



Chinese Parents Association -
Children With Disabilities Inc
澳洲弱能兒童協康會

CFA NewsLetter 協康會 會訊

FEB 2017 ISSUE / 二零一七年二月版

2017 HAPPY NEW YEAR
新年快乐

春
福
新
春

Community Reports:

- ◆ Christmas Celebration Report
- ◆ Health Talk Seminar Report
- ◆ Happy Hours at Carnival Kingdom Report

Up Coming Events:

- ◆ Dragon Boat Races
- ◆ Voice of Harmony
- ◆ Computer Classes
- ◆ Celebration of Chinese New Year



CPA Newsletter FEB 2017 Issue
協康會 會訊 二零壹七年二月 號

**Chinese Parents Association -
Children With Disabilities Inc**
澳洲弱能兒童協康會

Office Address 辦事處:

Suite 4, Level 2,
59 Evaline Street
Campsie NSW 2194

Post Address 郵址:

PO Box 345
Campsie NSW 2194

Office Hours 辦公時間:

Tues & Thurs 週二及週四
10am—3pm 十時至三時

Phone 電話: (02) 9784 8120

Fax 傳真: (02) 9718 0236

Mobile 手機: 0406 233 222

Email 電郵:

admin@chineseparents.org.au

Websites 網址:

www.chineseparents.org.au

ABN: 63 938 108 704

DGR: 900 487 253

Article Contribution

歡迎來稿

CPA NewsLetter is our quarterly publication. We share community news with our members and other community organisations. We welcome your contributions of articles.

歡迎會員朋友來稿，在「會訊」發表，使能與其他會員朋友分享，響應本會的「互助友愛」的宗旨。

New CPA Committee 2017

CPA MANAGEMENT COMMITTEE

現屆管理委員會名單

Hon President 名譽會長:

The Hon. Dr Helen Sham Ho 沈慧霞博士

President 會長:

Miranda Chau 周潤梅女士

Vice President 副會長:

Mrs Ivy Lau 劉陳愛虹女士
Mrs Sylvia Tinyow 陳劉秀蓉女士

Treasurer 財政:

Ms Maria Lee 阮李麗萍女士

Vice Treasurer 副財政: Mrs Aileen Pang

Secretary 秘書:

Dr Jennifer Chan 陳素娟博士

Program Co-ordinator 活動策劃:

Ms Elena Lau 容劉敏兒女士

Committee Members 常務委員:

Mrs Elly Li 李羅艷媚女士
Dr Jeff Li 李雲信博士
Mrs Ping Mu 繆桂萍女士
Mr William Wu 吳光偉先生

Professional Advisors 專業事務顧問:

Mr Peter Wong 王友國先生
Mr Fan Chun Wing 范鎮榮先生

Community Service Worker 社區服務員:

Mrs Lilian Tse 謝潔儀女士
Ms Eugenia Liang 梁玉華小姐

Program Instructors 活動課程導師:

Art Teachers:

Irene Mok, Nick Baldas

Junior Group Teacher:

Melissa Cox, Jackie Chan

Music Therapist: Christine Morson

Music Teacher: Catherine Paix

Dance Teacher: Elizabeth Ramsay

Computer Teacher: David Luo

MESSAGE FROM CPA VICE PRESIDENT

Dear Members,

Happy New Year! Hope you had a wonderful holiday and spent some quality time with your family during the Christmas and New Year's break.

This coming year of 2017 is going to be full of excitement and challenges. To start off, CPA will participate in the Dragon Boat Race held at Darling Harbour on 12th February. This year, with the funding from the Lions Club of Sydney Waratah, we were able to purchase our own paddles which are much lighter than last year's. The team is busy training with the new paddles at the moment. I wish them good luck and hopefully, bring another trophy home. Please come on the day to cheer for them.

Last year, we held a successful concert 'Reaching for the stars' which was jointly performed by CPAKIDz, RSAC and Sydney Musicool Ensemble. The concert consisted of a large variety of performances such as singing, dancing, short play and string ensemble. It was very well received with a lot of compliments from the audience. This year, we are organizing another concert 'Voice of Harmony'. This concert aims at bringing people with disabilities from various cultural backgrounds together to perform, to show their talents to the world. The concert will be held on 25th March. Please come and support these young people with disabilities. More details will be communicated to you soon.

A new and exciting program on Recreation and Independent Living skills Training will be introduced in the coming months. It consists of several living skill training sessions held on weekends plus the final practical sessions held in a camping environment. It will be a good opportunity for your child to learn how to live independently. More information will be released later. Please stay tuned.

Wishing you all have a prosperous and happy year ahead.

Ivy Lau
Vice President

副會長通訊

親愛的會員：

新年快樂！相信你們已渡過一個愉快的假期，並利用這個聖誕和新年假期和家人共渡好時光。

2017年的來臨將會充滿著興奮和挑戰，首先，協康會將會參與在2月12日於達令港舉行的龍舟競賽。今年得到雪梨女獅會的資助，我們購買了自己的船槳，這些船槳比去年的輕巧得多。現時我們的龍舟隊伍正忙於用新的船槳來練習，我衷心祝他們好運，並希望他們能贏取另一個獎座，請大家在當日到達令港觀賽，並為團隊打氣。

去年，協康會的CPAKIDz聯同RSAC 和雪梨小考拉樂團成功地演出‘Reaching for the Stars星光伴我行’音樂會。音樂會內容包括了很多不同的節目，例如歌唱、舞蹈、短劇和弦樂合奏，觀眾們好評如潮。今年，我們再接再厲，正籌備著另一場‘Voice of Harmony和諧之SING’ 音樂會。舉辦這音樂會的目的是鼓勵不同文化背景的殘障人士一起去表演，將他們的天賦顯揚於全世界。音樂會將於3月25日舉行，請來支持這些有缺陷的年青人，詳情將會盡快知會大家。

在未來數月，我們將會舉辦一個全新而又令人興奮的節目，一個有關康樂和獨立生活的技能培訓。它包括幾個在週末舉行的生活技能訓練環節，還有最後一堂設在露營裡的實習考驗，這是你的子女學習如何獨立生活的好機會。

詳情將稍後公佈，敬請留意。

祝大家新春大吉，萬事如意。

副會長

劉陳愛虹

Merry Christmas

2016年聖誕聯歡會

By Lilian Tse



在澳洲，有些居民會一年裡慶祝兩次聖誕節，一個在最嚴寒的7月份，皆因他們從北半球的國家移居到南半球的澳洲，南轅北轍的氣候使這批歐洲移民更思鄉情切地懷戀節日氣氛，提早慶祝聖誕並瑟縮在火爐旁幻想著聖誕老人的雪車滑過家門。傳統的聖誕節慶祝是在12月，這火辣辣、熱烘烘的天氣足使人頭昏腦脹，真是難為了聖誕老人抹著汗珠來澳洲作訪。

天公做美! 在一個美麗而不太炎熱的日子，澳洲弱能兒童協康會在REVESBY WORKERS CLUB 舉行今年的聖誕節聯歡會及週年大會。這天，乘著火車到達REVESBY，很容易便到達俱樂部了。踏入大堂只見四週掛上聖誕裝飾，火樹銀花，五光十色。影入眼前是一條長龍排著大人及小孩們，等待著與俱樂部安排的聖誕老人影相，充滿熱鬧氣氛。

整座建築物分為兩翼，設有不同的宴會廳和飲食部，這次協康會租用的餐堂十分寬敞，當中擺放了12張大桌子，因參加聯歡會的人數十分踴躍，超過120人。執委會成員一早便到達會場作佈置，而俱樂部的職員們亦忙碌著安排各樣的準備，尤其是那自助餐桌子，已放置了用來盛裝大盤子的道具和用品。環繞一周，只見那禮物枱上推滿了紅紅綠綠包裝得引人入勝的幸運抽獎禮品，另一旁則是慈善團體捐贈的各式各樣玩具，真是琳琅滿目，孩子們十分歡欣雀躍，嚷著父母購買抽獎卷。

週年大會完畢，接著聖誕節聯歡會便開始，首先會長致詞感謝執委會成員在過去一年的共同努力，將協康會各類表演項目和活動攪得有聲有色，而最值得驕傲的是今年三月的(星光伴我行)演唱會，為協康會帶來不少的善款。何沈慧霞女士也致詞鼓勵協康會再接再勵去做得更好，亦讚揚CPAKIDZ的天才表演。事實上，CPAKIDZ的成績是有目共睹，他們為要將歡樂帶給大家，在聖誕聯歡會上表演而不斷努力練習不同的聖誕歌，他們娛人亦娛己，其中一對姊妹花，載歌載舞地陶醉在其中。

這天請來的家賓坐滿了3樓，其中一些特別家賓分別頒發獎狀給成績優異的孩子們，最顯著的是發給青少年組和幼兒組內，最優秀的一人可獲得一個全年獎座，這項殊榮是被認可的，是一年裡頭一點一滴的成果，看見自己子女有所進步，作為孩子的父母們應該感到驕傲。

順道要提的，在這聖誕聯歡會上出現了兩個聖誕老人，其中一個扮演的是教畫的藝術老師，他的參與主要是收集與孩子們所拍的相片用作有關一項活動的內容提要。另一個是受人青睞大派禮物而由家長扮演的聖誕老人，他帶給令人興奮的時刻，人人有份，永不落空的禮物。

這次聯歡會聚餐，採用自助餐的形式，菜式是少不了應景的火雞，還有其它豐富的食物。但家長們需要注意自己孩子的飲食守則，若孩子對某些食物有敏感，則應避免進食，更要在報名參加活動時提出，方便配合預訂之食物種類，以策安全。聯歡會在舞蹈老師帶領下開始的士哥，這是最好的機會作親子活動，最後，亦在歡笑聲中結束。

Happy hours at Carnival Kingdom

It is summer holiday again. Most of CPA members have been busy planning how to spend their off-school days. Some have gone overseas; others have already registered for their holiday programs with some other service providers. Meanwhile, CPA has also offered a list of recreational activities during this period for her members.

On 12 January 2017, Thursday, CPA organised a visit to the Carnival Kingdom at Revesby at some mothers' request. This is a brand new play centre which had just been recently opened to public. It was bright and colourful, clean and tidy and it would be a new experience to CPA junior group children. The participants were very co-operative and punctual. They all arrived at the venue on time .

As we entered into the big room, the children could hardly wait to try the gigantic slide. They took off their shoes immediately, dashed off towards it and disappeared behind the three level maze play structure.

On this day, we had Jonathon Yung, our young CPA member coming with us. With the assistance and guidance from his mum, Elena, he was learning to be and acting as a volunteer, looking after the young children. His patience and friendliness had won him a big welcome from the children who were very fond of playing with and listening to him. The mothers were happy: they said it was the first time they were able to sit down, enjoying a cup of tea or coffee, needless to follow their children everywhere at the centre.



Jason Chen –a young talented artist — had revealed his memory of the play center by putting it in his drawing

During the snack time, the children sat quietly enjoying chips and pizzas. We gave them praise when they had properly finished their snack and drink. Big grins emerged on their faces. This was an opportunity for social behaviour learning.

There are always some gains in joining the social activities. It was fun for our young children, and it was also a relaxing morning for the mothers with their children playing in a safe and friendly environment. CPA is in need of young, energetic and friendly volunteers assisting in the programmed activities.



健康飲食概念



2017年1月，為了迎接健康的一年，協康會舉辦了健康飲食講座，給會員提供全面的知識。

根據營養學家說：「餐桌上是沒有絕對完美的食物，也沒有絕對不能碰的食材。」是的，關鍵在於適度及適量進食。很多外國人認為中國人只要可入口的，不論昆虫或走獸都拿來吃。承然，飲食才了使官感痛快外，更要注意健康。要健康，就是甚麼都吃，但甚麼都不多吃，這是養生之法，若能對應體質、病症和季節特點，取用合宜食材，更能有藥食同源作用，這便是中國人聰明之處。中醫膳食學極注重中庸及平衡之道，古書記載健康平和體質的人須以五穀為主、少肉多蔬為輔，並以五果為助，這正配合現代科學飲食原則。



首先，讓我們瞭解人體須要甚麼營養及食物：

1. 碳水化合物（糖）；
2. 蛋白質
3. 脂肪；
4. 維他命及礦物質；
5. 水

第二：每天所須的飲食份量

- 一 至二個不同水果（200-400克）
- 二 匙素油（25-30克）
- 三 種或多種蔬菜（300-500克）
- 四 類穀物包括薯類（250-400克）
- 五 份蛋白（肉 50-75克、魚蝦類50-100克）
- 六 種或多種調味品，可促食慾及殺菌作用
- 七 杯飲品（水、湯、茶）

現時，網絡資訊極發達，商業利益關係，養生名人介紹保健食物並不適合每一位。選擇食材須根據氣候、體質。夏天多吃瓜菜豆類，冬天多吃粟薯肉等。此外少吃加工或制成品食物，此類食物油鹽糖常高出每日食用指標。少外出用餐，可免體重升高。

第三：飲食習慣

早午晚三餐須定時，每餐只吃七分飽，晚上睡前二小時不再進食。

飲食習慣自小養成，一生可免多種疾患。



澳洲弱能兒童協康會

Chinese Parents Association-Children with Disabilities Inc.

Accessible Social & Be-friend Program

友誼交流樂

Chinese New Year Celebration & Disco

For CALD young people with disabilities

Date日期: 18/02/2017, Saturday 星期六

Time時間: 1.00 pm — 3.00 pm

Venue 地點: Padstow RSL Club

24-28 Howard Road, Padstow

Fees費用: \$3 pp (one price)

Registration is essential 請早報名

Closing date for registration: 11/02/2017

Light refreshments will be provided 茶點招待

Lucky draw prizes 幸運抽獎



This Program Is Kindly Sponsored By Bankstown ClubGRANTS

Enquiries 查詢 CPA Office 辦事處: 9784 8120 Tuesdays & Thursdays 週二及週四10am—3pm, 0406233222 (Lilian)



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc.

*** Presents ***

Voice of Harmony

和諧之SING

in Celebration of Harmony Day

Musical performances brought to you by People with Disabilities

★ CPAKIDz

★ ClubWeld

★ Milal

★ Vishva Hindu Parishad Hindu Social Services Foundation

Special guest **Tierra Colombia**

Saturday 25 March 2017, 2:30 - 4:30pm

Bryan Brown Theatre

80 Rickard Road, Bankstown 2200 NSW

Limited Free Tickets, booking is essential

“Funded by the NSW Government through **Multicultural NSW**”

Enquiries: 9784 8120 (Tues & Thurs, 10am-3pm), 0406 233 222 (Lilian)

Computer Class



電腦課程



For people with disabilities

提供给弱能人士電腦課程班

Computer classes on 1 & 22/04/2017

CPA has been kindly sponsored by ACCF 澳洲華人公益金 to run computer classes for young people with disabilities.

In April, computer classes will be held on Saturdays morning from 10.00 am to 12.00 noon, at Belmore Youth Resource Centre.

We hope through this program, we are able to develop the basic computer skills of young people with intellectual disabilities, and to maintain /strengthen their computer skills.

This program allows them to explore, to learn and to have fun.



電腦班-進行中

電腦班-進行中





澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.



Dragon Boat Races – Cockle Bay Darling Harbour Sunday 12 February 2017, 8:00am-3:00pm

Be Part of the CPA DRAGON BOAT TEAM!

Race Distance: 200 metres
Boats: 2 Fleets of 6 buk boats
Train at: Bank Street, Pyrmont, NSW
Training provide by: FFB Dragon Boat Club
Cost: Free for members*

Contact:
Miranda 0412 536 633

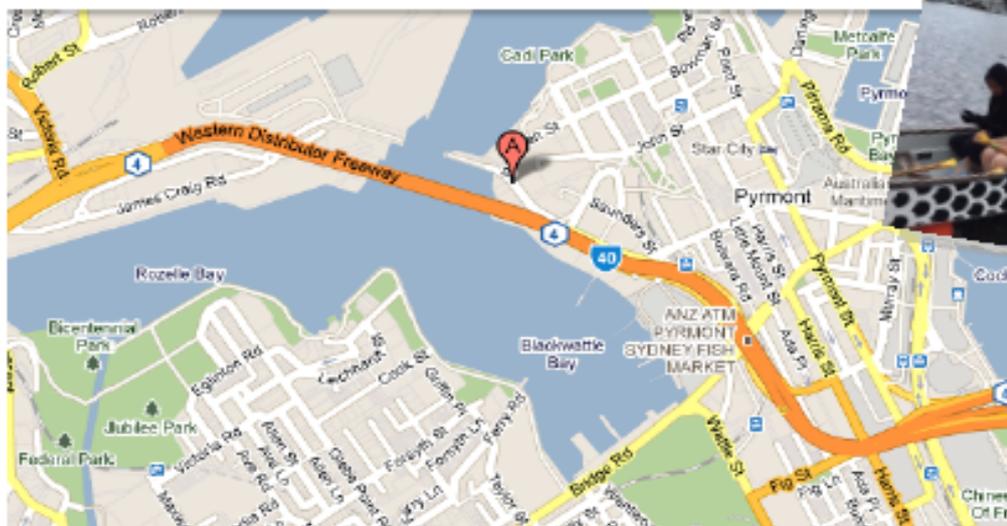
2017 Training Time Table: 1-1.5 hours per session

Sat	Wed								
07/01	11/01	14/01	18/01	21/01	25/01	28/01	01/02	04/02	08/02
9:00am	5:00pm								

Bring: water

Wear: short, gloves, sun glasses, sun screen, aqua shoes, cap

Note: Please arrive half an hour early for parking and warm-up, the boat will not wait, if you late you will miss the lesson.



[THIS PROGRAM IS KINDLY SPONSORED BY LIONS CLUB OF SYDNEY WARATAH](#)

Upcoming Events

Chinese New Year Celebration

18/02/2017

- ◆ Computer Classes—01 & 22/04/2017
- ◆ Dragon Boat Races—12/02/2017
- ◆ Voice of Harmony Concert—25/03/2017
- ◆ REAL Program—Relaxation Exercise for Carers (Details: to be announced)
- ◆ “In Their Shoes” Exhibition (Hurstville Museum and Gallery, 14 MacMahon Street Hurstville, 03/06/2017-02/07/2017)

Every year, Lunar New Year is celebrated by millions across the globe, and is the largest multicultural celebration in Australia. It marks the turn of the Lunar calendar in China, Vietnam and Korea, the date of which is dictated by the moon.

Each year is marked by one of the 12 animals of the Chinese zodiac and 2017 marks the year of the Fire Rooster. Roosters are known for being hardworking, resourceful, courageous and talented.

It is an occasion for families to gather, sweep away any ill-fortune and to make way for good incoming luck. Windows and doors will be decorated with red decorations. Other activities include lighting firecrackers and giving money in red paper envelopes!



Regular Weekend Activities

Junior Group 兒童組



Rhythm & Motion

唱遊活動

Instructor : By Christine
Time 時間: Saturdays 星期六,
4:00pm — 5:00 pm
Venue地點: Belmore Youth Centre,
38 Redman Pde, Belmore

Kindly sponsored by
Canterbury League Club



Fun to Learn! Independent Living Skills!

Time 時間: 逢星期六下午
3:00pm 至 4:00 pm
Venue地點: Belmore Youth
Resource Centre,
40 Redman Pde, Belmore

Kindly sponsored by
Canterbury League Club



Community Outdoor Activities

Time 時間: Saturdays 星期六,
2:00 - 4:00pm
or School Holidays

Kindly sponsored by
Canterbury League Club

Youth Group 青年組



Ice-Skating

Time 時間: Saturdays 星期六, 8.45am to 9.45am
Venue地點: Canterbury Olympic Ice Rink, Phillips Ave., Canterbury



Music Lessons

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
Kindly sponsored by Bankstown District Sports Club



Art Programs

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
Kindly sponsored by Illawarra Catholic Club Ltd



Dance Lessons

Time 時間: 逢星期六舉行, 下午 2:30pm 至 4:30pm
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore
Kindly sponsored by Canterbury Bankstown FAP

photo gallery



Christmas party



Christmas party



Christmas party



Christmas party



Christmas party



Christmas party



Dragon Boat Training



Dragon Boat Training



Dragon Boat Training



Health Talk Seminar



Art Class



Art Class

photo gallery



Youth Group Cooking Class



Youth Group Drumming & Dance Lessons



Youth Group Drumming & Dance Lessons



CPAKIDz performed at Eastwood Night Market



Computer Class



Birthday Party



CPAKIDz performed at Eastwood Night Market



CPAKIDz performed at Banks-town Children Festival



CPAKIDz performed at Banks-town Children Festival



Yoga Class



Yoga Class



Tai Chi Class for Carers

NDIS Update

The National Disability Insurance Scheme will become available in the Sydney district from July 2017.



The Sydney district covers the local government areas of Ashfield, Burwood, Canada Bay, Canterbury, Leichhardt, Marrickville, and Strathfield, as well as the following suburbs within the Sydney LGA: Alexandria, Camperdown, Erskineville, Eveleigh, Newtown, Waterloo, Darlington, Forest Lodge, Glebe, Redfern, Ultimo, Annandale, Barangaroo, Sydney CBD, Zetland, Beaconsfield, Rosebery.

With so many people coming into the scheme in such a short time it is important that there is a planned approach to how they access the NDIS.

The NDIS will be rolled out by district. To find out which district you are in and when you will transition, visit ["ndis.gov.au/about-us/our-sites/nsw"](https://www.ndis.gov.au/about-us/our-sites/nsw)

FUNDING OPTIONS

Once your plan is approved, there will be 3 different ways that you can manage your funds:

Agency-managed

- ◆ Could be the easiest for you
- ◆ Little financial management required from you
- ◆ No costs for you
- ◆ You have to choose an NDIA registered service provider

Self-managed

- ◆ Great for people who like full control
- ◆ The Agency pays you the first month upfront, which you use for payments and then claim the costs back
- ◆ You can purchase supports from service people not registered with the NDIS
- ◆ Requires strong financial management skills and record keeping
- ◆ May take up a lot of your time managing the process

Plan management provider

- ◆ Could be easier for you than self-managed
- ◆ The provider may assist with hiring and paying staff
- ◆ They provide you with complete paperwork and records
- ◆ There will be fees involved

From: <https://www.cerebralpalsy.org.au/>

IN THEIR SHOES INSTALLATION



IN THEIR SHOES INSTALLATION

Exploring disability within the family: achieved through a series of three workshops and interviews. Over the duration of the installation visitors to the gallery will have an opportunity to step into the shoes of the artist/participants. Visitors will then travel through the gallery seeking out the identity of shoes, taking small steps within a family were one of the members has a disability

It also aims to introduce the participants to the community to share their stories through the booklet, social media - Facebook Page, and an exhibition of their art work.

Proudly supported by the Chinese Parents Association - Children With Disability Inc.
Sponsored by HURSTVILLE CLUBGRANTS, Illawarra Catholic Club Ltd.

Venue: Dragon's Lair Gallery
Hurstville Museum and Gallery: 14 MacMahon Street Hurstville NSW
Exhibition dates: Saturday 3rd of June to 1st of July 2017

A Nick Baldas Initiative

Acknowledgment

Donors (for donations \$100 or above)

Annie Kwan
Betty Pang
Bonnie Ma
Christina Lam
Dr Helen Sham-Ho
Jin Jian Liu
Joseph Lee & Co
Mr Zhan Yuan Chen
Ngoc Suong Phu
NSW Parliamentary Lions Club
Sylvia Tinyow
The Dharma Realm Buddhist Assn Inc
Yannis Chong

Volunteers & Supporters

Anna Yew
Anthony Lee
Darby Mu
Harry Tinyow
Jackie Chan
Jonathan Yung
Mario Yuen
Peter Wong
Winda Mok



HAPPY BIRTHDAY



FEB Brian Su
Jonathan Yung
Leon Huang
Raymond Chin
Rowena Wong
Tony Soo

MAR Capstone Lee
Daniel Shan He
Henry Trieu
Issac Wang
Karen Lau

APR Jennifer Phan
Matthew Ye
Victor Wu

How can you help? 請給我們支持: 郵址 Postal Address : PO Box 345 Campsie, NSW 2194

捐贈 款項 I would like to make a donation of : \$ _____

本人願意參加為貴會會員 : I would like to become :

- | | | |
|------|-------------------|--------------------------|
| 會員 | Member | <input type="checkbox"/> |
| 附屬會員 | Affiliated member | <input type="checkbox"/> |
| 義工 | Volunteer | <input type="checkbox"/> |

會員年費 \$10
Membership Fee \$10 pa
(From 1 July -30 June)

名字 Name: _____ 姓氏 Family

Name: _____

地址 Address: _____ Suburb: _____ Post

Code: _____

電話 Tel: _____ 電郵 Email: _____

請將支票抬頭 Please make cheque payable to: " Chinese Parents Association-Children with Disabilities Inc"
DGR # 900 487 253

February - April 2017 Weekend Activities

	Junior Group		Youth Group		
	Afternoon	Teachers	Morning	Afternoon	Teachers
	3:00pm to 5:00pm		8:45am to 12:00pm	2:30pm to 4:30pm	
February					
4 Feb	Creative Dance Rhythm & Music	Elizabeth R Christine M	Ice-Skating 8:45-9:45am	Music	Catherine P
11 Feb	Fun to learn Rhythm & Music	Melissa C Christine M		Art Class	Nick B
18 Feb	Chinese New Year Celebration and disco at Padstow RSL				
25 Feb	Fun to learn Rhythm & Music	Jackie C Christine M	Ice-Skating 8:45-9:45am	Art Class	Irene M
March					
4 Mar	Fun to learn Rhythm & Music	Jackie C Christine M	Ice-Skating 8:45-9:45am	Drumming	Elizabeth R
11 Mar	Creative Dance Rhythm & Music	Elizabeth R Christine M		Music	Catherine P
18 Mar	Rhythm & Music	Christine M		Music & Drumming Birthday party 4:30pm (All)	Catherine & Elizabeth
25 Mar	"Voice of Harmony " Concert at Bankstown				
April					
1 Apr	Fun to learn Rhythm & Music	Jackie C Christine M	Ice-Skating 8:45-9:45am Computer class 10:00-12:00 pm	Music	Catherine P
8 Apr	Creative Dance Rhythm & Music	Elizabeth R Christine M	Ice-Skating 8:45-9:45am	Art Class	Nick B
15 Apr	EASTER SCHOOL HOLIDAY				
22 Apr	EASTER SCHOOL HOLIDAY		Computer class 10:00-12:00 pm	Morning session only	
29 Apr	Creative Dance Rhythm & Music	Elizabeth R Christine M	Ice-Skating 8:45-9:45am	Art Class	Nick B
The above programs may be changed without prior notice due to unforeseen reasons.					

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at George Street North Strathfield | Others at Belmore Senior Citizen Centre, Redman Parade Belmore

* Ice skating in the school holiday is not funded by CPA

Please take note:

AMF Bowling North Strathfield is undergoing renovation, CPA's Saturday morning bowling sessions are suspended until further notice.