

Annual Activity--- Running Class



Phoenix Clubhouse was very proud that we could invite Mr. Li Ka Lun to be our running coach. The running class was supposed to start in the beginning of July but due to adverse weather, it was postponed to the third week of July. I was disappointed that the activity couldn't start as scheduled. While waiting for it, I participated in other activities

During the running class, Coach Mr. Li taught us the proper running postures, warm up exercises and the stretching exercises after running. I was looking forward to the upcoming running class every Wednesday. In the running class, we trotted five circles first then jogged slowly for five circles as warm up. After doing the warm up, I felt like running all the way. That's why when warm up was over and in order to fulfill our wish of doing exercise, we did again fast running for two circles and practiced two short sessions of the training postures. To avoid any injury, our considerate coach Mr. Li reminded us that it was best to run in a half moon posture when doing turning movements.

Coach Mr. Li encourages us that whether it is in one's daily life or in running, one must by all means never give up easily. The body and the mind have to be united. When the mind want to run then the body will run. When the mind signals that "I can't run", the body will stop running. Therefore we should never give up easily. Lastly, I and very grateful to meet many new friends in the running class. We learn together and grow up together. May God bless the running team and Phoenix Clubhouse.

Michelle Chan

Putonghua Class

I have been teaching Putonghua for four lessons. Do you know why I was interested in teaching Putonghua? I wanted to make use of my potential and knowledge in Putonghua proficiency level two and to share it with others.

During this period, the most precious moment is teaching Putonghua with Jun Chao and the medical students. Through this opportunity, I can see the importance of complementing one's partner. I am grateful that our collaboration makes the lessons run smoothly. I am responsible for teaching Putonghua phonics. Everyone seems very interested in it. I hope members would practice more after the lessons. The medical students and members take turn to read the tour guide notes, which brought on a lot of laughter from the audience. Although our Putonghua still need lots of improvement, we are trying our very best.

Members fluent in Putonghua practice with other members. Phoenix Clubhouse members liked helping each other out. The most exciting moment is when volunteer Luk Yan plays music and we sing popular songs together. We enjoy ourselves very much!

Thank you Phoenix Clubhouse for giving me this precious opportunity to teach Putonghua. Hope everyone will participate in it enthusiastically!



Chi Lok

Goodbye Kyra! All the best!

Although Kyra was absent from her farewell party she treated us to a few boxes of cakes. We would never forget how she sang "I am really hurt" in the anniversary party.

Kyra worked for half year in the Clubhouse. No one would ever dispute her professionalism and hard work.

Her departure is a loss to the Clubhouse. Not only that, we also lost a lovable friend. What a pity!

We wish her the very best and a great life ahead!

Kyra, we will miss you. Please don't forget us! Everybody in the clubhouse will miss you!



KK

Blessings for Leona

Time flies! We have known Leona for two years but had to say goodbye temporarily as is going to give birth and going to take maternity leave in August.

Leona is a very considerate person. I had participated in few activities she was in charge of, for example, Zentangle, lunch employment and table manner etiquette. Leona also played Big Two with us. I thought Leona looked like the winner of Miss Hong Kong. Another member even said she was more beautiful than the winner of Miss Hong Kong!

Everyone was joyful on this happy occasion. There were repeatedly questions liked "When is your baby due?", "Does he have a name yet?" and "You want a boy or a girl?" Leona replied "It doesn't matter as long as the baby is healthy". Some of the female members likes to touch her belly to feel the baby's movement. Fortunately she did not refuse them!

Apart from working at Phoenix Clubhouse, Leona studied in master degree program at The University of Hong Kong in the evening. Everyone cares for her health; she would say "Members are even more caring than her family". We not only cared for Leona but we are also treated very kindly by her. She realized I had diabetes, so she would constantly ask about my condition. She knew I can't eat too much sugary food. Once a member treated everyone to an egg tart, she shared one with me. Recently she has to have blood tests regularly. Whenever I saw her, she would tell me, "I am alright, no gestational diabetes mellitus".

I want to wish Leona a smooth delivery. After maternity leave, I hope she will share her joy as a mother with us and bring her baby to the Clubhouse to play with us whenever she has time. I believe everyone will love her baby very much!

TM

Mathis LY' mother sharing

Dear Friends,

I gave birth to a son on 12/8 (Sunday). We haven't decided on his Chinese name yet. (His last name is Ly. Do you have any good suggestions?) His English name is Mathis. Mathis was delivered by Caesarean section. Thanks to everyone's care and love, we are both alright. Although I am on maternity leave but I miss everyone. I remember your tips on child care and will try to be a good mother. Hope everything goes smoothly! Don't forget to come and help out in the Clubhouse often! After I settle down., I will come back with the baby to visit everyone.

Thank you for your blessings!

Leona



Administration Unit

1. Friends of Phoenix Clubhouse has already held 2 meetings (July 5 and August 10) on the publication of 20th anniversary book. We anticipate the publication of book in December. Many thanks to student volunteers Rody, Olivia, Cecilia, Yan and Lok during July and August.

Employment

1. Abby took over the job as Clerical Assistant at Schindler Lifts on 11/7/2018.
2. Wilson finished his job as Mailroom Operation Assistant (morning session) at Morgan Stanley on 31/7/2018 and was replaced by Kin Ming on 13/8/2018.
3. Joseph will take over the Mailroom Operation Assistant (afternoon session) position at Morgan Stanley on 17/9/2018.
4. Angela finished her position as Document Control Clerk (morning session) at Hongkong Land on 24/8/2018 and was replaced by Hon Wai on 27/8/2018.
5. Wai Man finished his job as Document Control Clerk (afternoon Session) at Hongkong Land on 27/7/2018 and was replaced by Lawrence on 3/7/2018.
6. Phoenix Clubhouse added two new transitional employments:
 - Hongkong Land – Document control clerk (afternoon session)
 - Hongkong Land- Male Laundry Room Assistant.

Clerical Unit

1. Leona gave us a new book named “Intensive Treatment. Leave” sponsored by The Board of Management of the Chinese Permanent Cemeteries. It will be displayed at the new book recommendation section for members to read.
2. Eric joined Phoenix Clubhouse on 22/8 (Wed). He will work in the Clerical Unit.

Education

1. The English Class will be held at the Community Resource Room every Tuesday from 3:00pm to 4:00pm.
2. The Putonghua Class will be held at the Community Resource Room every Wednesday from 11:00am to 12:00pm.
3. The Chinese Typing Class will take place from 6/8/ to 13/9, on Mondays and Thursdays. Time: 3:30pm to 4:30pm on Monday and 11:00am to 12:00pm on Thursday. Venue: Community Resource Room. A total of 12 lessons. Quickie will be taught in the first 6 lessons and Changjie in the last 6.

Environmental and Tuck Shop Unit

1. Distribution of clothing collected in the recycle program started on 6/8. Currently, we have distributed over 200 pieces of clothing. Members please continue to take the donated clothing.
2. The annual “Running Class” was completed. About 10 members took part in each lesson. The professional coach Li Ka Lun taught members how to do stretching and the correct postures in running, which benefitted us a lot. Due to the unstable weather, some members suggested the running class should be held at the indoor sports ground next year.
3. Phoenix Clubhouse's yellow neon T-shirts are being made. Members who have never taken a T-shirt before can wear them on the Tai Tong Day Camp
4. Verena had been transferred to the Environmental and Tuck Shop Unit on 22/8.
5. Leona gave birth to a son on 11/8. Mom and son are well. She sent us photographs. Congratulations!

Food Services Unit

1. We visited the Book Fair and the Food Expo in July and August respectively. The Book Fair offered different kinds of publications and books. Everyone found books they found interesting to read. The Food Expo was the most anticipated activity for our members. We were excited to buy sale items and try the food samples. Everyone bought a lot of goods although they were heavy to carry. We were happy even though our arms were sore afterwards.
2. A snack class was held in August. We were divided into two groups to compete in pan frying Chinese style thin pancakes. We made our pancakes according to a recipe. We mixed the flour and we pan fried the dough. Altogether we made pancakes. We had a great sense of accomplishment.

September 2018

Program Preview

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						Tai Kwun Tour Ming, Anita, Bianca
2	3	4	5	6	7	8
		English Class 3:00-4:00pm Greg, Alex, Verena	Putonghua Class 11:00-12:00pm Chao, Chi Lok, Katy, Verena, Henry	Badminton Class 5:00-7:00pm Eli, Enzo, Volunteer Dawn		Spiritual Lunch (Relaxing Class) + Birthday Party Po King, Eric, Tracy
9	10	11	12	13	14	15
		English Class 3:00-4:00pm Greg, Alex, Verena Table Tennis, Stretching Class 5:00-6:36pm Samuel, Henry	Putonghua Class 11:00-12:00pm Chao, Chi Lok, Katy, Verena, Henry	Leisure and Cultural Sevices Department - Green Culture Educa- tional Programmes 10:00-11:30am ETU		Employment Lunch Dicky, Verena, Martin
16	17	18	19	20	21	22
		English Class 3:00-4:00pm Greg, Alex, Verena	Putonghua Class 11:00-12:00pm Chao, Chi Lok, Katy, Verena, Henry	Karaoke + X-Box + Broad Game 5:00-6:36pm KK, Bianca		Cookie Making Class Lam, Henry, Enzo
23	24	25	26	27	28	29
	BBQ Mid-Autumn Night 5:00-8:06pm Wai Ching, Bianca, Hen- ry, Enzo	The day following the Chinese Mid- Autumn Festival	Putonghua Class 11:00-12:00pm Chao, Chi Lok, Katy, Verena, Henry			Interview Skill Volunteer Ms. Chan, Joseph, Anita, Bianca
30						

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	1 Oct Day Camp 9:00-5:00pm Bianca, Martin, Eric, Enzo, Verena, Anita	English Class 3:00-4:00pm Greg, Alex, Verena	Putonghua Class 11:00-12:00pm Chao, Chi Lok, Katy, Verena, Henry	Snack Class 5:00-6:36pm Ling, Tracy		Home Make Recipes DIY + Birthday Party Connie, Eric, Martin
7	8	9	10	11	12	13
		English Class 3:00-4:00pm Greg, Alex, Verena Mobile Operation 5:00-6:36pm Andy, Henry	Putonghua Class 11:00-12:00pm Chao, Chi Lok, Katy, Verena, Henry Friends of PC 7:00 pm			Education Lunch (Memory Method) Neil, Verena, Tracy
14	15	16	17	18	19	20
		English Class 3:00-4:00pm Greg, Alex, Verena	Chung Yeung Festival	Movie Night 5:00-7:06pm Ming, Enzo		Hiking Sunny, Henry, Enzo
21	22	23	24	25	26	27
		English Class 3:00-4:00pm Greg, Alex, Verena	Putonghua Class 11:00-12:00pm Chao, Chi Lok, Katy, Verena, Henry		Education Dinner 5:00-8:06pm Joyce, Martin,	Make Up Class Professional Josie, Katy, Anita Bianca
28	29	30	31			
		English Class 3:00-4:00pm Greg, Alex, Verena Making mosquito repellent with coffee grinds 5:00-6:36pm Christina, Bianca	Putonghua Class 11:00-12:00pm Chao, Chi Lok, Katy, Verena, Henry			

<http://www.phoenixclubhouse.org>

1/F North Wing,

David Trench Rehabilitation Centre,

No. 1F High Street, Hong Kong.



Latest news

The Tai Tong Family Day Camp will be held on Oct 1st. Enrolled participants: 94, 6 spaces still available. Please sign up as soon as possible. For no-show members, the chances of being qualified for the Disney tour at the end of year will be affected.

Special thanks to Miss Stella Poon for proofreading the newsletter.

Phoenix Clubhouse Address:

1/F North Wing,
David Trench Rehabilitation Centre,
No. 1F High Street, Hong Kong.

Tel : (852)2517 8127

Fax : (852)2517 8169

Web : www.phoenixclubhouse.org

Email : pc@phoenixclubhouse.org



Opening Hours:

Work-ordered Day

Monday - Friday : 8:30am - 5:15pm

Social Activities

Saturday :9:00a.m.-1:00p.m.

Tuesday or Thursday: 5:00p.m.-7:00p.m.
and some public holidays

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