

# Feb-Apr 2026

## 週末活動時間表

### Activity Venues

- Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
- Saturday afternoon at Belmore Senior Citizens Centre 38 Redman Parade Belmore / Ashbury Senior Citizens Centre 66 Princess Street Canterbury
- Aerialize, 7-9 Close Street, Canterbury

### WEEKDAY AFTERNOON PROGRAM

Friday	4:30pm to 5:30pm	Aerial Circus	Aerialize, Canterbury
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### WEEKEND PROGRAM

	Junior Group 幼兒組	Youth Group 青年組	
	Afternoon 2:30pm to 4:00pm	Morning 10:30am-12:00pm	Afternoon 2:30pm to 4:00pm
FEBRUARY 二月			
07/02	Junior Group Community Outing 幼兒組社區活動 - Challenge Rooms Hijinx Alexandria** 1:30-4pm	Tenpin Bowling	Zumba 森巴舞 Birthday Party 生日會 4:00pm - 4:30pm
14/02	Fun Cooking 有趣烹飪	Tenpin Bowling	Music Class 音樂課
21/02	Art Class 藝術課 at Belmore*	Tenpin Bowling	Art Class 藝術課
28/02	Lunar New Year Celebration Buffet Lunch 新春團拜自助午餐 at Bankstown RSL Club, 1 Meredith St, Bankstown**		
MARCH 三月			
07/03	Chair Yoga / Pilate / Dance 椅子瑜伽 at Belmore*	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽
	Birthday Party 生日會 4:00pm - 4:30pm		
14/03	Zumba 森巴舞at Belmore*	Tenpin Bowling	Zumba 森巴舞
21/03	Junior Fitness Class 健體運動課	Tenpin Bowling	Music Class 音樂課
28/03	Money Management Workshop (2) 金錢管理工作坊 (2)	Tenpin Bowling	Art Class 藝術課
APRIL 四月			
04/04	Easter Family Picnic 復活節家庭野餐, venue to be confirmed**		
11/04	Music Therapy Program音樂治療活動 at Belmore (tbc) 2:30-4:30pm (2 hrs)		
18/04	Junior Group Community Outing 幼兒組 社區活動 - Creative Reuse Workshop at Reverse Garbage, Marrickville** 2-4pm	School Holiday	
25/04	Public Holiday		

The above programs may be changed without prior notice due to unforeseen reasons.

\*Junior-Youth transitional class and the monthly Birthday Party are held at Belmore Senior Citizens Centre.  
每月的合併班及生日會在 Belmore 中心舉行

\*\* Refer to activity flyer for details



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