

News letter

會訊

Merry Christmas &
Happy New Year!

Upcoming events:

12月

**December
2025**

13 December 2025 -

CPA 2025 AGM & Christmas
Celebration Buffet Lunch
協康會週年大會及慶祝聖誕聚餐
at Merrylands RSL Club



20 December 2025 -

Junior Group Mini-Golf at
Entertainment Park,
Bankstown

1月

**January
2026**

17 January 2026 -

Junior Group community
outing 幼兒組社區活動

**30 January - 01 February
2026 -**

Family Team-Building Camp
家庭營 at Wollongong Surf
Leisure Resort, Wollongong



**CPA CHRISTMAS AND NEW YEAR OFFICE CLOSURE:
23 DECEMBER 2025 - 5 JANUARY 2026 INCLUSIVE**

Chinese Parents Association – Children With Disabilities Inc.

澳洲弱能兒童協會

Office Address 辦事處:
G01/46 Edward Street
Summer Hill NSW 2130

Post Address 郵址:
PO Box 345
Campsie NSW 2194

Office Hours 辦公時間:
Tues—Thurs 週二至週四
10am—3pm 十時至三時

Mobile 手機: 0406 233 222

Email 電郵:

admin@chineseparents.org.au

Websites 網址:

www.chineseparents.org.au



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。

Our Mission 我們的信念

To provide a range of services and support to people with disabilities, as well as to promote a caring community for the optimal growth of people with disabilities.

弱能人士，無論是何種膚色，種族或信仰，皆應獲得平等對待及享受豐盛而有意義的人生。

Our Belief 我們的使命

That people with disabilities irrespective of colour, race or creed should be treated equally and to enjoy a rich and meaningful life as far as possible.

致力為弱能人士提供一系列服務，尤其是華裔人士，使他們能夠得到適當的照顧，及推廣一個對弱能人士關懷備至的社會。

Vice President 副會長感言 Message

Dear Members,

Welcome to the last newsletter of 2025. Time has gone so fast. We have come to the end of the year.

In September, we had Father's Day celebration Day out to Illawarra Fly Treetop Walk. It was a good countryside escape for everyone on board the two coaches. We all had a wonderful time, especially for the fathers who received their surprised Father's Day gifts. The Mid-Autumn Festival celebration was also held in September at Bankstown RSL club. The popular buffet was enjoyed by all families. A BIG thank you to Way In Network for donating mooncakes as the takeaway gift to each family at the end of the event.

National Carers Week Celebration was held in October to recognise



and thank our carers who have been offering their love and time to care for their family members. This year, we have organized two events, the lunch at Club Auburn for Youth group carers and the high tea at NSW Parliament House for Junior group carers. All carers enjoyed the precious child-free time spent with each other. Big grin can be seen on each face through the photos.

The next upcoming event will be our annual Christmas Party and AGM on 13 December. Hope to see you all there to celebrate this festive season.

Wishing you a happy and prosperous year ahead.

Ivy Lau

Vice President 副會長感言 Message

親愛的會員：

歡迎閱讀2025年最後一期的會訊！時光飛逝，我們又迎來了一年的尾聲。

九月份，我們舉辦了父親節家庭樂郊遊日，前往 Illawarra Fly 樹頂步道。兩部旅遊巴士載著大家一同前往鄉郊，享受愉快的郊外之旅。大家都度過了美好的一天，尤其是那些收到驚喜父親節禮物的爸爸們！

在九月尾，我們亦在 Bankstown RSL 會所舉行了慶祝中秋節自助午餐。廣受歡迎的自助餐讓每個家庭都吃得開心滿足。特別感謝慧賢會 (Way In Network) 熱心捐贈月餅，作為活動結束時送給每個家庭的禮物。

十月份，我們慶祝了全國照顧者週 (National Carers Week)，



藉此感謝和致敬各位照顧者，長期以愛心與時間照顧家人。今年我們特別舉辦了兩項活動：為青少年組照顧者安排了 Club Auburn 午宴，並為幼兒組照顧者舉辦了休閒茶聚，享受位於新南威爾士州議會大廈餐廳的「High Tea」。照顧者們都非常享受這難得的「輕鬆時光」，照片中每一張笑臉都洋溢著喜悅。

接下來的活動將是我們的年度聖誕聯歡會暨會員大會 (AGM)，將於 12月13日 舉行。希望屆時能與大家一同歡度佳節。

祝大家聖誕快樂，新年幸福美滿！

劉陳愛虹

Weekend Programs

週末活動

Time 時間:

- Saturdays 星期六, 2:30pm - 4:00 pm

Venue 地點:

- Ashbury Senior Citizens Centre (ASCC), 66 Princess Street, Canterbury
- Belmore Senior Citizens Centre (BSCC), 38-40 Redman Pde, Belmore

ASCC
JUNIOR GROUP PROGRAM
小組節目

音樂治療 Music Therapy



健體運動課 Movements, Dance & Games



有趣烹飪 Fun with Cooking



Community Participation Activities

Time 時間: Saturdays 星期六下午 2:00pm - 4:00pm or School Holidays

BSCC
JUNIOR-YOUTH
COMBINED CLASS
合併活動

藝術課 Art Class



森巴舞 Zumba

BSCC
YOUTH GROUP PROGRAM
大組節目

音樂治療 Music Therapy



椅子瑜伽 & 普拉提 Chair Yoga & Pilates



保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午10:30am 開始

Venue 地點: Tenpin City Lidcombe, 92 Parramatta Road Lidcombe



空中運動班 Aerial Circus

Time 時間: Fridays 星期五, 下午 4:30pm 至 5:30pm

Venue 地點: Aerialize, 7-9 Close Street, Canterbury

Community
Activities

社區活動

Father's Day Family Day Out
The Illawarra Fly, Knights Hill
13 September 2025



Community
Activities

社區活動

Junior Group Bowling Day
at Zone Bowling
Villawood 04/10/2025



Bowling Day by Jasper



On last Saturday, we went bowling with Daniel and Michelle. Daddy drove us to bowling. I met so many friends over there. First, I throw the ball into the pins then anyone took turns and we can see marks in the screen. The one who got the highest marks won the game. After that, we had pizza and chips and sprite. Finally, I gave a gift to one OT teacher and say big thanks to her.



Community
Activities

社區活動



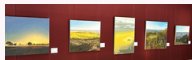
Youth Group Carers National Carers Week Celebration Lunch
全國照顧者週午餐 16 October 2025
Lucky Chinese Seafood Restaurant, Club Auburn



THE EVENTS ARE SUPPORTED BY CARERS NSW WITH FUNDING
FROM THE NSW GOVERNMENT DEPARTMENT OF COMMUNITIES AND JUSTICE.



Junior Group Carers National Carers Week Celebration High Tea
全國照顧者週休閒茶聚 17 October 2025
at Strangers' Restaurant, NSW Parliament House



Our Stories 我們的故事



Mid-Autumn Festival Celebration
Bankstown RSL Club
27 Sept 2025



Our Stories 我們的故事

University of Western Sydney Occupational Therapy Student Placement 2025



Thank you
Charlotte, Jana,
Matthew and
Mya for joining
in our weekend
programs.



Sweet Memories 甜蜜的回憶

Chair Yoga on 9 August



Music session on 23 August



Weekend programs at
Belmore Senior Citizens
Centre



Social Skills Training Session on 30 August



Money Management Workshop on 4 October



Sweet Memories 甜蜜的回憶

Combined class - Zumba and monthly birthday party on 02 August



Combined class - Art Class on 18 October



Weekend programs at Belmore Senior Citizens Centre

Sweet Memories 甜蜜的回憶

Fun Cooking on 23 August



Music Therapy on 9 August



Weekend programs at
Ashbury Senior Citizens
Centre

Social Skills Training on 30 August



Money Management Workshop on 20 September



Birthday Boys & Girls 生日祝福

November

Annie Zhuang
Alyssa Chong
Bowman Yu
Connor Kitagawa
Eric Lo
Gavin Liang
Jodi Tan
Joshua Wang
Laurence Trieu
Lawrence Li
Livana Li
Owen Januar
Ping Lian Yeak
Ryan Tsen
Sandra Wang

JANUARY

Barry Mak
Benjamin Dinh
Denis Thomas
Derek Su
Edmund Su
Jason Chen
Jenny Luo
Julia Chau
Julia Teng
Julie Mak
Thuman Ha
Tiffany Tan

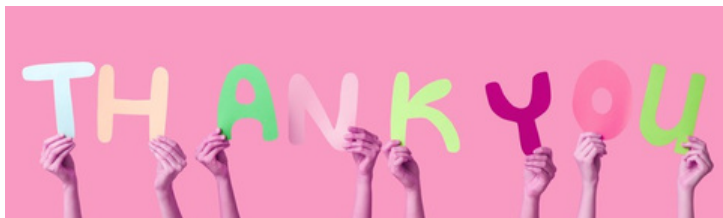


December

Adrian Chau
Cee Horne Tsui
Chen Rong
Daniel Li
James Huang
Jasper Zhang
Jeremy Wang
Jimmy Kong
Katie Liu
Louisa Tong
Samson Yuen
Timothy Yau



Acknowledgement 致謝



Donors (for cash donations \$100 or above)

Annie Tang

Eugenia Lieu

Good 2 Give

Lee Hoi

Donations in Kind

Way In Network

Volunteers

Darby Mu

Harry Tinyow

Mario Yuen

Winda Mok

Management Committee Members

*How can
you help?*

請給我們支持

Postal Address 郵址：
PO Box 345 Campsie, NSW



捐贈 款項:

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

請將支票抬頭:

Please make cheque payable to:
"Chinese Parents Association -
Children with Disabilities Inc"
DGR # 900 487 253.

亦可直接存款于以下帳戶:

Payment could also be made by direct
deposit to the Association's bank:
BSB: 082080
Account No: 86 208 5669
or by PayPal via
www.chineseparents.org.au

本人願意參加為貴會
I would like to become:

會員 Member ☐
附屬會員 Affiliated member ☐
義工 Volunteer ☐

名字 Name:
姓氏 Family Name:

地址 Address:
Suburb:
Post Code:

電話 Tel:
電郵 Email:

會員年費
Membership Fee \$10 p.a
(7月1日至6月30日
From 1 July - 30 June)

Nov 2025 - Jan 2026 週末活動時間表



Activity Venues

- Bowling, TenpinCity 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
--------	------------------	---------------	-----------------------

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
November 十一月			
01/11	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
08/11	Music Therapy 音樂治療	Tenpin Bowling	Music class 音樂課
15/11	Fun Cooking 有趣烹飪	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜珈
22/11	Junior fitness class - Movement, Dance & Games 健體運動課	Tenpin Bowling	Music class 音樂課
29/11	Art Class 藝術課	Tenpin Bowling	Art Class 藝術課
DECEMBER 十二月			
06/12	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
13/12	CPA 2025 AGM and Christmas Celebration Lunch ** Merrylands RSL Club		
20/12	Junior Group Community Outing – Mini Golf at Entertainment Park, Bankstown 幼兒組社區活動 **	School Holiday	
27/12	School Holiday		
JANUARY 一月			
03/01	School Holiday		
10/01	School Holiday		
17/01	Junior Group Community Outing 幼兒組社區活動 ** (tbc)	School Holiday	
24/01	School Holiday		
30/01- 01/02	Family Team-Building Camp at Wollongong Surf Leisure Resort (WSLR) 201 Pioneer Rd, Fairy Meadow ** 30/01 – 01/02/2026		

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