



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

# CPA NEWSLETTER 協康會會訊

MAY 2019 ISSUE / 二零一九年五月版

## HAPPY MOTHER'S DAY

Thank you for all that you do

### UP-COMING ACTIVITIES:

- ◆ Positive Partnerships: Autism Workshop
- ◆ Picnic at Bicentennial Park
- ◆ Jewellery Making
- ◆ Gardening Workshop
- ◆ Ice Skating for Junior Group

### REPORTS:

- ◆ Dragon Boat Race
- ◆ Cooking Class for Kids
- ◆ Money Handling Report
- ◆ Family Day Bush Walk Report
- ◆ Family Picnic Day Report
- ◆ OT Interactive Session Report



CPA Newsletter MAY 2019 Issue  
協康會 會訊 二零一九年五月號

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

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**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 organizations. 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。

## **President's message 會長感言**

Dear Members and families :

Welcome to the second quarter newsletter.

I feel terrible about not able to made to our Mother's day and Volunteer Week celebration event last Saturday. You are has always been such a major part of the CPA event. Please forgive me and accept my sincere thanks for all you and they have done to make our celebration so successful. National Volunteer Week is the annual celebrating to acknowledge the generous contribution of our volunteers. Versatile, Optimistic, Lovable, Understanding, Nice, Talented, Energetic, Enthusiastic, Resilient – that is the kind of amazing VOLUNTEER that you are. Thanks, and congratulation to Volunteering Australia's 30 years of National Volunteer Week this year.

Thank you for your time in completing our survey for the *Positive Partnerships* Autism Spectrum (Melbourne), these are the import pieces of information in tailor the suitable workshops for our families. We are excited to welcome Patricia, Kim and Emma to our centre in May. I look forward to see many of the families to attend these information workshops.

The OT students from the University of Western Sydney are now approaching to complete their professional practice placements at CPA. The students had built a good relationship with our members and families throughout the sessions, and shared a lot of fun from the activities. Their last session will be on May 25<sup>th</sup>, please come to join in the farewell party.

I valued your input and ideas for our programs. We are in the progress of planning our next overnight family trip and more! Please stay in tune.

Our Saturday gathering is not just about our children but for the parents, grandparents, siblings, please drop by for a catch-up! At the meantime, stay warm!

Miranda Chau  
President

## President's message 會長感言

親愛的會員和家屬

歡迎閱讀協康會 2019 年第二季會訊。

我感到非常遺憾，無法參加上周六的母親節和義工周慶祝活動。我們珍惜每一位成員的付出和參與。我想借此機會，感謝所有的義工和協康會會員們提供的幫助，使得協康會的多項活動能夠順利完成。全國義工周是一年一度的慶祝活動，以表達我們對義工的慷慨付出的認可和感謝。我們在義工們身上看到了多才多藝，樂觀，可愛，理解，善良，才華橫溢，精力充沛，熱情，有彈性 - 這就是你們擁有和展現的魅力。再次祝賀慶祝全國義工周今年 30 週年的慶祝活動完滿結束。

對於協康會會員，新的一個季度有很多活動值得大家一起參與。感謝您抽出時間完成我們對自閉癥的問卷調查，同時也提醒大家，和 **Positive Partnerships** 合作的自閉癥講座將會在 5 月 19 號和 5 月 26 號舉辦。屆時 **Patricia**，**Kim** 和 **Emma** 將會從墨爾本來到澳洲的 **Belmore** 長者中心，和大家分享相關自閉癥的信息。

另外，來自西悉尼大學四位就讀職業治療的學生現在即將完成他們在協康會的專業實習。學生們在整個課程中與我們的會員和家庭建立了良好的關係，並從活動中分享了很多樂趣。他們的最後一次參加的活動將於 5 月 25 日舉行，期待大家一起請來參加告別會。



協康會非常重視您對我們課程的意見和建議。我們正在積極計劃下一次的家庭旅行以及更多的活動！請大家密切留意我們的網頁，微信和各個推廣平臺，就可以及時獲取相關信息。

我們星期六的 **Belmore** 聚會不只是關於我們的孩子，同時也合適父母，祖父母，兄弟姐妹一起參加，期待大家一起參與！在此期間，天氣轉冷，也希望會員們注意保暖，身體健康！

協康會會長  
周潤梅女士

# BUSH WALK ACTIVITY

Victor Li wrote a report on 23/03/2019

Victor Li - Our group had lunch at Hurstville RSL Club. I ordered a special fried rice.

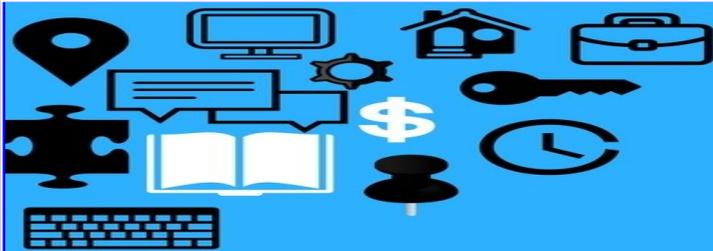
We walked to platform 4 and waited the train to Otford at Hurstville railway station.

When we arrived at Otford station, we followed Clement Wu.

We had a long distance to walk to the beach.

I feel tired and thirsty that I drank a bottle of orange juice and had a rest at café.

I like bushwalking, it's is good exercise.



## \$\$MONEY HANDLING

Social & Independent Living Skills Program

It was Saturday on 27/04/19. We had a cooking class. We met at Ashfield Shopping Centre at 1pm. Then we went to Coles for shopping. Everyone got their own shopping list. I bought flour, olive oil and 4 napkins. After that we drove up to Belmore SCC and we watched the cooking show first. Our cooking teacher is Jessica. She gave each of us a turn to chop up vegetables. I made Anzac biscuits and then CPAKIDz one by one did the cooking. I learned how to make the pancake mixture. It was fun. Those were the 2 recipes we cooked: Japanese pancakes and Anzac biscuits. At around 4:30pm we cooked and had dinner together. We also got dumplings and buns. That was delicious and we all enjoyed it!

Jack Zhou





# FLORAL WORKSHOP

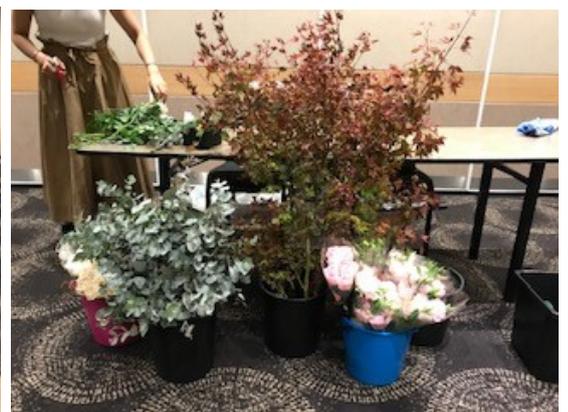
## **FLOWER ARRANGEMENT – 18/4/2019 REPORTED BY: JONATHAN YUNG**

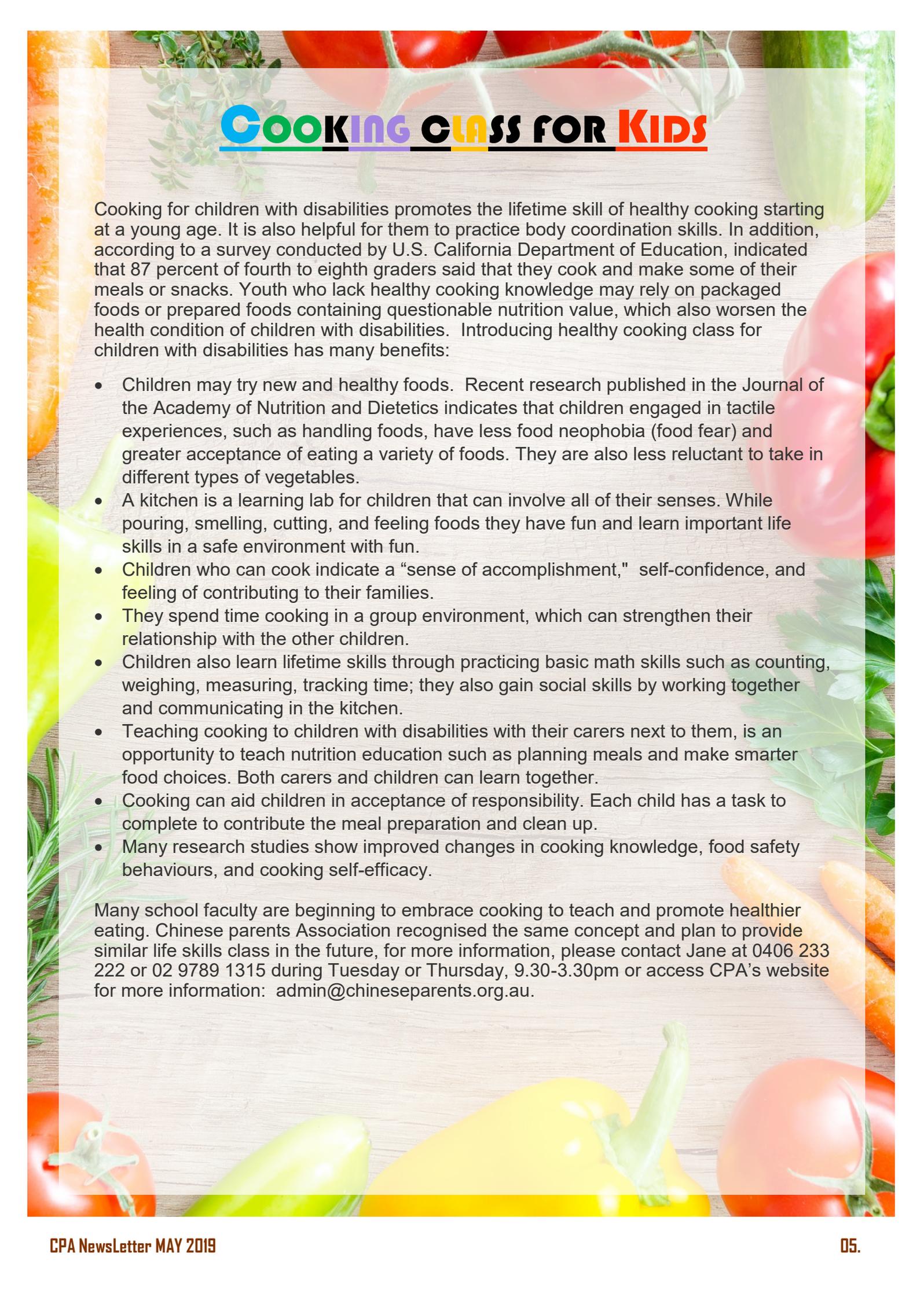
Mother and I went to floral art workshop because I was on Easter holiday. There were 11 participants, I was the only male who attended the floral arrangement class.

The teacher named Flora, who works in a flower shop and runs a wedding flower business. We arrived at 10 am and we met Flora at the Club Central car park. I helped her to bring flowers and buckets to the venue. I filled up three buckets of water to soak the oasis floral foam.

Flora showed steps to make floral arrangement into a bouquet. She used light pink roses, white roses and balloon flowers, with maple leaves and eucalyptus leaves.

I made a flower gift box with the help of my mother. Mum and I took a nice photo with a flower bouquet. I will make a bouquet of flowers for my mother as a gift for Mother's Day. This was what I learned today.





## COOKING CLASS FOR KIDS

Cooking for children with disabilities promotes the lifetime skill of healthy cooking starting at a young age. It is also helpful for them to practice body coordination skills. In addition, according to a survey conducted by U.S. California Department of Education, indicated that 87 percent of fourth to eighth graders said that they cook and make some of their meals or snacks. Youth who lack healthy cooking knowledge may rely on packaged foods or prepared foods containing questionable nutrition value, which also worsen the health condition of children with disabilities. Introducing healthy cooking class for children with disabilities has many benefits:

- Children may try new and healthy foods. Recent research published in the Journal of the Academy of Nutrition and Dietetics indicates that children engaged in tactile experiences, such as handling foods, have less food neophobia (food fear) and greater acceptance of eating a variety of foods. They are also less reluctant to take in different types of vegetables.
- A kitchen is a learning lab for children that can involve all of their senses. While pouring, smelling, cutting, and feeling foods they have fun and learn important life skills in a safe environment with fun.
- Children who can cook indicate a "sense of accomplishment," self-confidence, and feeling of contributing to their families.
- They spend time cooking in a group environment, which can strengthen their relationship with the other children.
- Children also learn lifetime skills through practicing basic math skills such as counting, weighing, measuring, tracking time; they also gain social skills by working together and communicating in the kitchen.
- Teaching cooking to children with disabilities with their carers next to them, is an opportunity to teach nutrition education such as planning meals and make smarter food choices. Both carers and children can learn together.
- Cooking can aid children in acceptance of responsibility. Each child has a task to complete to contribute the meal preparation and clean up.
- Many research studies show improved changes in cooking knowledge, food safety behaviours, and cooking self-efficacy.

Many school faculty are beginning to embrace cooking to teach and promote healthier eating. Chinese parents Association recognised the same concept and plan to provide similar life skills class in the future, for more information, please contact Jane at 0406 233 222 or 02 9789 1315 during Tuesday or Thursday, 9.30-3.30pm or access CPA's website for more information: [admin@chineseparents.org.au](mailto:admin@chineseparents.org.au).

# Our Little Chefs - Cooking Fun

On 30 March Saturday, the Junior Group, for the first time, enjoyed very much the cooking program.

To develop the children's social and independent living skills, CPA started to implement the cooking session once a month, and it was also for learning and leisure fun. Lily was the facilitator and she had been very well-prepared for the activity.

The children were so excited to know that they were going to learn cooking; and even more exhilarated when they found out they would put on their chef hats and aprons.

We briefed them on the cooking process and rules and they had to follow suit.

First of all, we made pizzas. The children tried hard to roll out the pizza dough with rolling pins, spread the tomato base, and chose their favourite toppings: pineapple, ham, onion, mini sausages..... and of course, sprinkled lots of cheese on top.

While the pizzas were toasted in the oven, we started another adventure: making butter cookies.

The youngsters had busily decorated their cookies with choc chips, hundreds-and-thousands, and other colourful sprinkles while some created different kinds of cookie shapes. They marked their cookies so that their cookies would not have been mixed up with others.

Voila! There came the delicious pizzas! The children were amazed at their finished product and could hardly wait to try the first bite! They were astonished at the mouth-watering and tasty cookies which looked so appetizing!!

It turned out to be a very satisfactory result: the children got very involved in the activities, learned how to make pizzas and cookies; furthermore, they generously offered their food to and shared with their parents, helpers and volunteers!!



# CALLS WORKSHOP (1-3)

## BEAUTY & MAKE UP

協康會是由一群弱能兒童的華裔家長組成，透過聚會互相支持和勉勵，交流養育子女的心得和處理困難。協康會透過各方面的途徑，發掘到孩子們隱蔽的天份，讓孩子便於融入社會，找到自己的存在感，並抒發個人情感。



澳洲弱能兒童協康會今年踏入第 31 個年頭，除了每個季度的定期活動，協康會將於三月至六月份期間，在悉尼南區安排一連八堂的休閒興趣學習班給會員及社區人士。該工作坊將有專業導師帶領，提供課程包括美容概念/基本化妝技巧，環保園藝，創意首飾，潮流插花等，讓參加者不但學到不同的休閒興趣技能和手藝，並能發掘個別的天賦潛能，更有機會發展個人事業。

詳情暫定如下：

11/05 (週六); 25/05(週六); 08/06 (週六)

“美容概念/基本化妝技巧”Beauty + Make up 第一場工作坊獲得巨大成功，來參與的人士都覺得老師提供了很多實用的護膚小技巧。第二次的參與人數更是爆滿，有興趣了解詳情和報名 CPA 更多活動的人士，歡迎溜覽本會的網頁 [www.chineseparents.org.au](http://www.chineseparents.org.au)，或於週二，週四 10am - 3pm，致電 JANE 0406 233 222

## BEAUTY + MAKEUP WORKSHOP I, II & III



The Beauty + Makeup Workshops run on 07/03/19, 14/03/19 & 28/03/19 are the first of a series of total eight leisure workshops. Thanks to the generosity of Club Central, Hurstville, we can run all our workshops in a comfortable, spacious and well set-up environment, enabling the participants to engage in the workshops in a relaxed but private atmosphere.

All the three Beauty + Makeup Workshops were well received by the participants with an average attendance of 22 people. Among them, we had young mothers, mothers with grown-ups and grandmas who are all eager to present themselves in a more gorgeous way. Amazingly, we had one male participant who claimed to come to the workshop on behalf of his wife.

In these 3 workshops, we were lucky enough to have Miss Sandra Cai to be our facilitator. Sandra is a very experienced Beautician who also runs her own skin care business in Burwood. Her expertise enlightened our participants with the latest knowledge in skin care technology and products.

In the first workshop she focused on the skin care procedures. She could not emphasized more the importance of applying sun screen to prevent premature aging skin. So, ladies, make sure you slop on a SPF sun screen no matter you stay indoor or outdoor. On the second workshop, everyone was even more excited when Sandra talked about MAKEUP, which for sure was the highlight of the three workshops. On the last Beauty workshop, Sandra revisited the skin care procedure but with a focus on different types of facial masks. At the end of the 3<sup>rd</sup> workshop everyone enjoyed a light refreshment together and had a chit-chat with Sandra. Seemed like they didn't want to let her go.

Sandra reminded the participants if they were interested in becoming a beautician or starting a business in the skin care field, they could start by taking a relevant course offered by TAFE. She encouraged the interested participants to get started with a certificate or diploma as a beautician if they were taking it seriously.



# HEALTH SEMINAR:

## 肩頸護理

於2019年2月14舉辦的肩頸護理講座是由澳洲弱能兒童協康會主辦，Canterbury Bankstown Club Grant—Campsie RSL Club 贊助。該活動的宗旨在於提供更多健康信息給弱能兒童的家人和其照顧者。現代生活是非常繁忙的，特別對於照顧弱能兒童的照顧者來說，除了繁忙的生活，對體力的要求也非常高。而這個項目就是希望透過不同的健康講座，讓這些照顧者可以有機會去了解如何改善自己的健康，減少感染疾病的機會或者是遇到問題提早就醫，從而減輕他們作為照顧者的壓力。增加健康方面的知識，同時也能幫助他們更好的完成照顧者的工作，給弱能兒童更全面的幫助。

2月14, 3月14的肩頸護理講座是澳洲弱能兒童協康會舉辦的一系列講座之一。講座地點是在Campsie 澳洲弱能兒童協康會辦公室，由物理治療師Dr.Penny Chow主講。內容覆蓋肩頸基本解剖介紹，常見的肩頸問題，如何通過各種運動去檢測有問題部位，以及相對應的治療方法。

2019年協康會會提供更多有幫助的健康講座，講座是完全對社區人士開放的，有興趣的朋友可以登錄協康會網址或致電我們的辦公室了解詳情和報名。網址是：<https://www.chineseparents.org.au/>  
 聯系電話：0406 233 222.

### 肩頸護理

- 1. 肩頸解剖學
  - 肌肉
  - 骨骼
  - 神經
  - 血管
- 2. 常見問題
- 3. 檢查 (正常活動範圍, 分辨肌肉, 神經或是骨骼引致)
- 4. 治療方法

### 常見問題

#### 成因

意外(車禍 whiplash syndrome ,拉傷, 骨折)  
姿勢不正確(勞損)-> 關節炎  
落枕(斜頸症) torticollis  
五十肩 (frozen Shoulder)  
頸椎間盤突出

#### 影響

- 肌肉緊繃->活動範圍下降
- 痛

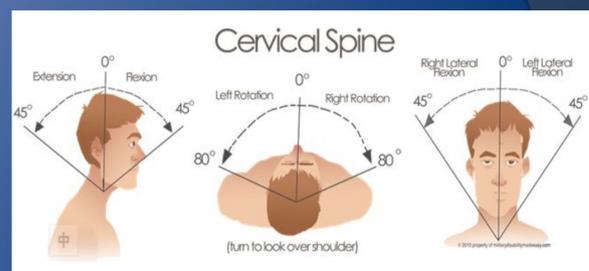
### 檢查 正常活動範圍

Table 1.0 Normal ranges of movement in the vertebral column and hips

	Cervical (°)	Thoracic (°)	Lumbar (°)
Flexion	0-60	0-50	0-60
Extension	0-75	0-45	0-25
Lateral Flexion	0-45	0-40	0-25
Rotation	0-80	0-30	0-18

Adapted from ACSM (2006) and Magee (2006).

### 檢查 正常活動範圍



# MAY—JULY ACTIVITIES: Come & Join us!



澳洲弱能兒童協康會



CHINESE PARENTS ASSOCIATION- CHILDREN WITH DISABILITIES INC.

## Career and Leisure Learning Skills (CALLS Project)

Seminar for Parents/Carers with Children with Disabilities and the community

(The talk will be conducted in Cantonese 講座將以粵語進行)

### 環保園藝 Gardening

主講: Gloria Fu

植物進行光合作用時釋放氧氣，在家居種植不但能保持空氣清新，更可美化家居，發揮創意，培養個人休閒的興趣技能/手藝，更有機會發展成個人事業。

Kindly Sponsored By Georges River Community Grants 2018-19 - round 1

Date 日期: **11/5 Sat, 25/5/2019 Sat**

Time 時間: 10:30 am - 12:00 noon

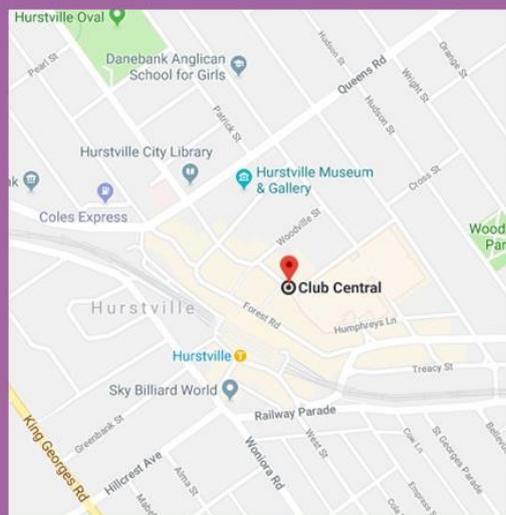
Venue 地點: Club Central Hurstville  
2 Crofts Avenue, Hurstville NSW  
衣着需合乎會所要求

Fee 費用: **\$5 材料費**



Registration closes: 2/5 & 16/5 截止報名

Enquiries 查詢: contact Jane  
(02) 9789 1315 or text 0406 233 222  
Tues & Thurs 週二, 週四 10am - 3pm



# MAY—JULY ACTIVITIES: Come & Join us!



澳洲弱能兒童協康會



CHINESE PARENTS ASSOCIATION- CHILDREN WITH DISABILITIES INC.

## Career and Leisure Learning Skills (CALLS Project) Workshop for People with Disabilities, their carers and the Local Community



創意首飾 II  
Jewelry Making  
II

主講: Cam Duong

人類的想像力與創造力是無窮無盡的，只要我們敢想，似乎什麼都可以實現。第一課將學做具心思的母親節禮物。

**Kindly Sponsored By Georges River Community Grants 2018-19 - round 1**

**Date 日期:** 8/6/19 Sat, 10:30am - 12:00 noon

**Venue 地點:** Club Central Hurstville  
2 Crofts Avenue,  
Hurstville NSW

衣着需合乎會所要求

**Fee 費用:** \$5 材料費

Registration closes: 23/5/2019 截止報名

Enquiries 查詢: contact Jane  
(02) 9789 1315 or text 0406 233 222

Tues & Thurs 週二, 週四 10am - 3pm



# MAY—JULY ACTIVITIES: Come & Join us!



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



positive partnerships  
Working together to support school-aged students on the autism spectrum

Free  
to attend

## Autism Workshop for Chinese Parents and Carers



Join Chinese Parents Association-Children with Disabilities & Positive Partnerships to learn more about autism and ways to strengthen the home-school partnership

### Learn about:

- May 19 Sensory processing  
Strategies & tools to enhance learning
- May 26 Behaviour support  
Working together with your school

**Belmore, NSW**  
**Sunday 19 & Sunday 26**  
**May 2019**  
**11.45am - 3.30pm**

Registrations open now

### Location:

Belmore Senior Citizens Centre  
38-40 Redman Parade  
Belmore NSW 2192



Chinese interpretation available

(Free refreshment is provided, Free child play group is available during the session.)



To register, click

<https://www.surveymonkey.com/r/BCFCGLL>



For help, call:

0481 912 213 (Chinese)

0401 106 096 (English) or

[admin@chineseparents.org.au](mailto:admin@chineseparents.org.au)

The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.

## Week Day Program 1:



### Gym & Fitness class:

### Coached by PCYC qualified trainer

The class will consist of a 15 mins warmup which will include dynamic and aerobic movements to fire up the CNS and the muscles. 30 mins of class include strength and conditioning portion. The movements will be broken down into the basics, with progressions when able.

15 mins cool down consisting of PNF + dynamic stretching with some relaxing breathing exercises to lower the heart rate back to resting. (please in sports attire, bring water bottle, towel)

Dates: Every Thursday, 5-6pm

Address: PCYC Auburn (Formerly Netball Centre)  
Wyatt Park, 1 Church Street, Lidcombe

Fee: \$30 per session

## Week Day Program 2:

**Monday**  
**4:30pm – 6pm**



### Intermediate Computer Course

( Please bring your own laptop)

- Intermediate Microsoft Office skills ( Word, Excel, PowerPoint)
- Intermediate Internet searching
- File Management

**Dates & Time:**

Every Monday, 4.30pm—6pm

**Where:**

CPA office, 20-22 Anglo Road, Campsie

**Fees:**

\$45 per session

\*\* For more information, please kindly contact our office staffs



**For May—July, there are plenty of FUN activities:  
for you and your family to enjoy!**

- ◇ Mother's day celebration  
04/05/2019



- ◇ Cooking Class for Kids  
25/05/2019, 22/06/2019



- ◇ Positive Partnership Workshop  
19/05/2019, 26/05/2019



- ◇ Ice—Skating for Junior Group  
13/07/2019

# Regular Weekend Activities

## Junior Group 兒童組



### Rhythm & Music

#### 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  
This program is kindly sponsored by  
Strathfield Sports Club



### Fun to Learn!

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

This program is kindly sponsored by  
Strathfield Sports Club



### BEAM Project

Time 時間: The third Saturday of  
each month, 每個月第三個週六,  
3pm to 4pm

Venue地點: Belmore Youth  
Resource Centre,  
40 Redman Pde, Belmore

This program is kindly sponsored by  
ACCF

## 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



### 保齡球課 Ten Pin Bowling Lessons

Time 時間: Saturday 星期六, 上午10:15 am 開始  
Venue地點: 92 Parramatta Rd, Lidcombe NSW 2141



### Music Lessons

Time 時間: Saturday 星期六, 下午 2:30pm 至4:30pm  
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore  
This program is kindly sponsored by Strathfield Sports Club



### Art Programs

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



### Dance Lessons

Time 時間: Saturday 星期六, 下午 2:30pm 至4:30pm  
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore  
Kindly sponsored by Canterbury Bankstown FAP  
This program is kindly sponsored by Strathfield Sports Club

# PHOTO GALLERY



Dragon Boat Race 2019



Art & Craft Activity



Music Therapy

Beauty & Makeup Workshop



Charity participation

Health Seminar

# PHOTO GALLERY



Zumba Activity



Money Handling Workshop



Birthday Party



BEAM Project



BEAM Project



Back & Limb Seminar



Jewellery Class



Cooking Class



FHC & Music



Family Bush Walk Activity —March 2019



Family Picnic April



# Acknowledgement

## Volunteers

Albert Suen  
Andrew Li  
Anna Yew  
Bruce Poon  
Clara Lau  
Crystal Mak  
Darby Mu  
Derek Lau  
Fiona Suen  
Harry Tinyow  
Jackie Chan  
Karen Teren  
Kathy Lau  
Kathy Tang  
Leo Lieu  
Leon Tandor  
Lian Chin  
Lifen Xie  
Louie Tang  
Mario Yuen  
Megan Tang  
Michael Teren  
Michi Sano

## Volunteers

Nathan Tang  
Paul Yau  
Rikkie Wei  
Sam Yau  
Shannon Lee  
Willis Li  
Winda Mok

## **Donors (for donations \$100 or above)**

Bonnie Ma  
Jiaying Ruan  
Joseph Lee & Co  
Majoria Liang  
Penny Chow  
Strathfield Sports Club  
Sylvia Tinyow  
Xim Nganh Diec



**MAY** Carmen Martin    Ka Chun Tse    Samuel Poon  
 Eric Luu    Lauren Poon    Victor Li  
 James Martin    Leo Lee    Wilson Trang  
 Julian Lesnie    Patrick Chow

**JUN** Colin Su    Lachlan Nguyen    Queenie Tung  
 Esabell Chien    Leon Cao    Robbie Leong  
 Jan Su    Michael Lee

**JUL** Alan Ngo    Jackson Yung    Matthew Sin  
 Anderson Yang    Joanne Pang    Stanley Au  
 Eddie Wong    Lintom Lin

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
- 附屬會員                Affiliated member
- 義工                        Volunteer

**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

# May - July 2019

## Activity Venues

- Ice-Skating, Canterbury Ice Rink, Phillips Avenue Canterbury
- Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
- Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore
- Campsie office, shop 11, 20-22 Anglo Road Campsie
- PCYC Auburn, Wyatt Park, Church Street, Lidcombe
- Aerialize, 7-9 Close Street, Canterbury

Activity fees applied (refer to current fees schedule)

## WEEKDAY PROGRAM

Monday	4:30pm to 6:00pm	Computer Class	CPA Campsie Office
Thursday	5:00pm to 6:00pm	Fitness Gym Class	PCYC Auburn
Friday	5:00pm to 6:00pm	Aerial Circus	Aerialize, Canterbury

## WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 5:00pm	Morning 8:45am to 12:00pm	Afternoon 2:30pm to 4:30pm
<b>May</b>			

04/05	Mother's Day Celebration & Volunteer's Week (Padstow Bowling Club) (11.30 – 2:30pm)		
11/05	Zumba (Esther) Music Therapy (Christine)	Ice-Skating 8:45-9:30am Bowling 10:15-12:00pm	Dance class (Liliana)
18/05	Fun to Learn (Jackie) 3:00 – 4:00		OT session by University students Birthday party
19/05 (Sun)	Positive Partnership Workshop (11.45 am – 3:00 pm)		
25/05	Fun Cooking	Ice-Skating 8:45-9:30am Bowling 10:15-12:00pm	OT session by University students
26/05 (Sun)	Positive Partnership Workshop (11.45 am – 3:00 pm)		

## June

01/06	Zumba (Esther) Music Therapy (Christine)	Ice-Skating 8:45-9:30am Bowling 10:15-12:00pm	Art Class
08/06	Art & Craft (Elizabeth) Creative Dance (Elizabeth)	Ice-Skating 8:45-9:30am Bowling 10:15-12:00pm	Exercise Physiology (FHC)
15/06	Fun to Learn (Jackie) 3:00 – 4:00		Music/Drumming (Elizabeth) Birthday party
22/06	Fun Cooking		Dance Class (Liliana)
29/06	Zumba (Esther) Music Therapy (Christine)		Art Class

## July

06/07	School holiday – Pony Rides Nepean (TBC)		
13/07	School holiday – Movie/Bowling		
20/07	School holiday		
27/07	Zumba (Esther) Music Therapy (Christine)	Ice-Skating 8:45-9:30am Bowling 10:15-12:00pm	Music/Drumming (Elizabeth)

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