



The celebration party for the relocation of the Clubhouse and Welcome Party

On Friday 10 June 2011, we threw a party to celebrate the relocation of the Clubhouse as our evening activity. Members and their families were welcomed to come, and that was why staff and members had notified everyone in advance. That evening, I brought my mother, my sister and her baby to the Clubhouse. The activity began shortly after 6:00p.m. Janet led all participants to watch a short film about the Clubhouse in the dining room. After the film, Mimi showed family members around the Clubhouse and for about 30 minutes introduced to them the various facilities. Then everybody re-assembled in the dining hall where members and their relatives shared their feelings for the clubhouse, Janet, Mimi's husband and Wing talked about their appreciation of the clubhouse for the differences it has made in their lives all these years. Everybody was listening carefully. In the evening, delicate snacks were served, including fried rice, sweet and sour bean curd, barbecued pork pastry, thousand-year egg pastry, siu mai and lettuce. The red bean pudding prepared by Eva was delicious. The food service staff cooked sweet bean curd soup. At 7:00pm, Eva and Mimi explained about recent changes and activities of the clubhouse, and its future development. We then shared the food, followed by karaoke at about 7:30pm. I found this social gathering very meaningful. I spent a night at the clubhouse with my family members. My mother and sister found the clubhouse spacious and beautiful. They began to understand my daily activities at the clubhouse and encouraged me to stay there more often.



Ivy, Sandy



Jardine Day Camp

The annual Jardine day camp was held on 18th June, a fine day. Participants of this 9th annual activity included Phoenix Clubhouse, Castle Peak Hospital, Baptist Oi Kwan, New Life Psychiatric Rehabilitation Association and the Mental Health Association of Hong Kong. Jardine's staff arranged 7 games for us. The games demonstrated that the healthy and the disabled could co-operate well and the Phoenix Clubhouse team won. The cheer-leaders cheered the 18 members of the Phoenix clubhouse team on with a rhymed chant: that they were all strong and healthy, and that they would win for sure!

Hong Kong is a cosmopolitan city. Jardine is a large organization. Nowadays people start to pay more attention to the co-operation of the healthy and the disabled. Jardine fully demonstrates their concern and care of the less fortunate sector of society. As contribution back to society, Jardine arranges several transitional employment positions for Phoenix Clubhouse. We are very grateful to them. I wish the world would provide better service to the disabled so that they may find it easier to integrate into society, making it a better place to live.



Kadoorie Trip

On 2nd July (Saturday), 15 clubhouse members and 2 staff joined the Kadoorie trip arranged by Jardine Mindset. We met at the clubhouse at 9:30am. Then 2 Jardine staff took us to Kowloon Tong to meet their other staff. Afterwards a coach took us to the Kadoorie Farm. After being divided into groups, we had lunch with Jardine staff members. Activities of the day then began. For about 2 hours, we visited various scenic spots in the farm. We needed to collect all landmark chops in a pamphlet before the entire trip was considered to be completed. Although it was a very hot day, we were enjoying ourselves. Outdoor activities are really good for one's health.

Wing



Tea Art Class

On Saturday morning while I was watering in the garden I noticed that among the three pots of Lung Cheng tea plants, two were starting to dry up, but one pot had beautiful green leaves. These Lung Cheng tea plants were a gift from an occupational therapist of Castle Peak Hospital. In the tea ceremony class, the speaker (Bacon) taught us how to drink tea and showed us various kinds of tea leaves as well as how tea should be appreciated. The talk was very clear. A precious Pu Ur tea cake and tea utensils made from a special kind of purple sand were given to us. One instructor even promised to visit us more often to teach us more on drinking good tea.

Michele



Kelvin

I am very glad that Mr. Bacon Ng gave a lecture at the Clubhouse on the art of making tea. The various members of the Clubhouse learned from him the art of making teas, including green, white, black and flower teas. We learned the proper ways to make tea as well as the benefits of tea leaves to the human body. That day, members enthusiastically tasted the various kinds of good-quality tea, and the activity came to an end in a very happy atmosphere.

Ping

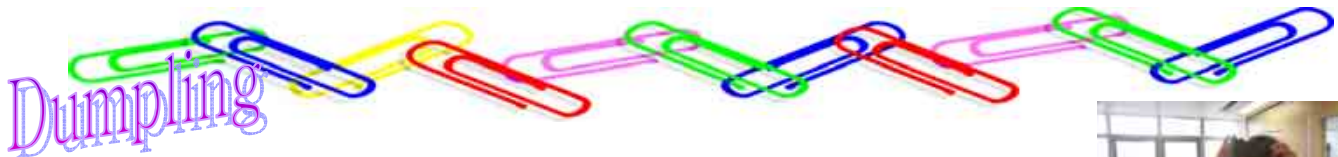


Wendy's Sharing

I am working at Hongkong Land. Whenever there is something I don't understand, the colleagues teach me patiently. During the afternoon tea, the colleagues share snacks with me. I am grateful for their kindness towards me. Many thanks!.

Vincent's Sharing

I feel that the working environment in Jardine Schindler is satisfactory and spacious enough. The colleagues are kind to me and they teach me patiently. Whatever questions I asked, they answered me in detail. At work I have learned many office skills, such as binding, photocopying and filing.



Dumpling

It was my first time to wrap rice dumplings. I learned how to assemble glutinous rice, green peas, salted pork, salted duck egg yolks together to form a rice dumpling. At first I thought that it was difficult to wrap rice dumplings, but after being taught by volunteer Wendy, the mother of Chiu-King and King-Kam, I came to realize that wrapping rice dumplings was easier than I had thought. When all the dumplings were assembled, we boiled them and ate them. They tasted very good, especially when they were wrapped with our own hands. It was truly satisfying! Each of us was even able to take a rice dumpling home!



Bonnie

Photographic Class and Competition



On 27 June (Monday), Shirley taught us many techniques in photography such as 3-D picture-taking, followed by giving awards of the photographic competition. Over 10 clubhouse members participated in this activity. Shirley used some photographs of the lotus as examples to indicate how to single out the theme of a picture and how we could take photographs from different angles. I never knew there were so many ways to take photographs. I really learnt a lot. At about 4:00 pm, Shirley, clubhouse members Jenny and Ah Sze, who were judges of the photographic competition, began awarding prizes to winners of the competition. We were expectant and excited to find out the result after this lesson from Shirley. I was among the anxious ones. To my surprise and delight, I won first prize!. I was very happy as I could take a picture with Shirley afterwards!



Ho

Administration

1. At the opening ceremony of DTRC on 22nd October, Janet will share her experience for 3 minutes.
2. If a member needs to email his resume to a transitional employment employer, he should pay attention to the following: i) Encrypted the resume by zip or MS Word encrypt function, ii) Email should indicate the member's name, iii) Delete resume as attachments of the email after sending, iv) Save the email, v) The encrypt code has to be sent with another email.
3. Members cannot promote any business activity such as sale of merchandize in the clubhouse. This includes household articles, cosmetics, food stuff and various insurance promotions. If such activity occurs, please decline directly and contact the relevant clubhouse staff to follow up.

Employment

1. CoCo completed her position as Office Assistant at the Hong Kong University on 19/6/2011. This position was assumed by Ka Hei on 20/6/2011.
2. Wing's position as Office Assistant at the Hong Kong Economic Times was extended to 30/8/2011.
3. Joyce completed her position as Executive Assistant at Baker & McKenzie on 3/6/2011. This position was assumed by Louisa on 7/6/2011.
4. Po Hei completed his position as Clerk at Eli Lilly Asia Inc. on 2/6/2011. This position was assumed by Wendy on 3/6/2011.
5. Yuen Wah completed her position as Document Control Clerk at Hongkong Land Limited on 19/4/2011. This position was assumed by May on 26/5/2011.
6. Apple completed her position as Document Control Clerk at Hongkong Land Limited on 8/6/2011. This position was assumed by Yin Ping on 9/6/2011.
7. Michelle completed her position as Executive Assistant at Schindler Lifts (Hong Kong) Limited on 17/6/2011. This position was assumed by Andy on 20/6/2011.

Clerical Unit

1. Francez Leung has been our Clerical Unit staff since 16/5 (Monday) ◦

Education

1. The Putonghua class arranged by the Clubhouse was satisfactorily completed. Attendance certificates will be distributed at the weekly meeting.
2. English lessons will be held on Wednesdays from 13/7 to 31/8 from 4:00 – 5:00pm. Shirley, Linda and Stella will be volunteer tutors. Volunteer teaching assistants are Amanda, Jasmine, Verita, Grace, Gallant, Mimi, Bonnie, Alex Kerr and Dick.
3. Adult First Aid Programme will be held from 20/10/2011 – 21/11/2011 on Mondays and Thursdays, There will be a total of 10 lessons. Time: 6:00 – 9:00 pm. Venue: Phoenix Clubhouse. Attendants are limited to 20. Fees: If a member attends up to 70% of all classes, the fee will be absorbed by the clubhouse. First Aid notes (HK\$80.00) and Examination Certificate (HK\$50.00) will be the member's own responsibility. Interested members please register at the Reception counter. .

Environmental Protection and Tuck Shop Unit

1. 28/5(Saturday) Tea Art. Time: 10:30am-12:00 noon. Guest tutor: Mr Bacon Ng
2. Jardine Mindset held a Day Camp on 18/6 (Saturday)
3. On 20/6-24/6, an exhibition named 「medical」 + Support was set up at Queen Mary Hospital. Details are as follows : 20/6, Time: 12:30pm-2:30pm, opening ceremony. A member representative Ah Ping will receive a gift. 21/6, Time: 12:00pm-2:00pm, DIY corner where making simple flower labels will be taught. 20/6-24/6, Time: 12:00-2:00pm, stand demonstration introducing simple card making techniques using dried flower. Contact: Environmental Protection and Tuck Shop unit. Our booth is named "Flower card Demonstration"
4. On 2/6, we introduced the method of using an electronic weighing machine.
5. Table tennis training sessions will be held on 11/6, 18/6, 25/6, 9/7, 16/7, 23/7, 6/8, 13/8. A professional coach is employed. Would all units please notify members to register for the games.

Food Services Unit

1. If a member wishes to put anything in the refrigerator the kitchen, please notify food services staff or other members before-hand.
2. If there are food left over after lunch, a member may request for additional food after 1:15pm.
3. A member may telephone the Clubhouse at 25173304 before 1:30pm to make a reservation for lunch. Priority of service will be given to members arriving at the Clubhouse before 1:30pm. Members are encouraged to come to the Clubhouse for lunch.

July 2011



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|---|---|---|--|
| | | | | | 1 | 2 |
| | | | | | The day following Hong Kong Special Administrative Region Establishment Day | Mindset Activities Henry, Enzo, Rowena |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | Standards Meeting (2:30-3:00) Football · Volleyball (5:15-7:00) Alan, King | | | | Table Tennis Training Class Henry, Eric, Alan |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | Standards Meeting (2:30-3:00) | English Class (4:00-5:00) Shirley, Linda, Stella Clerical Unit | Enjoy the Film · Chess (5:15-7:00) Eric, Alan Tung Wah Computer Class (Office Application) (4:00-5:30) Clerical Unit | | Table Tennis Training Class Brian, Martin, Lam |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | | Standards Meeting (2:30-3:00) Handicraft Class (5:15-7:00) Henry, Janet | English Class (4:00-5:00) Shirley, Linda, Stella Clerical Unit | | | Table Tennis Training Class Francez, Alan, Rowena |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | Standards Meeting (2:30-3:00) Basketball (5:15-7:00) Eric, Ho | English Class (4:00-5:00) Shirley, Linda, Stella Clerical Unit | | Healthy Cooking (5:15-7:00) Alan, Yan | Tea Art · Birthday Party Eva, Enzo, Lam, Ping Tea Art Tutor Stella |
| 31 | | | | | | |

Aug 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|--|---|--|--|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | Standards Meeting (2:30-3:00) | English Class (4:00-5:00) Shirley, Linda, Stella Clerical Unit | Dessert Class (5:15-7:00) Martin, Wing On | | Table Tennis Training Class Henry, Eric, Lam |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | Standards Meeting (2:30-3:00) Badminton Class (5:15-7:00) Henry, Janet | English Class (4:00-5:00) Shirley, Linda, Stella Clerical Unit | | | Table Tennis Training Class Brian, Martin, Rowena |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | | English Class (4:00-5:00) Shirley, Linda, Stella Clerical Unit Yoga Class (5:15-7:00) June, Enzo, Bonnie | | | Education Lunch · Employment Lunch Birthday Party (Minimum Wag + Welfare) Francez, Alan, Hei |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | Table Tennis (5:15-7:00) Enzo, Janet | English Class (4:00-5:00) Shirley, Linda, Stella Clerical Unit | | Employment Dinner - Patio BBQ (5:15-8:00) Martin, Ming | Tea Break · Enjoy the film Henry, Enzo, Rowena |
| | | Four-day Orientation in the Clubhouse Model | Four-day Orientation in the Clubhouse Model | Four-day Orientation in the Clubhouse Model | Four-day Orientation in the Clubhouse Model | |
| 28 | 29 | 30 | 31 | | | |
| | | Standards Meeting (2:30-3:00) | English Class (4:00-5:00) Shirley, Linda, Stella Clerical Unit | | | |

Phoenix Clubhouse Address:

1st Floor, North Wing,
David Trench Rehabilitation Centre,
1F High Street, Hong Kong.

Printed Matter

Latest News

1. A four-day orientation programme will be held on 23-26/8/2011(Tuesday to Friday). Three mainland clubhouses will participate in the programme, namely, Dandelion Clubhouse in Shenzhen, New World Clubhouse in Yunnan, and Guangzhon LiKang Family Resource Centre.
2. The last session of the office clerical Programme jointly organized by the clubhouse and the Tung Wah group of Hospitals will be held on 14July (Thursday) from 4:00-5:45pm.
3. A training of introducing the Clubhouse in Putonghua will be given by Mr. Chan Kwong on 6 July (Wednesday) from 11:00am-12:00nn. A training of introducing the Clubhouse in English will be given on 8 July (Friday) from 2:30pm-4:00pm. Members are encouraged to register at the Reception Counter..



Phoenix Clubhouse Address:

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Web page : www.phoenixclubhouse.org
Email address : pc@phoenixclubhouse.org

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