



澳洲弱能兒童協會

CHINESE PARENTS ASSOCIATION - CHILDREN WITH DISABILITIES INC.

www.CHINESEPARENTS.ORG.AU

會訊 NEWSLETTER

NOV 2023 TO JAN 2024 ISSUE
二零二三年十一月號



MERRY CHRISTMAS!

**2023
AGM 週年大會**

You are cordially invited to attend our Annual General Meeting
誠邀您出席我們的週年大會

Saturday 16th December 2023 12:00pm
Club Central
2 Crofts Avenue Hurstville

RSVP
To Maria through WeChat or Email
admin@chineseparents.org.au

**LET'S CELEBRATE!
CHRISTMAS
CELEBRATION LUNCH**

聖誕聯歡午餐

*Saturday 16 December 2023
12:30pm - 2pm*

CLUB CENTRAL 2 CROFTS AVENUE
HURSTVILLE

lots of presents & lucky draw!

PNW* (NCA) 可申請者 NDIS (Chargeable) \$50.00
Adult & children under 12 \$50.00
Memberships only

*Not eligible for NDIS (cannot make application for payment assistance on the online funding application with NDIS and/or other funding)

SEATA AND LIMITED PLEASE REGISTER THROUGH WECHAT OR
EMAIL: admin@chineseparents.org.au AT 11:00AM

Coming up

★
**CPA AGM &
Christmas
Celebration**

★
**OFFICE
CLOSURE
DURING
CHRISTMAS &
NEW YEAR:**

**22/12/23 - 08/01/24
INCLUSIVE**



協康會35週年 1988 - 2023

<https://youtu.be/cbXwIkVR7yk>



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

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www.chineseparents.org.au

Article Contribution
歡迎來稿

CPA Newsletter is our quarterly publication. We share community news with our members and other community organisations. 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。

Our Mission

我們的信念

To provide a range of services and support to people with disabilities, as well as to promote a caring community for the optimal growth of people with disabilities.

弱能人士，無論是何種膚色，種族或信仰，皆應獲得平等對待及享受豐盛而有意義的人生。

Our Belief

我們的使命

That people with disabilities irrespective of colour, race or creed should be treated equally and to enjoy a rich and meaningful life as far as possible.

致力為弱能人士提供一系列服務，尤其是華裔人士，使他們能夠得到適當的照顧，及推廣一個對弱能人士關懷備至的社會。



Vice President Message

副會長感言



Dear Members,

Welcome to the last newsletter of 2023. Time has gone so quickly. We have come to the end of the year.

We had a very busy schedule in the last few months. On Aug 19, a Carnival dinner was held at King Dynasty Restaurant to celebrate our 35th Anniversary. It was a huge success. Over 400 members and their families attended the event. The entertaining pre-dinner carnival, the delicious food, the fun & amusing games and the exciting lucky draw have played a part in making this event so remarkable and memorable. Our WeChat group was flooded with heaps of positive feedback and compliment. A big thank you to the working committee and the volunteers for their hard work and dedication, especially to our Honorary President Dr Helen Sham-Ho, Dr Nancy Ma and Alex Ma for their leadership, advice, planning and support.

In September, we had Father's Day and Mid-Autumn Festival Celebration at Ashfield RSL club and the family picnic at Kokoda Track Memorial Walkway. Both activities were well attended by many families. Everyone enjoyed the yummy food and the opportunities to get together.

National Carers Week Celebration was held in October to recognise and thank our carers who have been offering their love and time to care for their family members. We all had had a lovely time to relax, chat and laugh.

The next upcoming event will be our annual Christmas Party and AGM on 16 December. Please pencil this date in your calendar. Hope to see you all there to celebrate this festive season.

For now, let's enjoy the rest of the year. Wishing you a happy and prosperous year ahead.

Ivy Lau



Vice President Message

副會長感言



親愛的會員：

歡迎閱讀 2023 年十一月的通訊。時間忽忽過去，眨眼已經到了2023 年的歲末。

過去幾個月來協康會的節目安排非常緊湊；8月19日，我們於唐宴酒家舉辦嘉年華晚宴，慶祝協康會成立35週年。晚宴非常成功，當晚超過400名會員及其家人參加了此次活動。精彩的餐前嘉年華攤位、美味的食物、有趣的遊戲、刺激的抽獎活動，讓本次活動精彩紛呈、令人難忘。我們的微信群組收到眾多會員的正面回饋和讚美。非常感謝籌備工作委員會和義工們的辛勤工作和奉獻，特別感謝我們的名譽會長何沈慧霞博士、Nancy Ma 博士和 Alex Ma 的領導、建議、規劃和支持。

在九月份，我們於 Ashfield RSL 俱樂部舉辦了父親節和中秋節慶祝活動，繼而在 Kokoda Track Memorial Walkway 舉辦了家庭野餐。兩項活動均吸引了許多家庭的參與。每個人都享受美味的食物和一起共聚的機會。

- 全國照顧者週於十月舉行慶祝，協康會舉辦了茶聚活動以表彰和感謝我們的照顧者，他們一直在奉獻愛心和時間來照顧家人。我們一起度過了一段休閒、聊天、歡笑的美好時光。

下一個即將舉行的活動是我們 12 月 16 日舉行的年度聖誕聚餐和週年大會。請將此日期記在您的日曆上。希望到時能見到大家，一起慶祝這個繽紛節日。

祝願大家有一個美好的夏季，以及來年生活愉快、欣欣向榮!

劉陳愛虹



Congratulatory Message

賀辭

Message from the
Hon Chris Minns MP
Premier of New South Wales



Chinese Parents Association 35th Anniversary

Best wishes to the Chinese Parents Association as you celebrate your 35th Anniversary.

Since its establishment in 1988, the CPA has been an unwavering beacon of support, compassion and empowerment for children with disabilities and their families.

The CPA has played a pivotal role in enriching the lives of countless children and families, ensuring that they have access to educational programs, social functions, seminars, sports and leisure activities, picnics, camping and much-needed support.

As the CPA celebrates 35 years of impactful work, I commend the Management Committee, members and volunteers for your perseverance and unwavering spirit to build this grassroots community group which has transformed so many lives.

I am confident the CPA will continue to be a guiding light, empowering individuals with disabilities and fostering a community that embraces diversity and inclusivity.

Your dedication and passion inspire us all to work towards a world where every person is given the opportunity to lead a rich and meaningful life.

Congratulations on reaching this remarkable milestone.

A handwritten signature in black ink that reads "Chris".

Chris Minns MP
Premier of New South Wales



Congratulatory Message

賀辭



MESSAGE FROM MARK COURE MP
Shadow Minister for Multiculturalism

35th Anniversary of Chinese Parents Association – Children with Disabilities Inc. (CPA)

I send my congratulations to the Chinese Parents Association – Children with Disabilities Inc. on the occasion of your 35th anniversary.

Since your humble beginnings in 1988 by just a few parents and families, you have grown into one of Australia's leading non-profit, non-religious charity organisations. Having grown into a mature and successful organisation with over 200 members, I am proud to congratulate you on such a significant accomplishment.

As an organisation your founding belief that people with disabilities, irrespective of colour, ethnicity or creed, should be treated equally and enjoy a rich and meaningful life is commendable, and a wonderful example for all those around you.

The dedication of your volunteers, staff and executive leadership team is outstanding and it is thanks to the time, effort and passion you demonstrate each and every day that you have achieved such great success.

I want to extend my warmest congratulations on your 35th anniversary and wish you all the best for the future.

A handwritten signature in blue ink that reads 'Mark Coure'.

Mark Coure MP

Shadow Minister for Multiculturalism

Shadow Minister for Jobs, Industry, Innovation, Science and Technology
Shadow Minister for South-West Sydney



Congratulatory Message

賀辭



35TH ANNIVERSARY OF THE CHINESE PARENTS ASSOCIATION

I congratulate the Chinese Parents Association on their sustained efforts in supporting children with a disability and their families. The association has been operating for 35 years and now has a 200 strong membership - a testament to the hard work and commitment of its founders.

The Chinese Parents Association provides invaluable services, including recreational and social outings, educational programs and much needed support work for parents. These services ensure the wellbeing not only of children living with disabilities, but also their families.

I congratulate the Chinese Parents Association for their selfless efforts in ensuring that our community remains inclusive and resilient.

TONYBURKE
28 June 2023

ELECTORATE OFFICE: 1 Broadway, Punchbowl 2196

MAIL: PO Box 156, Punchbowl, NSW 2196 **PHONE:** (02) 9750 9088

EMAIL: Tony.Burke.MP@aph.gov.au www.tonyburke.com.au



Congratulatory Message

賀辭



Communities and Justice

EAP23/6730

Miranda Chau President
Chinese Parents Association-Children With Disabilities Inc.
PO Box 345
Campsie NSW 2194
mirandachau99@yahoo.com.au

Dear Ms Chau,

35th Anniversary of Chinese Parents Association – Children With Disabilities Inc. (CPA)

Thank you for your email correspondence of 23 June 2023 to Minister Kate Washington MP, Minister for Families and Communities and Minister for Disability Inclusion about the upcoming celebrations for the 35th Anniversary of Chinese Parents Association – Children With Disabilities Inc. (CPA). The Minister has asked me to reply on her behalf.

Congratulations on reaching your 35th anniversary. This is a remarkable milestone that showcases the positive impact the association has made on many families over the past three and a half decades.

The creation of the souvenir book is a beautiful opportunity to honour and recognise the achievements and tireless dedication of the individual members.

I commend the important work the association are doing for people with disability and wish you continued success. Once again congratulations on the remarkable milestone.

Yours sincerely,

A handwritten signature in cursive script that reads 'Zoe Dendle'.

Zoe Dendle
A/Executive Director
Housing Homelessness and Disability

19 July 2023

Department of Communities and Justice
Postal address: Locked Bag 5000, Parramatta NSW 2124
W www.facs.nsw.gov.au | E facsinfo@facs.nsw.gov.au
T (02) 9377 6000



Junior Group Program

小組節目

音樂治療 Music Therapy

Time 時間: Saturdays 星期六, 3:00pm – 4:00 pm

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury

跆拳道 Taekwondo

Time 時間: Saturdays 星期六, 下午 4:00pm 至 5:00pm

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury

唱遊活動 Fun with Music

Time 時間: 逢星期六下午 3:00pm 至 4:00 pm

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury

森巴舞 Zumba

Time 時間: 逢星期六下午 3:00pm 至 4:00 pm

Venue地點: Belmore Senior Citizens Centre, 38-40 Redman Pde, Belmore

有趣烹飪 Fun with Cooking – Independent Living Skills!

Time 時間: 逢星期六下午 3:00pm 至 4:30 pm

Venue地點: Ashbury Senior Citizens Centre, 66 Princess Street, Canterbury

Community Outdoor Activities

Time 時間: Saturdays 星期六, 2:00 – 4:00pm or School Holidays

Youth Group Program

大組節目

藝術課 Art Programs

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

Venue地點: Belmore Senior Citizens Centre, 38-40 Redman Pde, Belmore

跆拳道 Taekwondo

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

Venue地點: Belmore Senior Citizens Centre, 38-40 Redman Pde, Belmore

椅子瑜伽 & 普拉提 Chair Yoga & Pilates

Time 時間: Saturdays 星期六, 下午 2:30pm 至 4:00pm

Venue地點: Belmore Senior Citizens Centre, 38-40 Redman Pde, Belmore

健身課 Fitness Gym Class

Time 時間: Mondays 星期一, 下午 4:00pm 至 5:00pm

Venue地點: PCYC Auburn, Wyatt Park, Church Street, Lidcombe

保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午 10:30am 開始

Venue地點: Tenpin City Lidcombe, 92 Parramatta Road Lidcombe, (Parking at rooftop)

空中運動班 Aerial Circus

Time 時間: Fridays 星期五, 下午 4:30pm 至 5:30pm

Venue地點: Aerialize, 7-9 Close Street, Canterbury



Community Activity 社區活動

Thanks to the Youth Grant of 2022-2023 Canterbury Bankstown Community Grants and Events Sponsorship Program, CPA youth group was able to participate in a series of field trips and arts workshops. This project aimed to promote social inclusion and community access and participation. In addition, it also provided opportunities for the youth to visit various community settings, with which they would not have considered visiting before, especially the different religious venues. These visits promoted their appreciation to different cultural and religious practices and thus enabling them to perceive their community with different cultural perspectives. By participating in the art session and workshops, the youth group learnt how to present their visual depictions of their local community through art creation. Not only had they learnt the techniques but also their emotional needs and expressions were channeled and fulfilled through different art forms. >>>>



Four field trips were held between 18/03/23 and 01/07/2023 visiting places at Bankstown - Bankstown Arts Centre, Little Saigon Place and Bankstown Plaza, Belmore - All Saints Greek Orthodox Church, St Albans Anglican Church, Ultimo Powerhouse Museum and Lambeth Reserve/Fitzpatrick Park at Georges River bank. The field trips were followed by another four art workshops held between 08/07/23 and 12/08/23 at Belmore Senior Citizens Centre, Belmore.

During these workshops, the Youth tried out different art techniques and media. With the guidance and encouragement of the art teacher Maria Christou, they created their own art work at their own pace and comfort in the company of their friends and carer. The youth expressed their perceptions/impressions of their surroundings through arts during the four workshops. The finished artworks were collected for greeting card production. At last six greeting card designs were created for the Moon Festival occasion. 300 cards were printed and presented to the elderly staying at nursing homes in the Canterbury and Bankstown area before the Moon Festival (29/09/2023). The greeting card conveys the loving care between people which connects every one of us. Totally 249 residents of Belmore Place Care Community in Lakemba, CASS Residential Aged Care Facility in Campsie, Canterbury Place Care Community in Campsie and Rosemore Aged Care in Belmore received the Moon Festival cards and the greetings from our youth.

It was such a great opportunity for our youth to connect to our local community by means of participation, interaction, appreciation and acceptance. Art is a great medium to pass on the message of inclusion and harmony.



Community Activity 社區活動

感謝2022-2023年Canterbury Bankstown社區和活動計畫的資助，協康會青年組得以參加一系列的社區探索活動和藝術工作坊。該計畫旨在促進社會包容以及社區接觸和參與。此外，它還為年輕人提供了參觀各種社區場所的機會，其中有些社區設施是他們以前未想過要參觀的，特別是不同的宗教場所。這些訪問促進了他們對不同文化宗教習俗的欣賞，從而使他們能夠以不同的文化視角看待他們的社區。透過參與藝術工作坊，青年組學會如何透過藝術創作來呈現他們對當地社區的視覺描繪。他們不僅嘗試了不同的技巧，而且他們的情感表達也透過不同的藝術形式得到了引導和滿足。

於2023年3月18日至2023年7月1日期間青年組進行了四次社區探索活動，他們探訪了Bankstown社區 - Bankstown藝術中心、小



西貢廣場和 Bankstown廣場、Belmore 社區 - All Saints希臘東正教堂、St Albans聖公會教堂、Ultimo Powerhouse Museum和喬治河岸的Lambeth保護區/Fitzpatrick公園。這些社區活動之後，青年組於2023年7月8日至2023年8月12日在Belmore Senior Citizens中心舉辦了另外四次藝術工作坊。

在這些工作坊中，青年們嘗試了不同的藝術技巧和素材。在美術老師 Maria Christou的指導和鼓勵下，他們與朋友和照顧者一起，以各自的步伐創作了自己的作品。在四次的工作坊中，青年透過藝術表達了他們對周圍環境的看法和印象。完成的作品被收集用於賀卡製作。最後我們以這些作品為中秋節設計了六款賀卡，並於中秋節（29/09/2023）前印製了300張賀卡片送給Canterbury和Bankstown地區療養院的長者。賀卡傳達了人與人之間的關愛，將我們每個人連結在一起。位於Lakemba的Belmore Place護理社區、Campsie華人服務社高齡頤養院、Campsie的Canterbury Place護理社區和Belmore的Rosemore老年護理中心共有249名居民收到我們的中秋節賀卡和青年組的問候。

對於我們的青年組來說，這是一個透過社區體驗、文化互動、彼此欣賞和接受的方式與當地社區建立聯繫的絕佳機會。我們相信藝術是傳遞包容與和諧訊息的重要媒介。



Our stories 我們的故事

35週年嘉 年華晚宴 後記



By Maria Lee

籌委會經過長達數月的籌備，為慶祝協康會成立35週年的嘉年華晚宴，終於在19/8/23在Chatswood的唐宴舉行。是晚筵開36席，設有豐富的龍蝦餐，免費招待弱能人士及其父母。而兄弟姊妹和祖父母，祇需繳納少額費用便可參加。當天蒞臨者有430多人，與會者包括久未謀面的舊雨新知。



籌備晚宴的工作包括：呼籲和聯絡善長資助晚宴、抬獎、抽獎禮物和送給弱能人士的禮物袋、招募義工和分配工作、聯絡會員及登記參加者資料、安排場地和座位分配、籌劃娛樂節目等等。有幸得到名譽會長何沈慧霞博士、Dr Nancy Ma 和 Alex Ma 伉儷的鼎力支持，加上40多名義工的協助，使晚宴得以順利進行。值得一提的是，Alex 首創把舞台移放在大堂的中央，旨在使所有嘉賓都可以看到舞台。接駁相關電線和音響的安排，他也費盡心思，多次和義工團隊實地測試，力求做到盡善盡美。Alex 又發揮他的專業本能，設計了不同款式的徽章，送給曾參與他主持的繪畫班的學員，另外還設計印上勵志精句的徽章，送給義工和到會者。Nancy 亦不遑多讓，設計了精巧的徽章，送給曾跟她學習繪功十八法的學員和義工，可見他們為這個晚宴，費盡心思。

另外，他們還特別安排了三位資深的司儀，分別以英語、粵語和普通話主持是晚的節目，使參與者不會有語言上的隔膜。

一改慣例，是次宴會，沒有邀請贊助者和嘉賓參與，也沒有安排表演環節，旨在希望會員們在毫無拘束的環境下，盡情享受一個輕鬆愉快的晚上。

在開席前，會友們可以在有專人負責的照相亭戴上道具和飾物，擺着不同的姿勢拍照，又有義工幫忙替會友塗指甲、自製徽章等等，還聘有專人應會友的要求而扭出不同形狀的氣球，以求做到各適其適。

Alex 亦準備了親子和鼓勵團隊合作的遊戲，包括環環相扣和拼圖遊戲比賽，標榜着協康會互助友愛的精神，使大家玩得盡興。比賽進行得非常激烈，使現場熱鬧氣氛達到最高峯。

活動結束後，很多家長都讚揚這個活動辦得非常成功，看到孩子們面上的笑容，一切努力都是值得的。

協康會能夠達到35週年的里程碑，實屬不易，其間經歷過不少挑戰和挫敗，才有今天的成績。希望協康會能夠繼續向前邁進，幫助弱能人士融入社會，並擁有一個美好的明天。



Our stories 我們的故事

HAPPY BALLOON CARNIVAL DINNER

On August 19, 2023, at around 2:00 pm, Uncle Daniel drove us to King Dynasty Restaurant in Chatswood. When we arrived at the venue I found it was very well set up with manicures, face painting, badge making, photo booth and balloon twisting by the balloon lady. The dinner began at 6:00 pm with the birthday cake placed on the stage. I had fried chicken, roast duck, jellyfish barbecued pork, fried glutinous rice , sweet and sour pork ribs, fish, lobster with noodles, mushrooms and vegetables. Desserts



were birthday cake, birthday peach buns and watermelon. Exciting table prizes, draws and games keep us entertained. I got a big bag of gifts and took lots of photos. Many thanks to Uncle Alex and Aunt Nancy, CPA President Aunty Miranda, the CPA Committee, and the over 40 volunteers for organizing the 35th Anniversary Carnival Dinner.

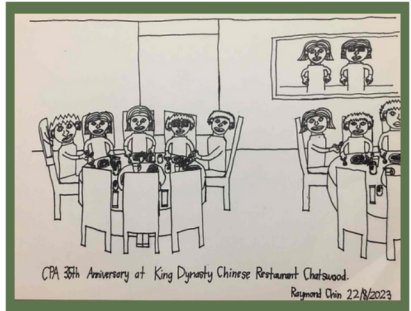
BY JASON
CHEN



Our stories 我們的故事

19 AUGUST 2023

I went to King Dynasty Chinese Restaurant in the afternoon. First I had breakfast, played phone, food festival, takeaway, lunch, shopping, clothes, just looking, fruit market, to buy chokos, cabbage and corns, afternoon tea, Target, just looking, King Dynasty Chinese Restaurant, to take photo booth, played phone, drink, dinner, to get art badges, dinner, dessert, played phone, puzzles, played phone and went home with mum, I have a good time at King Dynasty Chinese Restaurant, I felt happy.



BY RAYMOND CHIN



Sweet Memories 甜蜜的回憶



謝
 謝謝CPA全體籌委會工們的辛勤付出，令我的35週年慶典禮獲得圓滿成功，我們有一個愉快的晚上。

Thank
 感謝籌委會和工們的付出，構成的成功！大家齊心，度過一個愉快的夜晚。

Thank
 謝謝CPA全體籌委會工們的辛勤付出，令我的35週年慶典禮獲得圓滿成功，我們度過了一個溫馨愉快的夜晚。

Message
 無從想象CPA委員會成員，所付出的努力，在「互愛互助的」理念下，大家齊心，度過一個愉快的晚上，今晚35週年慶典禮非常成功，謝謝CPA全體員工，衷心祝CPA全體成員：萬事如意，身體健康。

Message
 Congratulations to CPA on your 35th Anniversary. Special thanks to the organising committee for your hard work. It was a very successful event.

Message
 非常感謝CPA全體籌委會及所有工們的辛勤付出，35周年晚讓我們度過一個难忘的夜晚，在此特別感謝Miranda和Maria Lee，一直以來對孩子們的幫助和支持，衷心感謝您們！誠摯一萬分的陪伴支持！

Message
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Message
 What a great memory! I think we help a lot of members to create great memories by including me.

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Message
 Thank you Mirinda, just president, past and present committee members, just and present volunteers for your dedication and contributions to CPA. Wonderful. AMAZING WORKS!

Message
 感謝CPA全體籌委會工們，特別謝謝Alan和Henry Ma 所作出的努力，令我的35週年慶典禮獲得圓滿成功，我們度過了一個溫馨愉快的夜晚。

Message
 From Miranda, CPA

Message
 非常成功，多謝所有工作人員的辛勤付出。

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 非常感謝籌委會和所有成員的辛勤付出，令我的35週年慶典禮獲得圓滿成功，我們度過了一個溫馨愉快的夜晚。

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thank you



Sweet Memories 甜蜜的回憶



CPA 35th Anniversary FAMILY CARNIVAL DINNER!



Sweet Memories 甜蜜的回憶

WEEKEND PROGRAMS



09/09/23 FATHER'S DAY & MID-AUTUMN FESTIVAL

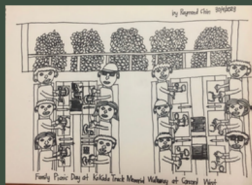
Celebrations



Sweet Memories 甜蜜的回憶

Family Picnic Day

**KOKODA TRACK
MEMORIAL
WALKWAY
23/09/23**



Last Saturday, 23/09/2023 we attended one of CPA's group activities located at Kokoda Memorial in Concord West. The event was for children with special needs and their families. The event run smoothly with the help of volunteers (aka parents) and we were blessed with lots of food, deserts and beverages. There were also art programs in the morning, a walk around the trail, physical activity after lunch for the children. And it was a good event for parents to catch up, to share their journey with their children with other parents, and of course to make and gain friendships. It was a well thought event and a huge success. Thank you for including us.

Regards
Elaine, Carmen and James Martin.

Sweet Memories 甜蜜的回憶

National Carers Week 2023 Celebration

全國照顧者周茶聚

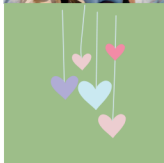
THIS EVENT IS PARTLY SPONSORED BY
CARERS NSW AUSTRALIA



*Yum Cha at
the Piggers*



八滿閣
16.10.23



協康會照顧者茶聚 - Majoria Liang

十月的雪梨春回大地，天氣和煦，我們有幸生活在澳洲，政府體恤照顧者的辛勞，訂於十月份是照顧者週，讓照顧者也有喘息的機會。

十月十六日協康會在Canley vale八滿閣舉辦了全國照顧者周茶聚，協康會委員們早已安排好各人的座位，中午十一點家長們準時入座，大家見面十分高興彼此問候，互動交流。十一點半，飲茶點心相續送到，蝦餃，燒賣，鹹水角，鳳爪．．等等，飲茶常見的點心差不多都上齊，Bonnie大姐還特別贈送每桌半隻脆皮燒鴨，大家食飽還有得打包，喂飽個胃後隨著歡笑聲而一一道別。

在此感謝協康會和協康會的委員們，每次舉辦活動你們都很用心的籌劃，舉辦的活動一次比一次圓善，會員亦一天比一天多，故每次協康會有活動，我都盡量參加當仁不讓。

祝協康會：百尺竿頭，更進一步。



Birthday Boys & Girls

生日

November

Annie Zhuang
Bowman Yu
Connor Kitagawa
Eric Lo
Jodi Tan
Joshua Wang
Katherine Cai

Laurence Trieu
Lawrence Li
Livana Li
Owen Januar
Ryan Tsen
Sandra Wang

BIRTHDAY



December

Adrian Chau
Cee Horne
Tsui
Chen Rong
Daniel Li
Isaac Liew
Jackie Li
James Huang

Jasper Zhang
Jeremy Wang
Jimmy Kong
Justin Li
Katie Liu
Louisa Tong
Samson Yuen
Timothy Yau

*Happy
Birthday!*

January

Barry Mak
Benjamin Lin
Benjamin Dinh
Derek Su
Edmund Su
Jason Chen
Jenny Luo
Julia Teng
Katie Chen

Kerry Liu
Michael Lu
Thomas
Huang
Thuman Ha
Tiffany Tan

BIRTHDAY



Acknowledgement 致謝

Volunteers

Alex & Nancy Ma
April Sia
Darby Mu
Harry Tinyow
Khon Chau
Mario Yuen
Winda Mok
35A Volunteers

Management Committee Members

Donors (for cash donations \$100 or above)

Anthony Lu
Australian Online Giving Foundation
Cong Trieu
Hong Yan Zhan
Joseph Lee & Co
Lihong Zhao
Winnie Tong
Ying Kai Chuang

Donations in Kind

E Bargain International Pty Ltd
Hung Li

How can you help ? 請給我們支持

Postal Address 郵址 : PO Box 345 Campsie, NSW

捐贈 款項 I would like to make a donation of : \$ _____

會員年費 Membership Fee \$10 p.a
(7月1日至6月30日 From 1 July – 30 June)

本人願意參加為貴會 I would like to become:

會員 Member

附屬會員 Affiliated member

義工 Volunteer

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. 亦可直接存款于以下帳戶 Payment could also be made by direct deposit
to the Association's bank:

A/C: BSB 082080, Account No. 86 208 5669 or by PayPal via www.chineseparents.org.au

Program Timetable

週末活動時間表

NOV 23 - JAN 24

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
- 📍 PCYC Auburn, Wyatt Park, Church Street, Lidcombe
- 📍 Aerialize, 7-9 Close Street, Canterbury

WEEKDAY AFTERNOON PROGRAM

Monday	4:00pm to 5:00pm	Fitness Gym Class	PCYC Auburn
Friday	4:30pm to 5:30pm	Aerial Circus	Aerialize, Canterbury

WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 4:30/5:00pm	Morning 10:30am- 12:00pm	Afternoon 2:30pm to 4:00pm
November			
04/11	Zumba at Belmore 2:30-4:00*	Tenpin Bowling	Zumba*
	Birthday Party 4:00pm - 4:30pm		
11/11	Cooking with Antonia 3:00-4:30	Tenpin Bowling	Chair Yoga/Pilates/Dance by Monica
18/11	Fun with Music 3:00-4:30	Tenpin Bowling	Cooking with Antonia
25/11	Sensory Play 3:00-4:00 Taekwondo 4:00-5:00	Tenpin Bowling	Taekwondo
December			
02/12	Zumba at Belmore 2:30-4:00*	Tenpin Bowling	Zumba*
	Birthday Party 4:00pm - 4:30pm		
09/12	Expressive Art 3:00-4:00 Taekwondo 4:00-5:00	Tenpin Bowling	Taekwondo
16/12	CPA AGM and Christmas Celebration 12:00 – 2:00 pm Club Central, 2 Crofts Avenue, Hurstville		
23/12	School Holiday		
30/12	School Holiday		
January			
06/01	School Holiday		
13/01	School Holiday		
20/01	School Holiday		
27/01	School Holiday		

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

