




# August-October 2025 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
--------	------------------	---------------	-----------------------

## 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
AUGUST 八月			
02/08	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
09/08	Fun with Music 趣味音樂	Tenpin Bowling	Chair Yoga / Pilate / Dance 椅子瑜珈
16/08	Art Class 藝術課 at Belmore	Tenpin Bowling	Art Class 藝術課
23/08	Fun Cooking 有趣烹飪	Tenpin Bowling	Music class 音樂課
30/08	Social skills Trainintg Session 社交技能訓練活動	Tenpin Bowling	Social Skills Training Session 社交技能訓練活動
SEPTEMBER 九月			
06/09	Zumba 森巴舞 at Belmore*	Tenpin Bowling	Zumba 森巴舞*
	Birthday Party 生日會 4:00pm - 4:30pm		
13/09	Father's Day Weekend Getaway ** 12-14/09/2025		
20/09	Money Management Workshop 金錢管理工作坊 (TBC)	Tenpin Bowling	Music class 音樂課
27/09	Mid-Autumn Festival Celebration at Bankstown RSL Club **		
OCTOBER 十月			
04/10	Community outing - Tenpin Bowling at Bankstown (TBC) 社區活動 - 保齡球	School Holiday	Money Management Workshop 金錢管理工作坊 (TBC)
11/10	School Holiday		
18/10	Art Class 藝術課 at Belmore	Tenpin Bowling	Art Class 藝術課
25/10	Movement, Dance & Games – Junior fitness class 健體運動課	No Bowling due to tournament	Music class 音樂課

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.