

Nov 2025 - Jan 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
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 椅子瑜伽
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



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