



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

CPA NEWSLETTER 協康會會訊

FEB 2019 ISSUE / 二零一九年二月版



2019
恭賀新禧
樂喜無窮

UP-COMING ACTIVITIES:

- ◆ Dragon Boat Race: 10/02/2019
- ◆ Health Talk—for Neck & Shoulder:
14/02/2019
- ◆ Hurstville Day Trip: 23/03/2019 (TBC)
- ◆ Picnic: 13/04/2019 (TBC)
- ◆ Easter Movie Day Out (TBC)

REPORTS:

- ◆ Christmas Party Report
- ◆ Circus Activity Report
- ◆ Health Talk
- ◆ Report on Zumba Activities



CPA Committee 2019

管理委員會名單

CPA Newsletter FEB 2019 Issue
協康會 會訊 二零一九年二月號

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

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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。



Hon President 名譽會長 :

The Hon. Dr Helen Sham-Ho OAM 沈慧霞博士

President 會長 :

Miranda Chau 周潤梅女士

Vice President 副會長 :

Mrs Ivy Lau 劉陳愛虹女士

Mrs Sylvia Tinyow 陳劉秀蓉女士

Treasurer 財政 :

Ms Maria Lee 阮李麗萍女士

Vice Treasurer 副財政 :

Mrs Aileen Pang 馮美良女士

Secretary 秘書 :

Dr Jennifer Chan 陳素娟博士

Program Co-ordinator 活動策劃 : Ms Elena Lau 容劉敏兒女士

Committee Members 常務委員 :

Dr Jeff Li 李雲信博士

Mrs Ping Mu 繆桂萍女士

Mr William Wu 吳光偉先生

Mrs Elly Li 李羅艷媚女士

Professional Advisors 專業事務顧問 :

Mr Peter Wong 王友國先生

Community Service Workers 社區服務員 :

Ms Eugenia Liang 梁玉華小姐

Ms Jane Ng 吳芷茵小姐

Mrs Rachel Lo 盧李巧雲女士

Program Instructors 活動課程導師 :

Art Teachers: Nick Baldas

Junior Group Teachers: Jackie Chan

Music Therapist: Christine Morson

Dance Teacher: Elizabeth Ramsay, Esther Leung,

Sarah Suassuna, Liliana Carrolo

Computer Teacher: David Luo

President's message 會長感言

Dear Members and families:

A happy new year to all our members and supporters, 2019 promises to be an exciting year and I am looking forward to working with you all. Welcome to 2019!

I am excited to continue serving as President of CPA for 2019 – it is a great honour to serve the organisation and all its members for the year and a role I am immensely proud of being asked to undertake and I will endeavour to do my utmost for you all.

In January many of us feel the energy of a fresh start and the opportunity to think about the year ahead. And with the New Year beginning we often think of those New Year's resolutions. The beginning of a new year is a good opportunity to renew inspiration for the rest of the year; and to think about the goals that you set. It is also time to consider where CPA has been, and where we are heading.

Our committee members and staffs constantly set new goals for CPA. Here are a few:

- ◆ Our numbers have grown; I would like to welcome our new members and their families. We hope you enjoy our activities and the social gathering.
- ◆ CPA was delighted to have the support from Autism Spectrum (Melbourne), one of their project called *Positive Partnerships* is a national project funded by the Australian Government Department of Education and Training, aiming to enhance the education outcome of the children with Autism. One of their main services is to help parents and schools understand more about Autism so that they can work together for the best of the child with Autism and their families. A multiple workshops will be hosted here to provide information session to our parents, and it may potentially become an ongoing support to our organisation.



- ◆ In supporting the future of the occupational therapy profession, in March, a number of second year Occupational Therapy students from the University of Western Sydney will be here for their professional practice placements for their project. The students will be assisting in our Saturday classes, and they will be hosting a therapy session at the end of their project. This is a rewarding program for both parties where the students can benefit our facility by developing and updating resources, and developing staff clinical skills.
- ◆ A new recreational program 'Circus and aerial skills' will be starting this term on a weekly basis. It is a fun, dynamic and challenging course that is suitable for all ages and abilities. I highly recommended!

We have a dedicated and a very supportive core of committee members within the organisation and I thank them in advance for their commitment and more importantly for their time in helping the organisation achieve its aims.

Again, thank you for being a CPA family. On behalf of my board members and staffs I wish you and your family a very healthy and prosperous new year and I look forward to seeing you at an upcoming Saturday.

Miranda Chau
President

President's message 會長感言

親愛的會員和家屬：

歡迎來到 2019 年！祝所有會員和我們的支持者新年快樂！2019 年將是令人興奮的一年，我期待著與大家一起工作。

我很榮幸被選為 2019 年協康會會長，繼續為本會及其會員服務，你們的認同將成為我工作的最大原動力，我將竭盡全力為你們效勞。

1 月份，我們很多人都感受到新年的歡樂，同時也可溫故知新，計劃和重整未來一年的發展方向，並檢討過往已定的目標。

協康會委員會成員和員工，經常為本會構思新的目標，例如以下幾項：

協康會的會員人數在不斷增長：我想歡迎我們的新會員及其家人。希望你們喜歡本會舉辦的各項活動和社交聚會。

本會很高興得到 Autism Spectrum (Aspect) (墨爾本) 的支持，他們有一個名為《Positive Partnerships》的項目，由澳大利亞政府教育和培訓部資助，旨在提高自閉症兒童的教育成效。他們的主要服務之一是幫助家長和學校更加了解自閉症，以便能夠與自閉症患者的家人一起為自閉症兒童提供適當的照顧和幫助。我們將會舉辦一系列的講座，為我們的家長提供相關訊息，這些講座，或可給予本會持久的支援。



3 月份，西悉尼大學的一些正在修讀職業治療第二年的大學生，將會在協康會為他們所學的項目進行專業實習。學生們將在本會週六活動時提供幫助，並在實習結束前策劃一節治療課。這是一個雙方都會得益的計劃。

另外一個新的活動 - “空中雜技” 將在這學期(逢星期五)開始。這是一個有趣、充滿活力和富挑戰性的課程，適合不同年齡和能力的人士。我極度推薦大家參與！

在此我想預先感謝協康會委員會的成員，全賴他們義務提供時間和精力，才能讓本會的活動得以成功舉辦。

我再次感謝您成為協康會大家庭的一員。我謹代表委員會和員工祝願您和您的家人度過一個非常健康和美好的新年，我期待著在下星期六的活動上能夠見到您。

2018 CHRISTMAS

Celebration of Christmas 2018

聖誕聯歡會

澳洲弱能兒童協康會在 2018 年，十二月十五日假座 Club Central, Hurstville 舉辦午餐聚會，慶祝聖誕節及揭曉獎券中獎者。與會來賓，會員朋友等，一眾參與慶祝佳節活動，CPAKIDz 參與音樂表演，演唱聖誕歌曲，嘉賓和家長們也一起參與。當天參與人數超過 140 人，場面熱鬧，溫馨感人。



當天的午餐聚會有一系列的活動給現場參與者，特別是給CPA的成員，孩子們帶來了很多驚喜。在午餐開始前，首先是週年大會，結束後，副會長Mrs Sylvia Tinyow 陳劉秀蓉女士代表會長致歡迎詞，回顧了CPA 一整年的活動和我們感受到的成長，並感謝大家的支持。

整個聯歡會過程中，一直有專人播放著幻燈片，紀錄著協康會的孩子們在學習過程中的點點滴滴。協康會的CPAKIDz 是一個有音樂天份的表演團隊，隨著Jingle Bell 之歌聲，他們的歌聲帶給了所有人更濃烈的聖誕氣氛。對小孩子來說，聖誕老人出來更是必不可少。孩子們趕著與他拍照留念。全場的壓軸戲是抽獎節目，這次聖誕聚餐，得到有心人捐出大量豐富禮品，興高彩烈的中獎人士與等待中獎的其它人一齊起鬨，非常熱鬧。

澳洲弱能兒童協康會 二零壹八年十二月獎券抽獎揭曉

本會衷心感謝多年來各社團機構、商號、文化界、報界及電臺的大力支持，給本會工作人員及家長會員們無限鼓勵和支持。以下是慶祝會當日，抽獎活動的中獎名單，號碼如下：

頭獎: 0516	二獎: 0346
三獎: 1197	四獎: 1211
五獎: 1405	六獎: 1343
七獎: 0049	八獎: 0380
九獎: 0213	十獎: 0725

亦可查詢本會網站:

www.chineseparents.org.au

中獎人士可攜同中獎獎券及身份證明前來本會辦事處領獎。本會義工會致電聯絡中獎人士。

辦事處:

金時區 Campsie, Shop 11, 20 – 22
Anglo Road.
02-9789 1315/ 0406 233 222 Jane

澳洲弱能兒童協康會鳴謝下列各善長人士及機構，捐贈獎品:

Aileen Pang, Mr Lee Hok Yu, Microsoft, Niche Mobile Solutions, Harry Tinyow.

幼兒組雜技工作坊

01/12/2018

今個夏天的第一日，我們幼兒組有十一位成員參加了由 Aerialize Sydney Aerial Theatre 主辦的「雜技工作坊」，經過五月份第一次參與的成功經驗，今次已是幼兒組第二次參加這個活動。當導師叫這班小朋友坐下點名時，他們很聽話地坐下來，充份展示了他們的聆聽及服從能力呢。

在這個工作坊，導師 Helen 和 Blake 首先講解怎樣使用懸掛的器械，然後親身示範每一個動作，之後小朋友輪流去試做導師所示範的動作，在爸爸、媽媽和導師的協助下，他們每人都有機會去嘗試做不同的空中雜技，包括空中絲帶、空中呼拉圈和空中鞦韆。要在懸掛的絲帶和轉動中的呼拉圈上保持平衡是絕對不容易的，他們都努力嘗試，很多小朋友都做到了，真是了不起！有些小朋友對新環境就比較謹慎，他們需要四處探索去熟習這個新地方，然後才安心去摸索新玩意，但對他們而言這已經是向前邁進一步了。

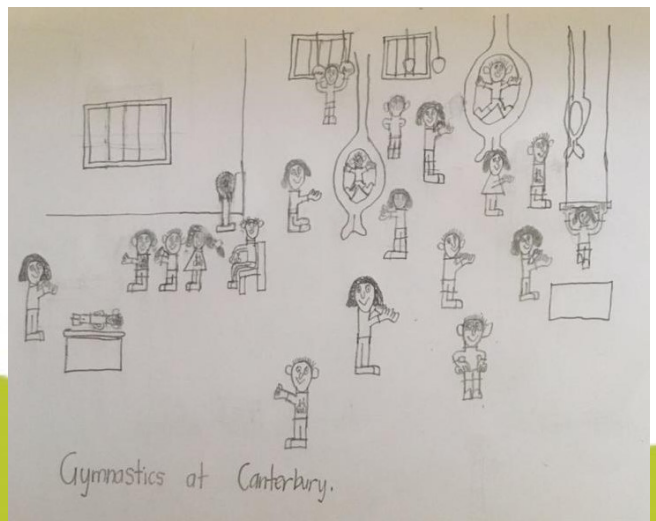
十分感謝導師 Helen 和 Blake 的專業指導和耐心教授，讓小朋友得以嘗試去做不同的雜技動作，而且享受了一個充滿趣味和挑戰的下午；也非常感謝家長們當天準時出席及全程落力的參與，謝謝。

I went to gymnastics at Canterbury.
I had hoola loop, jumping, spinning, swing
and standing on the line. Then I had lunch
and ...

I went to gymnastics at Canterbury.
I had hoola loop, jumping, spinning, swing and
standing on the line. Then I had lunch and ...



I played gymnastics at Canterbury.
I played gymnastics at Caterbury.



Provided By Raymond Chin

Zumba for Junior Group

Beginning from July 2018, CPA had introduced Zumba class to our junior group. Zumba is a fun aerobic workout that mixes in dance moves (WebMD). It is perfect exercise for our junior group kids to get active, socialise with groupmates and jam out to their favourite music.

Facilitated by Esther, our kids attended twice a month the Zumba class. Our Zumba featured popular music, rhythms and beats. Kids were able to follow the simplified routines and steps, allowing them to jump, dance, shake and swing freely.

This fitness program was creative and varied, and Esther had added age-appropriate games and activities into the dances. Kids shook their hips, twirled around their waists, limbs or necks with the hula hoops. They jumped up and down and yelled with their colourful pom poms. During the limbo dance, the kids had to bend their knees, leaning backward with their chests up, inching slowly the way under the stick, trying not to fall down, adding dynamic moves to the game. Our class really enjoyed the activities.

Research reported a list of benefits of Zumba for kids: easy to follow moves, improves fitness, coordination and memory. It increases self-confidence, boosts self-esteem, develops creativity/ imagination and encourages teamwork.

In addition, it is a great family fun activity. Our parents joined in the exercise, got into the action and shared the fun with their children.

To get fitness is an essential part of children's health. CPA would continue to promote healthy exercises to our young members with disabilities.

This program is kindly funded by Canterbury Bankstown ClubGrants- Bankstown Sports Club





Health Seminars

- ◆ **Cancer and you in Australia : 15/11/2018**
- ◆ **Anemia Seminar : 06/12/2018**
- ◆ **Tips on Healthy Diets : 24/01/2019**



Workshop 3: Cancer and you in Australia



Workshop 5: Tips on Healthy Diets

Keeping the medical knowledge up to date can be difficult – and it is even more daunting if an individual does not have a background in health or medicine. This is a community-based project aims to provide, to the CALD carers caring for people with disabilities, as well as people from the community with the up-to-date development in the use of medication and the correct method of using them in the health maintenance and illness prevention. The target groups will be a group of carers, people with disabilities and the general residents in Burwood LGAs. It will consist of 5 monthly talks, held on every third Thursday of the month at George St Community Centre at Burwood.

These seminars will be facilitated by professional medical practitioners. In addition, there will be demonstration on stress management techniques and on anxiety reduction methods.



Health News

Extracts from Anaemia Health Seminar

Iron Deficiency Anemia

甚么是缺铁性贫血？

血液是由无数微小的血球组成，其中一种起着很重要功能的血球称为红血球。每一个红血球都含有铁，铁是一种重要的矿物质，其帮助人体将氧气从肺部输送到身体的其他部位。如果没有充足的氧气，身体的细胞不能正常运作。如果不能从食物中摄取到足够的铁，人体便会开始使用体内储存的铁。如果身体长期缺铁，人体便不能製造健康的红血球，就会产生缺铁性贫血。常见患缺铁性贫血的人士，通常是妇女，儿童或素食者。

缺铁性贫血的常见原因是甚麽？

1. 失血

当身体失血时，铁质也会流失。如果体内没有足够的铁，缺铁性贫血便会产生。在一般情况下，女性身体内铁的储存量比男性为少，因为妇女有月经期，有时月经期过长或出血过多。妇女在分娩过程中流失过多的血液也会导致铁水平过低。

男性或绝经后的妇女缺铁的原因，一般是由于身体内部出血，其原因有如下几种：

- 某些类型的癌症（食道癌，胃癌，结肠癌）
- 出血性溃疡或结肠息肉
- 长期服用阿司匹林和其他止痛药物，如非类固醇类消炎药（NSAID, 例如 Ibuprofen, Naproxen）。



2. 不良的饮食习惯

含铁质丰富的食物，如肉类，鱼类，家禽类，深绿叶蔬菜，乾豆类，乾果，强化穀类食品及麵包等的摄入量过低，可导致缺铁性贫血。所以，要留意经常摄取这类食物或铁补充剂是非常重要的，尤其对怀孕期的妇女或成长期的儿童来说。

因为在这段期间铁质的需要会增加。

3. 铁质吸收不良

一些胃肠道疾病，如腹腔疾病 (Celiac disease) 和克罗氏症 (Crohn's disease) 等，可影响身体吸收铁的能力。

缺铁性贫血有哪些症状？

轻度缺铁性贫血可能不会有任何症状，但随着病情加重，会出现以下的症状：

- 疲倦，精力不足
- 脸色，牙龈，指甲变白
- 呼吸急促，头晕（尤其是站立时）
- 食慾不振（尤其是儿童）
- 头痛
- 烦躁不安
- 舌痛
- 唇侧破裂
- 非寻常地嗜食某些奇怪的物质（如泥土，冰，或纯淀粉类）

Come & Join us!



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION- CHILDREN WITH DISABILITIES INC.

CALL Project

Health Seminar for Parents/Carers with Children with Disabilities

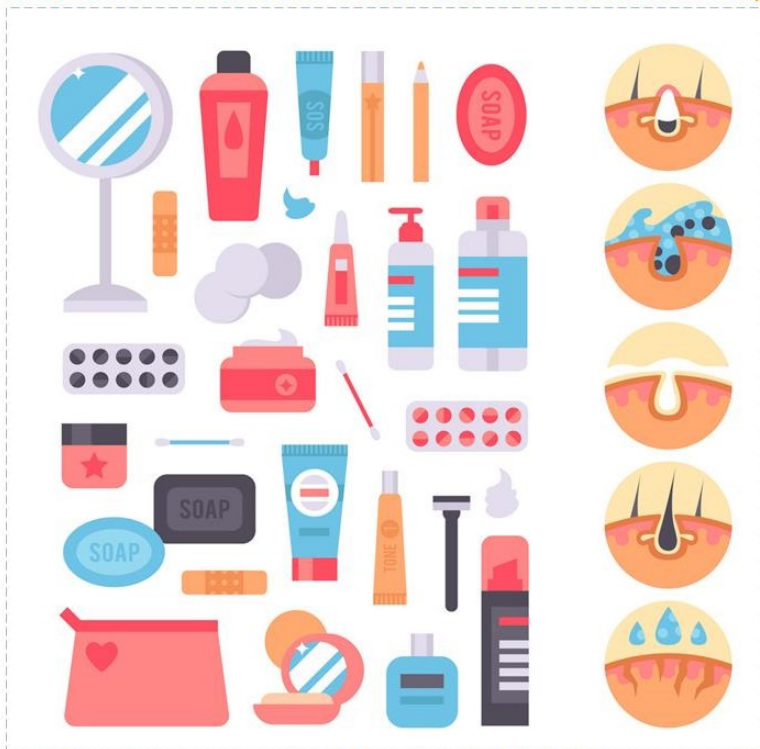
(The talk will be conducted in Cantonese 講座將以廣東話進行)

美容概念 +
化妝技巧

BEAUTY + MAKE UP

主講: Sandra Cai

本課程將幫助您掌握護膚程序，並打造專業標準的完美基礎。這個徹底的美容基礎，可為個人興趣，學習化妝技巧和美容工具。



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

Date 日期: 21/2 Thur, 7/3/2019 Thur

Time 時間: 10:30 am - 12:00 am

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

Fee 費用: FREE 免費 衣着需合乎會所要求

Registration is essential 請早報名

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

Tues & Thurs 週二, 週四 10am - 3pm



Come & Join us!



澳洲弱能兒童協康會

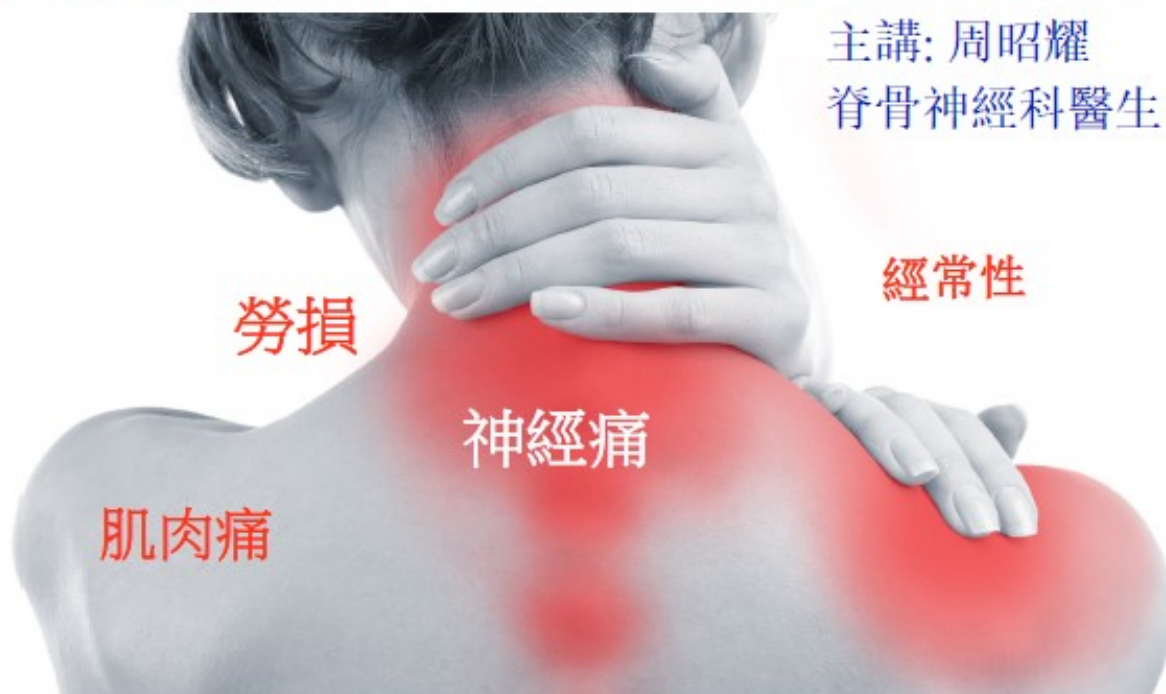
CHINESE PARENTS ASSOCIATION- CHILDREN WITH DISABILITIES INC.

HEAP Project Health Seminar

(The talk will be conducted in Cantonese 講座將以廣東話進行)

肩頸護理 Shoulder+Neck Care

主講: 周昭耀
脊骨神經科醫生



Kindly Sponsored By Canterbury Bankstown Club Grants - Campsie RSL Club

Date 日期: 14/ 02/ 2019
Time 時間: 10:30 am - 12:00 noon
Venue 地點: CPA Campsie office
Shop 11 20-22 Anglo Road
Campsie

Fee 費用: FREE 免費
Fee for Lunch 午餐費用 (optional 隨意參與)
Members 會員 \$10
Non-members 非會員 \$15

Registration is essential 請早報名

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



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

Week Day Program 3:



澳洲弱能兒童協康會

Chinese Parents Association-Children With Disabilities Inc.

NEW CLASS 2019 新班

Every Friday 5pm - 6pm

每週五下午 5 點到 6 點

Class Starts on 8 February

AERIALIZE 空中雜技

7-9 Close Street Canterbury



The courses that are fun, dynamic and challenging in a safe and comfortable environment for people of all ages and abilities; Static Trapeze, Silks/Tissu, Lyra, Straps, Acrobalance, Acrobatics, Hula Hoops, Juggling, Chinese Pole, Contortion, Flexibility and more.

充滿活力和挑戰性的課程、雜技、呼啦圈、雜耍、平衡、扭曲、靈活性活動等。

Fee: \$30 per person per class (\$300/term of 10 weeks) (With NDIS)

Booking is essential please contact Maria on 0402 941 090

請儘早向 Maria 報名 0402 941 090



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

- ◇ Zumba Music Therapy (junior group):
02/02/2019, 23/02/2019



- ◇ Exercise Physiology (FHC—junior group):
09/02/2019, 16/03/2019, 06/04/2019



- ◇ Cooking Class for Kids
30/03/2019



- ◇ CPA TEAM Dragon Boat Race:
10/02/2019



- ◇ Money Handling :
17/02/2019



- ◇ Family Day Bush Walk
23/03/2019



- ◇ Family Picnic Day
13/04/2019

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
Bankstown 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
Bankstown 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



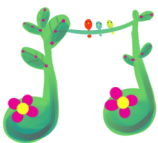
Ice-Skating

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



Cruise to celebrate Chinese new year 2019



Cruise to celebrate Chinese new year 2019



Dance class



Visit to Hazelhurst Regional Gallery & Arts Centre at Gymea



Bowling Activity

PHOTO GALLERY



2018 Christmas Party Celebration



2018 Christmas Party Celebration

Computer Class



COMO DAY TRIP



Performance at Rongqiao Financial Group's 10th Anniversary Gala Dinner on 19/1/19

*Thank you for
your support*



Donors (for donations \$100 or above)

Aileen Pang
Anita Un
Anonymous
Betty Pang
Dora Li
Elena Lau
Kei Wei Jing
Moneychain P/L
Purples MC Lam
Stemp Chow
Yi Jun Gu

Volunteers



Anna Yew
Darby Mu
Harry Tinyow
Jackie Chan
Lian Chin
Mario Yuen
Paul Yau
Winda Mok



HAPPY BIRTHDAY

- | | | | |
|------------|---------------|------------|--------------|
| FEB | Brian Su | MAR | Aliza Tam |
| | Edward Chu | | Capstone Lee |
| | Jonathan Yung | | Darren Liang |
| | Justin Tran | | Dave Sun |
| | Leon Huang | | Fiona Zhong |
| | Nancy Wang | | Henry Trieu |
| | Raymond Chin | | Isaac Wang |
| | Rowena Wong | | Karen Lau |
| | Tony Soo | APR | Victor Wu |

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 | <input type="checkbox"/> |
| 附屬會員 | Affiliated member | <input type="checkbox"/> |
| 義工 | Volunteer | <input type="checkbox"/> |

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

February - April 2019

ACTIVITIES VENUES Activity fees applied (refer to current fees schedule)

Ice-Skating	Canterbury Ice Rink, Phillips Avenue Canterbury
Bowling	Tenpin City Lidcombe 92 Parramatta Road, Lidcombe
Saturday 2:30pm	Belmore Senior Citizen Centre, Redman Parade Belmore
Monday 4:30pm	Campsie office, shop 11, 20-22 Anglo Road Campsie
PCYC Auburn	Wyatt Park, Church Street, Lidcombe

WEEKDAY PROGRAM

Monday	4:30pm to 6:00pm	Computer Class	CPA Campsie Office
Thursday	5:00pm to 6:00pm	Fitness Gym Class	PCYC Auburn

WEEKEND PROGRAM

	Junior Group	Youth Group	
	3:00pm to 5:00pm	9:00am to 12:00pm	2:30pm to 4:30pm
February			
2 Feb	Zumba (Esther) Music Therapy (Christine)	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Drumming (Elizabeth)
9 Feb	Exercise Physiology (FHC) Music Therapy (Christine)		Art & Crafts
10 Feb	CPA TEAM DRAGON BOAT RACE @ DARLING HARBOUR		
16 Feb	BEAM Project (Jackie) 3:00-4:00	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Drumming (Elizabeth) Birthday Party 🎂
17 Feb (Sun)	---	Money Handling @ Inner West Civic Centre	
23 Feb	Zumba (Esther) Music Therapy (Christine)	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Exercise Physiology (FHC)
March			
2 Mar	Creative Dance (Elizabeth) Art & Craft (Elizabeth)	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Dance (Liliana)
9 Mar	Fun to Learn (Jackie) Music Therapy (Christine)		Exercise Physiology (FHC)
16 Mar	Exercise Physiology (FHC) 3:00-4:00		Dance (Liliana) Birthday Party 🎂
23 Mar	BEAM Project Zumba (Esther) Music Therapy (Christine)	FAMILY DAY BUSH WALK (TBC)	
30 Mar	Cooking class for KIDS	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	OT Interactive session (Western Syd Uni OT students)
April			
6 Apr	Exercise Physiology (FHC) Music Therapy (Christine)	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	OT Interactive session (Western Syd Uni OT students)
13 Apr	FAMILY PICNIC DAY @ LAKE GILLAWARNA (TBC)		
20 Apr	SCHOOL HOLIDAY		
27 Apr	SCHOOL HOLIDAY – Shopping & Cooking Class		
The above programs may be changed without prior notice due to unforeseen reasons.			