

May-July 2025

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
MAY 五月			
03/05	Mother's Day and Volunteer's Week Celebration Lunch ** The Lucky Chinese Seafood Restaurant. Club Auburn		
10/05	Fun Cooking 有趣烹飪	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜珈
17/05	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞*
24/05	Movement, Dance & Games – Junior fitness class 健體運動課	Tenpin Bowling	Music class 音樂課
31/05	Fun with Music 趣味音樂	No Bowling due to tournament	Art Class 藝術課
JUNE 六月			
07/06	Taekwondo 跆拳道 at Belmore*	Tenpin Bowling	Taekwondo 跆拳道*
	Birthday Party 生日會 4:00pm - 4:30pm		
14/06	Fun with Music 趣味音樂	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜珈
21/06	Movement, Dance & Games – Junior fitness class 健體運動課	Tenpin Bowling	Music class 音樂課
28/06	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞*
JULY 七月			
05/07	Christmas in July Party **		
12/07	School Holiday		
19/07	School Holiday		
26/07	Fun Cooking 有趣烹飪	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜珈

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.