



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

CPA NewsLetter 協康會會訊

AUGUST 2018 ISSUE / 二零一八年八月版

30

ANNIVERSARY

Up-Coming Events:

- ◆ CPA 30th Anniversary
- ◆ Pym & Fitness class
- ◆ Computer class
- ◆ Father's Day Celebration
- ◆ Mid-Autumn Festival Celebration

Community Reports:

- ◆ The project "Contour" report
- ◆ C.A.R.E.S report
- ◆ Health seminar report
- ◆ Beam Project—Circus Workshop
- ◆ Information on Music, Dance & movement classes
- ◆ Report on Myuna Bay trip



CPA Newsletter AUG 2018 Issue  
協康會 會訊 二零一八年八月號

**Chinese Parents Association -  
Children With Disabilities Inc**

**澳洲弱能兒童協康會**

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Campsie NSW 2194

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admin@chineseparents.org.au

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www.chineseparents.org.au

**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。

# 會長感言

親愛的會員和你們的家人:

我想在這寒冬裏向大家問候，希望你感受到朋友和家人帶來的溫暖和身體健康。在過去的三個月，執委們正非常忙碌地策劃一些活動。主要的有以下幾點：

**慶祝活動：**協康會正密鑼緊鼓地籌辦著 30 週年慈善晚宴。屆時我們要真正地慶祝我們的過去、現在和將來。並趁著這機會向 1988 年協助成立協康會的家長們致敬，更感謝那些建立並繼續發展本會的人士。本會現有 200 多個會員。我期待與你和你的家人一起分享這個特殊的時刻。請儘早訂座，並別忘了支持我們的抽獎券。所有來自抽獎券的款項，將會用於本會的活動上。

**社區支援：**在 2017-2018 財政年度結束前，本會獲得幾項由地方市議會的撥款，這包括 Canterbury-Bankstown Local Club GRANTS for the ALAP and HEAPS programs, Georges River Council Club GRANTS for MATT project, 億嘉國際新產品發佈會上的捐款、澳洲華人公益金的撥款、以及多位社區善長的支持。我們非常感謝一位義工，一直以來在幕後默默耕耘，大部份的撥款申請得到批准，都是經她多年來不斷提供慷慨的幫助和支持所致。

**轉介服務：**協康會很樂意轉介 Fort Healthcare 的服務給你。Fort Healthcare 是一個註冊的全國殘障保險計劃服務提供商，可提供一些治療服務。由於家長們對他們的服務給予很高的評價，所以我們推薦這服務給大家。Fort Healthcare 提供一系列的專業服務，給你一站式的忠告、治療、康復、教導和推動，幫助你達成目標。我們希望 Fort Healthcare 將被證明是一個有用的資源，幫助你和你的家人。我們邀請你利用這個服務，是因為當你支持 Fort Healthcare，亦如同支持協康會。Fort Healthcare 將會回饋社區，並選擇捐助協康會。當你預約時，請勿忘記提及是由協康會轉介。

說到活動方面，我們已安排了幾項即將舉行的活動，如 9 月份慶祝父親節和中秋節。亦籌劃在 10 月份舉行家庭同樂一日遊和電影活動。詳情會盡快確實!

上月的家庭電影活動很棒。很高興見到大家都愉快地看電影及享用爆谷。令我驚訝的是，我們的孩子在戲院內的理性行為表現，安靜耐性地看完整套電影。另外使我感動的，是有位母親告訴我，這是她第一次在電影院看電影，但最重要的，是她能與女兒一起分享寶貴的時刻。“大乘之愛始於微”，讓我們再次舉辦家庭電影活動!

會長  
周潤梅



## President's message

Dear Members and families

Winter greetings to all! Hope you are filled with the warmth of friends and family and good health. During the last three months, the committees have been extremely busy shaping some of the plans. A few highlights are:

**Celebration:** CPA is planning ahead, getting ready for our 30<sup>th</sup> Anniversary Charity Dinner celebration. This gala is a true celebration of our past, present, and future. It is an opportunity to honour those who helped establish the organisation in 1988. It is a chance to acknowledge those who built and continue to grow our organisation which consists of over 200 members. I look forward to share this special occasion with you and your families. Please book your seats early. Don't forget to support our raffle tickets. All money from the raffle tickets will be contributed toward our programs.



**Community Supports:** before the end of the financial year CPA had been received a few grants from the local councils including Canterbury-Bankstown Local ClubGRANTS for the ALAP and HEAPS programs, Georges River Council ClubGRANTS for MATT project, Yi Jia International launch of their new products donations, the Australian Chinese Charity Foundation, and the local business individual. The grants success of these projects is due in large part to a special person's efforts who had been working behind the scene continuously providing generous help and supports. A big thank you!

**Referral service:** Chinese Parents Association is pleased to refer Fort Healthcare to you, Fort Healthcare is a registered NDIS service provider, provide therapy services. We have taken this initiative because from the feedback of our parents that such a service ranks high on your priority list. Fort Healthcare provides a range of professional services to give you the one-stop advice, treat, rehabilitate, educate and motivate to help you achieve your goals. We hope that Fort Healthcare will prove to be a useful resource and convenience for you and your families. We invite you to take advantage of this service; by supporting Fort Healthcare you are supporting CPA. Fort Healthcare is giving something back to the community, and had chosen to donate to CPA. Remember to mention that you are referred by CPA when booking the services.

Speaking of events, we had lined up a few upcoming events such as Father's day celebration, and Mid-autumn festival celebration in September. In October we are proposed a family day trip and another family movie day. Details to be confirmed soon!

Our last family movie event was great; it was nice to see everyone enjoyed the movie and popcorn. I am surprised to see how sensible our children behave at the cinema; they were patiently watching the whole movie without a drama. There's one thing that inspired me was a mum told me that is this the first time she watch a movie in a cinema, most importantly she was sharing that precious time with her daughter! *'Do small things with great love.'* We shall do it again!

Miranda Chau  
President



# CELEBRATION OF OUR 30TH ANNIVERSARY



## 30<sup>th</sup> Anniversary Charity Dinner

三十週年慈善晚宴

Saturday 29 September 2018 • 6:00 for 6:30pm  
Marigold Chinese Restaurant 683 George Street, Haymarket

For our member and non-member of people with disabilities and their family

**PWD\*** FREE

**Member** \$68 per person, 12 years & under \$50 per person

**Non-Member** \$80 per person, 12 year & under \$60 per person

I would like to reserve

**Member** \_\_\_\_\_ person/s, 12 years & under \_\_\_\_\_ person/s

**Non-Member** \_\_\_\_\_ person/s, 12 years & under \_\_\_\_\_ person/s

Total cost \_\_\_\_\_

Name.....Phone .....

Email.....

### Payment Options

- Cheque make payable to Chinese Parents Association-Children With Disabilities Inc. post to PO Box 345, Campsie NSW 2194
- EFT: BSB: 082-080 (NAB) AC: 862080905 please notify us after the fund is transferred: [admin@chineseparents.org.au](mailto:admin@chineseparents.org.au)

### Enquiry/booking by phone

Maria Lee 0402 941 090  
Miranda Chau 0412 536 633  
Lilian Tse 0406 233 222  
email [admin@chineseparents.org.au](mailto:admin@chineseparents.org.au)

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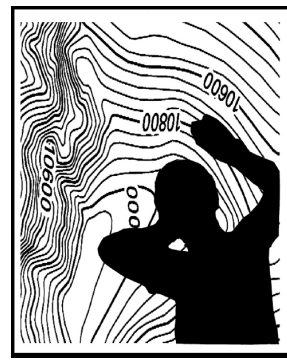
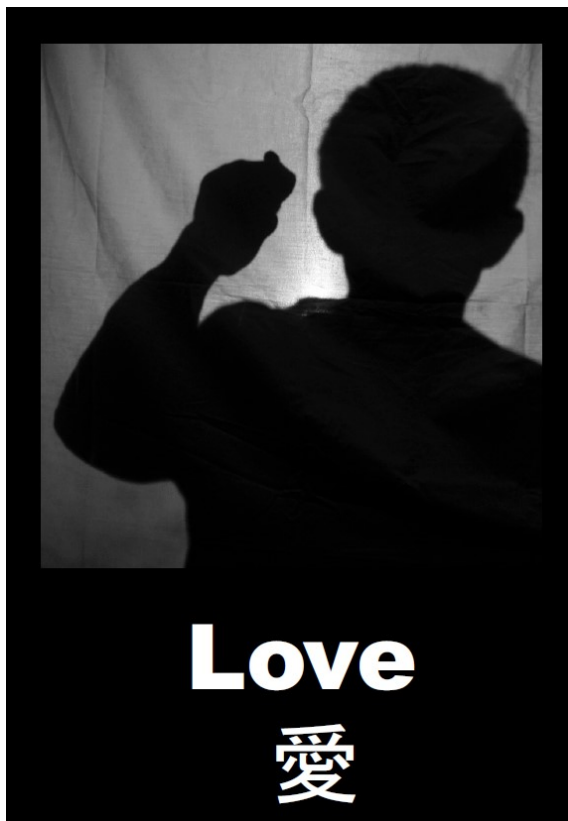


Chinese Parents Association has reached an exciting milestone as the organisation celebrates 30 years of delivering services to children with disabilities and their families and carers, especially families with Chinese background.

The celebration will be hosted on the 29/09/2018 at Marigold (Haymarket). The celebration will be pampered with lots of joyful and memorable programs:

- ⇒ Raffle tickets with great prices  
( Jewelry, Wine, Golden Horse Statue & etc)
- ⇒ Musical Performances by CPA KIDz
- ⇒ Silent Auction
- ⇒ Galaxy S9+ mobile phone





## THE PROJECT: CONTOUR

### 輪廓 - 繪製個人自我身份

透過一系列 12 個工作坊和 2 項表演，協康會的兒童和青少年已探索到自我身份。

每一個工作坊都鼓勵參與者作實際的互相交流，利用不同的美術材料來創作。這些工作坊在安全的環境下，能激發起他們的想像力，對有關文化、殘障、年齡和性別的問題，得到深切的認識。結果做就了一個展覽、表演、短片和這本小冊子。

有缺陷的人有時會發現自己生活在陰影中。處身於社會，因為不同的文化和殘障而被排斥和誤解。

輪廓這項目，賦予參與者及其家人權力，同時在積極和家庭朋友的環境中教育讀者。

您可能還希望通過 YouTube 鏈接標題” CONTOURS MAPPING IDENTITY” 或在面書頁 ART & MUSIC 查看我們的短片。

Nick Baldas

### CONTOURS - MAPPING PERSONAL IDENTITY

Through a series of twelve workshops and two performances the children and young people found within the Chinese Parents Association, Children with Disabilities explored identity.

Each workshop encouraged the participants to engage physically, socially and creatively with each other and with a variety of art materials. These workshops triggered the imagination in a safe environment, so that questions relating to culture, disability, age and gender were explored resulting in an exhibition, performance, film and this booklet. Individuals with a disability may at times find themselves living within shadows. Placed there by society, culture or a disability, they may be excluded or misunderstood.

The CONTOURS Project in both English and Chinese empowers the participants and their families while also educating audiences in a positive and family friendly environment.

You may also wish to view our short film via Youtube Link Title: CONTOURS MAPPING IDENTITY or via our Facebook Page – ART & MUSIC.

Nick Baldas

# CARES

**Program on 12/07/2018**



七月十二日星期四是協康會和 **Bankstown** 市政府合辦的社區道路教育計劃 活動，是給予本會十二歲以下的兒童，在學校假期的活動之一。

當天的天氣非常好，雖然是在冬季，但也不減各小朋友的熱情，大部分家長都準時到達 **Bass Hill** 的訓練場地。當天負責照顧我們團隊的警察叔叔，名叫 **Rick**，是一位充滿笑容的好好先生。雖然面對我們十二位活力充沛的孩子，也非常有耐性地誘導及提點，教導他們正確的道路常識，使孩子們從遊戲中學習交通規則，從而明白其中的安全性。最後 **Rick** 更在我們的要求下，和孩子們拍照呢！

各位小朋友在一個多小時的體力活動後，當然是感覺肚子餓，所以本會安排和他們及其父母一起到 **Hungry Jack** 吃豐富的午餐。

看到這些父母和孩子們都能藉著這次活動，和朋友一起相聚，非常難得。午餐後有些媽媽告訴我，他們要趕著下一個節目，帶孩子們去游泳。相信他們回家後，都會很早上床睡覺，因為當天的節目確實非常豐富。

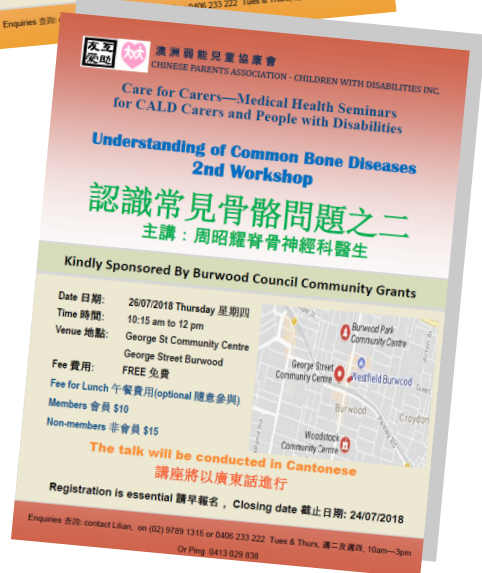
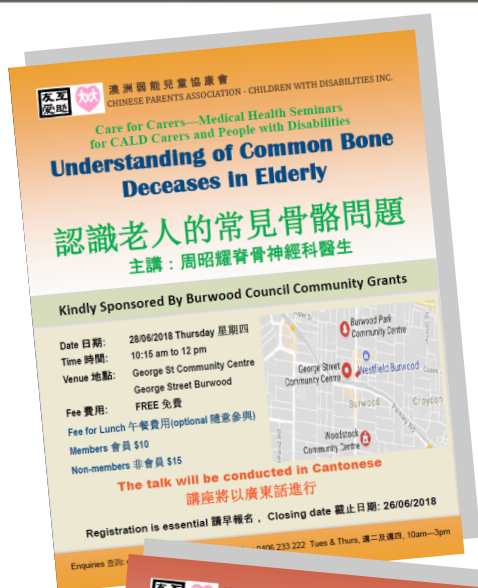
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# Health Seminars

- ◆ **June / 2018 : Understanding of Common Bone Diseases in Elderly**  
Presented by: Dr. Chiu Yiu Penny Chow
- ◆ **July / 2018 : Understanding of Common Bone Diseases 2nd Workshop**



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, 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.



## BEAM PROJECT - Circus Workshop For Kids

Sponsored by ACCF Grants



It was a fine Saturday afternoon. The CPA Junior group joined in a pleasure outing to the Sydney Aerial Theatre at Canterbury area. Everyone was excited and punctual at their arrival. The children could not wait to enter into the theatre.

Their eyes were wide open when they saw the training equipment for circus performance. This was a workshop for fun, dynamic, challenging, recreational and educational, especially for our children with disabilities, and most importantly it was organised in a safe and comfortable environment. There were two teachers facilitating the workshop. The session started with about 10 minutes warm-up exercise, stretching their muscle and limbs. They began playing with the tissue/silks and it was to train the children's acrobatics. The teachers were so patient helping the children to get onto the tissue.

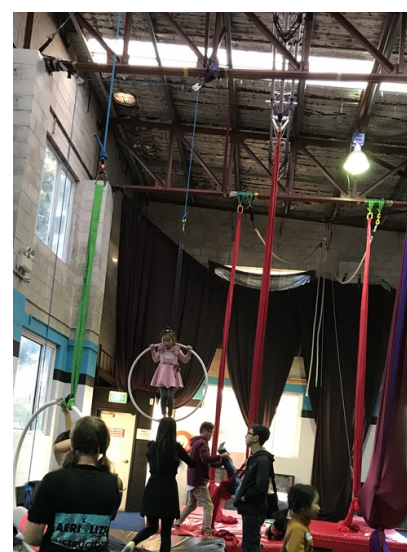
Firstly they learned to hold onto the two tissues with two hands, trying to lift themselves up. Then the teachers tied two hanging tissues together into a knot at the end. They assisted the children to sit on the knot, followed by standing up, extending their feet wide apart and twirling around in the air. The children loved to be wrapped up by the tissue and turned around. They laughed and giggled. They also tried to hang onto the swing and turned upside down. Some attempted to sit or stand on the hanging circle, pretending to fly. It was the most interesting physical exercise training for the youngsters with disabilities.

During the course of playing, the children were teamed into two groups, they had to learn to take turns and wait. They learned the good social behaviour by following the teachers' instructions and by observing other peers in the group. What a wonderful and educational experience for them!! Time passed quickly and soon it came to the end. Some parents thought the session was too short and would like to stay longer! Anyway, we are looking forward to more outdoor activities in the coming months.

[For more program information or upcoming BEAM project activities, please check our August program timetable!](#)



Standing on the swing



The flying circle



# MUSIC, DANCE & MOVEMENT CLASSES

## Programs Organised by CPA



During 2018, Chinese Parents Association—Children with Disabilities provides a range of music, dance and movement related classes for our members and people from the community.

This project aims at giving the young people with disabilities from CALD family backgrounds an opportunity to interact with their peer groups and to acquire socialization skills. Through music and dancing movement, it helps them to improve their social interaction and make new friendship. Most importantly, it brings benefit in strengthening their physical well-being and improving their concentration. The use of dance movement therapy can be integrated with all theoretical orientations, including cognitive-behavioral therapy. “Dance Therapy makes use of the communication going on between all people all the time” - Marian Chace, pioneer dance therapist.



Zumba Class



Drumming & Dance Class



## OUR TRIP TO MYUNA BAY

On Friday 11/5/18, Chinese Parents Association, Children with disabilities Inc went off for a 3 day getaway camp. We met at Strathfield train station to wait for the 12:28pm train to Morriset, where the train journey lasted for 90 minutes at least. We then took a shuttle bus to Myuna Bay recreational centre which took for another 25-30 minutes. From there we looked for our cabin lodges and rooms, and we settled in well to rest. We also waited for other campers such as Auntie Elena, Jonathan, Reuben and Victor Li to arrive along with Auntie Ping and Stephanie, who drove their own way to Myuna Bay.

We all had fun activities together including archery, grocery shopping at Morriset Woolworths, campfire session and learning how to differentiate food groups from each other. We looked after ourselves and each other well during that weekend and we all packed our bags freely without trouble on Sunday 13/5/18 when we left Myuna Bay recreational centre. On our way back we all took the same public transport modes, but this time it was in the opposite. We arrived at Strathfield station on Sunday evening and we headed for our own ways back home by saying our goodbyes.

Christopher Lin



# Myuna Bay



## RAYMOND CHIN's Diary

2018 MAY

**11 Friday**  
131/234 Week 19

8.00 I went to camp in the morning at Myuna Bay. I caught bus and train with my friends and mum.

9.00

10.00

11.00 I had lunch with beef noodle soup and pork chop at Strathfield Vietnamese Restaurant. I had rice and beef, apple crumble and bread for dinner.

12.00

13.00

14.00

15.00

16.00

17.00

18.00 This is Barrie and Uncle Mario.

19.00

Weather Who Date Time

MAY 2018

**Saturday 12**  
132/233 Week 19

8.00 I'm at Myuna Bay Camp.

10.00 I had archery, putt putt golf, lunch, made jelly and money skills.

12.00

14.00 I had chicken wrap for my lunch and pork chop for dinner.

16.00

**Sunday 13**  
133/232 Week 20

8.00 I was camp. I played scrabble words, songs, lunch, played games, and go home.

10.00

12.00

14.00

16.00 I played scrabble.



Weather Who Date Time



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




# Week Day Afternoon Program I:

<p><b>Thursday</b> <b>5pm – 6pm</b></p>  	<p><b>Gym &amp; Fitness class</b> <b>coached by PCYC qualified trainer</b></p> <p>The class will consist of a 15-minute warmup which will include dynamic and aerobic movements to fire up the CNS and muscles. 30 minutes of the class will include the strength and conditioning portion, which will consist of bodyweight movements incorporating balance, strength and co-ordination. The movements will be broken down into the basics, with progressions when able.</p> <p>15-minute cool down consisting of PNF + dynamic stretching with some relaxing breathing exercises to lower the heart rate back to resting.</p> <ul style="list-style-type: none"> <li>• Please in sports attire, bring water bottle, towel</li> </ul>
<p><b>Dates:</b></p>	<p>Every Thursday</p>
<p><b>Where:</b></p>	<p>PCYC Auburn (Formerly Netball Centre) Wyatt Park, 1 Church Street, Lidcombe <a href="https://www.pycnsw.org.au/auburn/contact-us/">https://www.pycnsw.org.au/auburn/contact-us/</a></p>
<p><b>Fees:</b></p>	<p>\$28 per session</p>





# Week Day Afternoon Program 2:

<p><b>Monday</b> <b>4:30pm – 6pm</b></p> 	<p><b><u>Intermediate Computer Course</u></b> ( Please bring your own laptop)</p> <ul style="list-style-type: none"> <li>• Intermediate Microsoft Office skills ( Word, Excel, PowerPoint)</li> <li>• Intermediate Internet searching</li> <li>• File Management</li> </ul>
<p><b>Dates &amp; Time:</b></p>	<p>Every Monday, 4.30pm—6pm</p>
<p><b>Where:</b></p>	<p>CPA office, 20-22 Anglo Road, Campsie</p>
<p><b>Fees:</b></p>	<p>\$42 per session</p>

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

## Notifications for CPA members:

- ◆ Welcoming message from CPA: Due to the continue expansion of CPA activities which resulted in increase in workload at the office, last week, we hired Jane Ng as our Community Service Coordinator to work part-time at Campsie office on Tuesdays and Thursdays. If you have any enquiries regarding CPA’s activities, please feel free to contact either Jane or Lilian at the office during office hours.

CPA would like to take this opportunity to welcome Jane and thank her for accepting the job. Jane has vase experience in admin and community liaison. She would have a lot of expertise to offer us.

各位家長：由於本會業務不斷擴展和工作量增加，本會最近聘請了一位社區服務主任 Jane Ng，逢星期二及四在 Campsie 辦公室幫助處理會務。有關本會活動的查詢，請在辦公時間聯絡 Jane 或 Lilian。在此我謹代表協康會歡迎 Jane 加入 CPA 團隊。Jane 有豐富的辦公室管理及社區聯絡經驗。

- ◆ We also like to remind our members about the payment for CPA membership fee for 2018-2019. If you have not yet made the payment transfer, please kindly process it this month or as soon as possible. If you have any questions, please kindly contact our office staffs, thanks!



# UPCOMING EVENTS



For August—October , there are plenty of FUN activities:  
for you and your family to enjoy!



- ◆ Father's Day Celebration  
01/09/2018

- ◆ Exercise Physiology :  
11/08/2018 (Junior Group Only)



- ◆ Mid-Autumn Festival :  
22/09/2018 (TBC)

- ◆ Celebration of CPA's 30th ANNIVERSARY  
At Marigold on 29/09/2018



- ◆ Christmas Party :  
At Club Central 15/12/2018



# 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: 逢星期六下午  
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



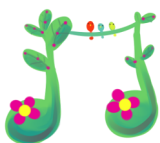
### Ice-Skating

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: 逢星期六舉行, 上午10:15 am 開始  
Venue地點: 92 Parramatta Rd, Lidcombe NSW 2141



### Music Lessons

Time 時間: Saturdays 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: Saturdays 星期六, 下午 2:30pm 至 4:30pm  
Venue地點: Belmore Youth Centre, 38-40 Redman Pde, Belmore  
Kindly sponsored by Illawarra Catholic Club Ltd  
Kindly sponsored by Crown Resorts Foundation & Packer Family Foundation



### Dance Lessons

Time 時間: 逢星期六舉行, 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



## Introducing Fort Healthcare NDIS Services

Chinese Parents Association is pleased to refer **Fort Healthcare** to you, Fort Healthcare is a registered NDIS service provider, provide therapy services includes:

- Chiropractic
- Physiotherapy
- Remedial Massage
- Dietitian
- Speech Pathology
- Occupational Therapy (OT)
- Exercise Physiology
- Psychology



[www.forthhealthcare.com.au](http://www.forthhealthcare.com.au)

We have taken this initiative because from the feedback of our parents that such a service ranks high on your priority list. Fort Healthcare was established in 2013, provide a range of professional services to give you the one-stop advice, treat, rehabilitate, educate and motivate to help you achieve your goals. We hope that Fort Healthcare will prove to be a useful resource and convenience for you and your families.

We invite you to take advantage of this service; by supporting Fort Healthcare you are supporting CPA. Remember to mention that you are referred by CPA when booking the services.

Chinese Parents Association-Children With Disabilities Inc. would like to thanks Fort Healthcare for their generosity in donating to CPA.



# GALLERY



Drumming & Dance Class



Biennale Sydney at Cockatoo Island



Circus Workshop



Circus Workshop



Circus Workshop



Zumba Activity



# GALLERY



Mother's Day disco at Padstow RSL



Gym class at PCYC Auburn



Junior Group Dancing



BEAM Project



Cheque presentation by Yi Jia International



Contour Workshop



Art & Craft Class



Cooking Class



Cooking Class



# Acknowledgement

## Donors & Sponsorship

(for donations \$100 or above)

Aileen Pang  
Alex Ma & Nancy Ma  
Benedict Or  
Betty Pang  
Bonnie Ma  
Chan Boon Tang  
CYC Travel  
Hok Yu Lee  
Janey Tham of 2AC  
Klein International P/L  
Lions Club of Sydney Inner West  
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Maria F Fung  
Maria Lee  
Microsoft  
Miranda Chau  
Mrs Millie Yuen  
Niche Mobile Solutions P/L  
Sylvia Tinyow  
Wing Yee Yvonne Fung Yip  
Yi Jia International P/L  
YK Wan

## Volunteers

Alex Ma & Nancy Ma  
Anna Yew  
Chun Wing Fan  
Darby Mu  
Harry Tinyow  
Jackie Chan  
Lian Chin  
Mario Yuen  
Paul Yau  
Winda Mok





**AUGUST:**

Anicksha Gooroochurn, Christopher Luong, Duo Xu, Jack Zhou, Martin Su  
Queenie Lai, Stephanie Mu, Thomas Huang, Yufei Xia

**SEPTEMBER:**

Andrew Li, Clara Li, Jessica Zhuang, Kenton Lieu, Willis Li, Yin Soon Tan

**OCTOBER:**

Chloe Mak, Joshua Truong, Kevin Ka Yin Lee, Reuben Vuong, Richard Yu  
Tiffany Zhou, Virginia Li, Zhi Zheng



**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



# Aug-Oct 2018

## Activity Venues

- Ice-Skating - Canterbury Ice Rink, Phillips Avenue Canterbury
- Bowling at Tenpin City Lidcombe - 92 Parramatta Road, Lidcombe
- Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore
- Monday afternoon at Campsie office, shop 11, 20-22 Anglo Road Campsie
- Thursday Afternoon at PCYC Auburn, 1 Church Street, Lidcombe

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 1 Church Street, Lidcombe

## WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 5:00pm	Morning 9:00am to 12:00pm	Afternoon 2:30pm to 4:30pm
<b>August</b>			
4 Aug	Dance ( Elizabeth) Rhythm & Music	Ice-Skating 9:00-9:45am  Bowling 10:15-12:00pm	Therapy class Fort Health Care (FHC)
11 Aug	Zumba (Esther) Exercise Physiology (FHC)		Drumming (Elizabeth)
18 Aug	Fun to Learn (Jackie)		Dance (Sarah) Birthday Party
25 Aug	Zumba (Esther) Rhythm & Music		Music Rehearsal
<b>September</b>			
1 Sep	Dance ( Elizabeth) Rhythm & Music	Ice-Skating 9:00-9:45am  Bowling 10:15-12:00pm	Music Rehearsal Father's Day celebration
8 Sep	Zumba (Esther) Rhythm & Music		Drumming (Elizabeth)
15 Sep	BEAM PROJECT		ART Contour workshop 12 (Nick) Birthday Party
22 Sep	Zumba (Esther) Rhythm & Music		Drumming (Elizabeth) Mid-Autumn Festival celebration 慶祝中秋節
29 Sep	Term 3 School Holiday - NO activities at Belmore <b>CPA 30<sup>th</sup> Anniversary Charity Dinner, Marigold Restaurant, Haymarket, 6pm</b>		
<b>October</b>			
6 Oct	Term 3 School Holiday - NO activities at Belmore		
13 Oct	Term 3 School Holiday - NO activities at Belmore		
20 Oct	BEAM PROJECT	Ice-Skating 9:00-9:45am Bowling 10:15-12:00pm	Dance (Sarah) Birthday Party
27 Oct	Zumba (Esther) Rhythm & Music		ART Contour workshop 13 (Nick)

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