




MAY-JULY 2024

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 3:00pm to 4:30pm	Morning 10:30am-12:00pm	Afternoon 2:30pm to 4:00pm
MAY			
04/05	Mother's Day Lunch at Central Park Chinese Restaurant, Thornleigh 慶祝母親節及義工週午餐**		
11/05	Music Therapy 音樂治療	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽
18/05	Creative Art & Craft 創意手工藝	Tenpin Bowling	Creative Art 創意藝術
25/05	Fun Cooking 有趣烹飪	Tenpin Bowling	Taekwondo 跆拳道
JUNE			
01/06	Zumba 森巴舞 at Belmore 2:30-4:pm*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
08/06	Taekwondo 跆拳道	Tenpin Bowling	Creative Art 創意藝術
15/06	Fun Cooking 有趣烹飪	Tenpin Bowling	Music with RMT 音樂課
22/06	Fun with Music 唱遊活動	Tenpin Bowling	Taekwondo 跆拳道
29/06	Music Therapy 音樂治療	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽
JULY			
06/07	Zumba 森巴舞 at Belmore 2:30-4:pm*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
13/07	School Holiday 學校假期		
20/07	School Holiday 學校假期		
27/07	Fun Cooking 有趣烹飪	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜伽

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

*Combined class for both the Junior and Youth groups held at Belmore Senior Citizens Centre followed by the monthly Birthday Party. 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.