Queen Mary Hospital for providing diet tips. We benefitted from it a lot.
5. The exercise dates for the year 2018 will be every Wednesday in June and July with professional running coach Li ka Lun teaching running techniques and postures. Venue will be at the King George V Memorial Park. Please participate as much as possible.

## Food Services Unit

1. The Food Services Unit bought one multi-function food processor and two new rice cookers.
2. Employment dinner was held on February 2. The topic was "How to avoid contradiction between colleagues". Members exchanged opinions.
3. The New Year celebration party "Pun Choi Banquet" was held on February 17 (the second day of Lunar Chinese New Year). Apart from the delicious Pun Choi, members and staff made glutinous rice balls together and participated in group games.

# Program Preview

## March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						Education Lunch + Birthday Party Calvin, Henry, Enzo
4	5	6	7	8	9	10
	English Class (3:00-4:00pm) Greg, Alex, Verena		Putonghua Class (11:00-12:00nn) Katy, Verena, Henry	Board Game + X-BOX (5:00-6:36pm) Joseph, Kyra		19th Anniversary and Volunteer Appreciation (10:30am-3:30pm)
11	12	13	14	15	16	17
	English Class (3:00-4:00pm) Greg, Alex, Verena	Movie Night (5:00-7:06pm) Christina, Tracy	Putonghua Class (11:00-12:00nn) Katy, Verena, Henry  Community Resource Talk (10:00-11:30am) Social Worker and ETU			Clubhouse Closed
18	19	20	21	22	23	24
Radio-i-Care Activity (10:00am-3:30pm) Eli, Leona, Tracy	English Class (3:00-4:00pm) Greg, Alex, Verena	Board Game+ x box (5:00-6:36pm) Michelle, Bianca	Putonghua Class (11:00-12:00nn) Katy, Verena, Henry			Easter Dessert Class Verena, Martin
25	26	27	28	29	30	31
	English Class (3:00-4:00pm) Greg, Alex, Verena		Putonghua Class (11:00-12:00nn) Katy, Verena, Henry	Employment Dinner (5:00-8:06pm) Ling, Enzo	Good Friday	Easter Activity Neil, Henry, Bianca

## April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Easter Monday	Tennis + X-BOX (5:00-6:36pm) Eli, Henry	Putonghua Class (11:00-12:00nn) Katy, Verena, Henry	Ching Ming Festival		Hiking Yin, Henry, Kyra
8	9	10	11	12	13	14
	English Class (3:00-4:00pm) Greg, Alex, Verena		Putonghua Class (11:00-12:00nn) Katy, Verena, Henry	OT Student Activity (5:00-7:00pm) OT Student, Anita		Spiritual Lunch (Artaroma)+ Birthday Party Ming, Leona, Bianca
15	16	17	18	19	20	21
	English Class (3:00-4:00pm) Greg, Alex, Verena	OT Student Activity (5:00-7:00pm) OT Student, Anita	Putonghua Class (11:00-12:00nn) Katy, Verena, Henry Friends of PC Meeting 7:00-8:30pm			Employment Lunch (Stress Management) Ling, Verena, Tracy
22	23	24	25	26	27	28
	English Class (3:00-4:00pm) Greg, Alex, Verena		Putonghua Class (11:00-12:00nn) Katy, Verena, Henry	Badminton (5:00-7:06pm) Eli, Martin		Employment and Education Celebration Chris, Anita, OT Student, Martin
29	30					
	English Class (3:00-4:00pm) Greg, Alex, Verena					

<http://www.phoenixclubhouse.org>

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## Latest News

Phoenix Clubhouse's 19th anniversary, spring tea cum volunteers appreciation day Clubhouse will be held on March 10 (Sat) from 10:30am to 3:30pm. The program includes events review of the previous year, member's sharing, volunteers award presentation, choir, lunch buffet, lucky draw, karaoke, group games, and talent show. The event is free of charge. We welcome members and 4 family members per member

**Special thanks to Miss Stella Poon for proofreading the newsletter.**

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### Opening Hours:

Work-ordered Day  
Monday - Friday : 8:30am - 5:15pm  
Saturday : 9:00am - 1:00pm  
Social Activities  
Tuesday or Thursday: 5:15pm - 7:00pm  
and some public holidays

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