

澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION - CHILDREN WITH DISABILITIES INC.



# 會訊 NEWSLETTER

AUG 2023 TO OCT 2023 ISSUE

二零二三年八月版

[WWW.CHINESEPARENT.ORG.AU](http://WWW.CHINESEPARENT.ORG.AU)



UP COMING!



19 AUGUST 2023

KING DYNASTY CHINESE RESTAURANT  
CHATSWOOD WESTFIELD



CPA 35th Anniversary  
Family Carnival Dinner  
協康會35週年嘉年華晚宴

09 SEPT 2023

ASHFIELD RSL CLUB  
ASHFIELD



慶祝父親節及中秋節

Father's Day & Mid-Autumn Festival Celebration  
Saturday 09/09/2023 11:30am - 2:00pm  
Ashfield RSL Club  
Ashfield RSL Club, 374 Liverpool Road, Ashfield



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 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。

## 會長感言 President Message



Dear Members and families of CPA,

Hope everyone is doing well and keeping yourself warm this winter.

Welcome to the latest edition of our newsletter! We are excited to share with you, about the upcoming events!

This year is a special one in the history of Chinese Parents Association-Children With Disabilities Inc. (CPA) as you know we are getting very close to kicking off CPA 35th anniversary on August 19th. We will celebrate with you a Carnival Dinner event at the King Dynasty restaurant at Chatswood. I am so excited to welcoming back many of our old members and families to share with you as one big family event on this special occasion.

CPA began in 1988 established by a group of passionate parents caring for their children with disability in Sydney, together they embraced a hope to help children with disabilities. From these humble beginnings, CPA has continued to advocate and answer the call to many people with disabilities and their families in the community.

CPA was a place in the hearts of the many passionate parents and loving volunteers who volunteered there to build, and here we are today to preserve their mission to continue the CPA legacy.

To ensure our CPA families to have a wonderful evening in celebrating CPA's milestone, we are working very hard in preparing and seeking donation to fund the event from the last two months, we were incredibly humbled by the huge support received from the community, business organisation and our longtime friends and families. I'd like to give a special shout-out of appreciation to our longtime friends our Honorary President Dr Helen Sham-Ho, Dr Nancy Ma and Alex Ma and all the committees, for their tireless work on behalf of CPA, for all the resources, guidance and support they provide each every day and every time. Thank you all!

Lining up for the rest of the year, there are more events on its way such as the Father's Day celebration lunch in September, Christmas lunch in December and more! Please stay tuned.

Lastly, thank you all for being a part of our journey. I'm so excited to have you along for the ride throughout our 35th anniversary, and I hope you'll be able to join us as we celebrate in August, knowing the best is yet to come!

Cheers,  
Miranda Chau

## 會長感言 President Message



親愛的協康會會員和家人：

希望大家在這個冬天都保持身心健康並且溫暖盈盈。歡迎來到協康會最新一期的會訊！我們很高興與大家分享即將舉行的活動！

今年對協康會來說是特別的一年，正如大家都知道，我們即將在八月十九日迎來協康會的35週年紀念，並在CHATSWOOD的唐宴酒家舉行嘉年華晚宴慶祝活動。我非常欣喜地歡迎許多舊會員和家人參加這個具有特別意義的大家庭活動。

協康會於1988年在悉尼成立，由一群關心殘疾兒童福祉並希望幫助他們的熱心家長共同創立。從這個卑微的開始，協康會一直在社區中保持倡導並回應許多家庭的需要。對於這群熱心家長也同時是義務工作者來說，協康會是他們曾付出努力建設而直至今今天仍然心中所繫的一個地方，此刻我們肩負著他們的使命，繼續維護並延續協康會的傳承。

為了確保大家在慶祝協康會的里程碑時能度過一個美好的晚上，我們在過去兩個月裡非常努力地籌備並尋求各方捐贈來為活動提供資助。我們對各社區、商業團體以及協康會家庭和長期好友給予的巨大支持感到非常榮幸。我特別要感謝我們的好朋友、協康會名譽會長何沈慧霞博士，DR NANCY MA和ALEX MA以及所有管理委員們，感謝他們為協康會所作出的不懈努力，感謝他們提供的所有資源、指導和支持。謝謝你們！

接下來的下半年，我們還有更多的活動，例如九月份的父親節慶祝午餐，十二月份的聖誕節午餐等等！請留意我們的最新消息。

最後，感謝大家一直以來給我們的支持和鼓勵，希望在八月份三十五週年慶祝會上見到您們，我相信更好的未來在等待著我們！乾杯！

會長  
周潤梅

## 小組節目 Junior Group Program

親愛的會員，



### 音樂治療 Music Therapy

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

Venue地點: Belmore Youth Resource Centre, 38 Redman Pde, Belmore



### 跆拳道 Taekwondo

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

Venue地點: Belmore Youth Resource Centre, 38-40 Redman Pde, Belmore



### 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: Belmore Youth Resource Centre, 38-40 Redman Pde, Belmore



### 森巴舞 Zumba

Time 時間: 逢星期六下午 3:00pm 至 4:00 pm

Venue地點: Belmore Youth Resource 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: Belmore Youth Resource Centre, 38-40 Redman Pde, Belmore



### Community Outdoor Activities

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

## 大組節目 Youth Group Program



### 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

### UNLOCKING A CHILD'S EMOTIONAL JOURNEY THROUGH PLAY THERAPY

"Toys are children's words and play is their language" – Gary L. Landreth. (Ed.D., LPC, RPT-S)

Play is a child's way of expressing themselves, and play therapists are the skilled individuals who can interpret and decode the intricate languages they use to communicate through play.

A few years ago, an 8-year-old boy was referred to my practice due to his struggles with ASD, ADHD, and behavioural issues. During our initial session, I observed the boy's hyperactivity as he played with toys, hurling swords across the playroom, all while leaping and screaming. Rather than immediately intervening, I watched patiently. Although he displayed minimal emotions, he bombarded me with numerous questions. He did not want the session to end.

After several sessions, I requested a meeting with his parents to discuss any noticeable changes since he began play therapy. The boy's mother shared a distressing revelation—her son had been bullied since his first-grade in primary school, enduring physical assaults in the school's restroom. This revelation shed light on the boy's initial insecurity, rage, and violence during our sessions.

For him, our therapeutic playtime was precious since he had limited toys at home and little opportunity to engage in play. Under his mother's authoritative parenting style, which involved harsh treatment and limited rewards, he felt immense pressure to meet her high expectations.

Over the next six months, his aggressive play with toys did not subside. However, a notable shift occurred in his play patterns. He turned his attention to a sand tray, sculpting various forms with dry and wet sand and engaging in self-talk. He packed the tray with miniature toys and was reluctant to stop until the tray overflowed with toys. This was demonstrative of his bursting emotional distress.

Over the course of several months, he gradually abandoned other toys and focused predominantly on the sand tray. Then, one day, he removed all the toys from the tray, replacing them with a solitary flower. Surprisingly, he never touched the tray again after that.

My supervisor reminded me that this act symbolised his subconscious need to throw everything out and bid them farewell. Encouraged by my supervisor, I reached out to his parents to seek further insights, suspecting there was something more. His mother then

revealed a heart-wrenching detail—when he was just three years old, his grandmother, upon learning of his ADHD diagnosis, had kicked him out of her home and tossed out all of his toys, where he sat weeping amidst the discarded items. His mother had not shared this information earlier, assuming that the boy had long forgotten the incident. She wondered how I could have known. I emphasised to her the power of play therapy, explaining that while the boy may have forgotten the specific event, its emotional residue remained deeply embedded in his brain.

During this session, his mother also revealed that the bullying he had endured at school had in fact continued to this day, three years after it first occurred. Alarming, his school teachers failed to provide the support he required.

With this newfound understanding, my therapeutic focus shifted. Instead of viewing him solely through the lens of ASD or ADHD, I began treating him as a traumatized and grieving child. I urged his mother to talk with him about his emotions instead of her expectations. Furthermore, I proposed liaising with his school to address his issues, with the goal of providing a secure environment for him free from bullying. If necessary, a transfer to a more suitable school should be considered.

His resilience had noticeably improved two years after beginning play therapy, according to the boy's father. The flower placed on the sand tray is symbolic of his transformation, signifying his resilience emerging from his painful past. He learned to apply this resilience to his daily life. His father noted that even in moments of distress, he could now express himself appropriately. Furthermore, his outbursts of anger no longer persisted for over an hour, but were significantly reduced to a mere 20 minutes.

Yet the child's circumstances remained unchanged—ineffective teachers, bullying classmates, and an overburdened mother. The play therapy sessions, however, have contributed to developing his emotional self-regulation, as he learns to manage the arising stress from others and from within himself. Before my departure from Hong Kong, I transferred him to another therapist who could provide him with the self-directed atmosphere he needs to feel secure and to cultivate his resilience.

The significance of play therapy cannot be overstated. Its therapeutic tools had enabled me to uncover his past and his story of sorrow, and ultimately set the course for building his resilience.

### 通過遊戲治療開啟孩子的情感之旅

“玩具是孩子們的文字，遊戲是他們的語言”——  
GARY L. LANDRETH. (ED.D., LPC, RPT-S)

遊戲是孩子表達自己的方式，遊戲治療師是熟練的個人，他們可以解釋和解碼他們通過遊戲進行交流的複雜語言。

幾年前，一名 8 歲男孩因患有自閉症譜系障礙 (ASD)、多動症 (ADHD) 和行為問題而被轉診到我的診所。在我們最初的治療中，我觀察到男孩的過度活躍，他玩玩具，在遊戲室里扔劍，同時跳躍和尖叫。我沒有立即乾預，而是耐心地觀看。儘管他沒有表現出任何情緒，但他卻向我提出了無數問題。他不希望遊戲治療結束。

經過幾次治療後，我要求與他的父母會面，討論自他開始遊戲治療以來發生的任何明顯變化。男孩的母親分享了一個令人痛苦的真相——她的兒子從小學一年級起就一直被欺負，在學校的衛生間裡遭受人身攻擊。這一真相揭示了男孩在我們的治療過程中最初的不安全感、憤怒和暴力。

對他來說，我們的治療性遊戲時間很寶貴，因為他家裡的玩具有限，也很少有機會玩耍。在母親嚴厲的對待和有限的獎勵的權威教養方式下，他為滿足母親的高期望而感到巨大的壓力。

在接下來的六個月裡，他對玩具的攻擊性行為並沒有減弱。然而，他的比賽模式發生了顯著的轉變。他把注意力轉向沙盤，用乾沙和濕沙雕刻出各種形狀，並進行自言自語。他在托盤裡裝滿了微型玩具，直到托盤裡的玩具都溢出來才肯停下來。這表明了他爆發性的情緒困擾。

幾個月的時間裡，他逐漸放棄了其他玩具，主要專注於沙盤。然後，有一天，他把沙盤上的所有玩具都拿走了，取而代之的是一朵孤零零的花。令人驚訝的是，此後他再也沒有碰過沙盤。

我的督導提醒我，這個行為象徵著他潛意識裡需要扔掉一切並向他告別。在督導的鼓勵下，我聯繫了他的父母以尋求進一步的見解。隨後，他的母親透露了一個令人心碎的細節——當他只有三歲

的時候，他的祖母在得知他患有多動症後，把他趕出了家門，並扔掉了他所有的玩具，他坐在被丟棄的玩具中哭泣。他的母親之前沒有透露這一段信息，認為男孩早已忘記了這件事。她想知道我怎麼知道這些。我向她強調了遊戲療法的力量，並解釋說，雖然男孩可能已經忘記了具體事件，但其情感殘留仍然深深地植根於他的大腦中。

在這次面談中，他的母親還透露，他在學校遭受的欺凌事實上一直持續到今天，距第一次發生已經三年了。令人震驚的是，他的學校老師未能提供他所需的支持。

有了這個新的認識，我的治療重點發生了轉變。我不再僅僅通過自閉症譜系障礙或多動症的視角來看待他，而是開始把他視為一個受過創傷和悲傷的孩子。我敦促他的母親與他談論他的情緒而不是她的期望。此外，我建議與他的學校聯絡以解決他的問題，目的是為他提供一個免受欺凌的安全環境。如有必要，應考慮轉學到更合適的學校。

據男孩的父親說，開始遊戲治療兩年後，他的復原力明顯改善。放在沙盤上的花象徵著他的轉變，象徵著他從痛苦的過去中恢復過來的韌性。他學會了將這種韌性運用到日常生活中。他的父親指出，即使在痛苦的時刻，他現在也可以適當地表達自己。而且，他的憤怒不再持續一個多小時，而是大幅減少到了短短二十分鐘。

然而孩子的處境依然沒有改變——無能的老師、欺凌的同學和負擔過重的母親。然而，遊戲治療課程有助於培養他的情緒自我調節能力，因為他學會了管理來自他人和自己內部的壓力。在我離開香港之前，我把他轉到另一位治療師那裡，他可以為他提供自我導向的氛圍，讓他感到安全並培養他的復原力。

遊戲治療的重要性怎麼強調都不為過。它的治療工具使我能夠揭開他的過去和他的悲傷故事，並最終為建立他的韌性奠定了基礎。

## 我們的故事 Our Stories

### **PICNIC AT LAMBETH RESERVE, PICNIC POINT - 01/07/23 -11AM TO 3.30PM**

**DIANNE CH'NG**

I woke up to a beautiful sunny wintry day with excitement yet with a tinge of apprehension. Today my daughter, Madeleine, and I were going to a picnic organized by the CPA at Lambeth Reserve. We did not know what to expect. We have not been to this place before either.

We had just recently joined membership with CPA through our good friend Aileen Pang who is one of the committee members. Her daughter, Joanne and Maddie are friends. Apart from them we do not know anyone else.

When we arrived at the reserve there were already many parents with their children, some were playing in the playground others were just talking and mingling around.

There were a few ladies busy organizing and laying the food at a table. It was very well coordinated with all the food in neat bundles and the sushi rolls individually wrapped in aluminium foil. Very impressed with how they handled the food to make sure there is no cross contamination.

We were greeted warmly by the committee members ( Maria, Miranda ) I could feel genuine love and compassion these ladies have for the participants and the parents.

After a full balanced lunch, we went for a bush walk / board walk along the banks of the river to work out the big lunch we just had. It was a very pleasant walk indeed, passed by some people fishing at the embankment, some ducks waddling in the river and cyclists on bikes enjoying the beautiful day.

Maddie and her friends ( Joanne and Yufei ) posed for photos and chit chat along the way. A very good opportunity for them to further develop their friendships.

As for me I made some new friends and looking forward to get to know them better through the activities organized by CPA in the future.

Maddie said she had a great time at the picnic hanging out with her friends.

Thanks to all the MC for organizing this event to promote social and life skills for our kids.

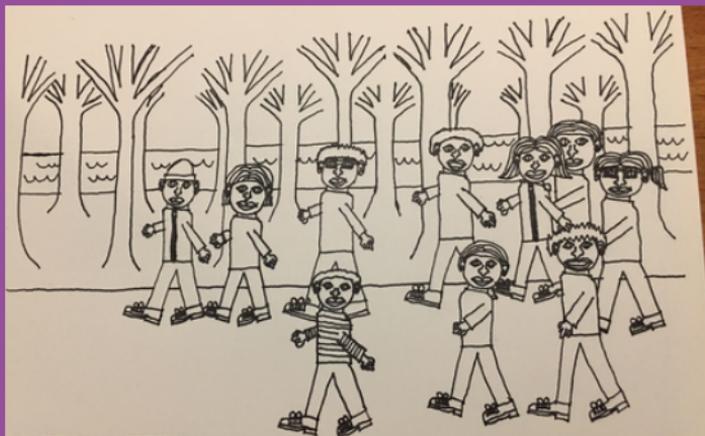


## *Bushwalking at*

**LAMBETH RESERVE 01/07/23**

I went to bushwalking in the morning.  
First I played phone, waiting, bushwalking, playground,  
swing, climbing, monkey bars, slide, seesaw, climbing,  
monkey bars, cycling, pulling, lift your shoulders, lunch,  
morning tea, bushwalking, river, take photos, afternoon tea,  
group photos, played phone and sent home with mum.  
I have a good time at bushwalking. I felt happy.

**Raymond Chin**



Bushwalking with friends at Lambeth Reserve, Picnic Point

by Raymond Chin 01/07/23

# 兄弟姐妹連結小組 SibConnect

SibConnect – Social and Emotional Support program for CALD Youth with Disabilities and their Siblings/Families  
This program is proudly sponsored by the ACCF Community Project Funding Programme 2022-2023



03 June 2023

## TREETOP ADVENTURE AT THE HILLS



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



澳洲華人公益會  
Australian Chinese Charity Foundation Inc.

SibConnect – Social and Emotional Support program for CALD Youth with Disabilities and their Siblings/Families  
This program is proudly sponsored by the ACCF Community Project Funding Programme 2022-2023



## Group Psychology Session

08 July 2023 Blueberry Hill room  
Canterbury League Club



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



澳洲華人公益會  
Australian Chinese Charity Foundation Inc.

## Artistic & Creative Arts Program (ACAP) - for CALD Youth with Autism



IN HARMONY

01/07/2023 Smartphone Photography & Picnic  
Lambeth Reserve, Picnic Point 01/07/2023



This Program is proudly sponsored by the 2022-23 Canterbury Bankstown Community Grants & Event Sponsorship Program



澳洲弱能兒童協會  
CHINESE PARENTS ASSOCIATION - CHILDREN WITH DISABILITIES INC.

## Artistic & Creative Arts Program (ACAP) - for CALD Youth with Autism

Be artistic



The Artistic & Creative Art Workshop was held at Belmore Senior Citizens Centre on 08/07/23. The Youth had a chance to try out their creativity and relate their previous cultural visits to their art expression.



And creative

This Program is proudly sponsored by the 2022-23 Canterbury Bankstown Community Grants & Event Sponsorship Program



澳洲弱能兒童協會  
CHINESE PARENTS ASSOCIATION - CHILDREN WITH DISABILITIES INC.

甜蜜的回憶 Sweet Memories



Mother's Day Celebration



35th Anniversary preparation



Lions Club of Sydney Waratah Changeover Dinner 2023



OT group exercise

# 甜蜜的回憶 Sweet Memories



OT group exercise



Putt Putt Golf



Taekwondo



Fun cooking



Fun with music



Chair yoga/pilates



# 甜蜜的回憶 Sweet Memories



Creative art workshop - Youth



Art & Craft - Junior



生日快樂 Birthday Boys & Girls

SEPT

Andrew Li  
Auden Cheung  
Clara Li  
Jessica Zhuang  
Kenton Lieu  
Kevin Xu  
Lydia Kong  
Willis Li  
Yin Soon Tan  
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Stephanie Mu  
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OCT

Chloe Mak  
Damian Leung  
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Kevin Ka Yin Lee  
Reuben Vuong  
Shaun Cao  
Yiteng Yu



## 致謝 Acknowledgement

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Monique Ly  
Nancy Ma  
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P & J Group (Aust) P/L  
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Raymond Yam  
Rebecca Tinyow  
S.H.L.K. Chinese Opera 悉尼華藝粵軒  
Siu Chung Mak  
Stella Fung  
Sylvia Tinyow  
Tim Tam  
Victor Tsang  
Wai Kuen Lok  
Wai-Fan Bonny Chui  
Wayin Network  
Weiting Yin  
Wendy Q Trinh  
Winona Luo  
Yiyun Gu  
Yvonne Wing Yee Fung Yip



## 致謝 Acknowledgement

### Donations in Kind

Alex & Nancy Ma  
Bee Leong Pang, Aileen  
Chan Wah  
Direct From Japan  
Eric Tam  
Ettason P/L  
Got Pho  
Heng Fai Trading Co.P/L  
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MEA Charity  
Michael Ng  
Miranda Chau  
Ping Mu  
Scenic World  
S.H.L.K. Chinese Opera 悉尼華藝粵軒  
Sleepmart  
Sylvia Tinyow  
Taronga Zoo  
Tenpin City Bowling Lidcombe  
White Glo



## 致謝 Acknowledgement

### Volunteers

Alex Ma & Dr Nancy Ma

April Sia

Darby Mu

Elena Lau

Elly Li

Harry Tinyow

Khon Chau

Mario Yuen

Winda Mok

Management Committee Members



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](http://www.chineseparents.org.au)

# AUG-OCT 2023



## 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
<b>August</b>			
05/08	Taekwondo 3:00-4:00	Tenpin Bowling	ACAP Arts Program
Birthday Party 4:00pm - 4:30pm			
12/08	Cooking with Antonia 3:00-4:30	<b>NO BOWLING</b> due to tournament at venue	ACAP Arts Program
19/08	<b>CPA 35<sup>th</sup> Anniversary Family Carnival Dinner</b> 5pm at King Dynasty Chinese Restaurant, Chatswood Westfield		
26/08	Fun with Music 3:00-4:00 Zumba 4:00-5:00	Tenpin Bowling	Chair Yoga/Pilates/Dance by Monica
<b>September</b>			
02/09	Music Therapy by Christine 3:00-4:00	Tenpin Bowling	Chair Yoga/Pilates/Dance by Monica
Birthday Party 4:00pm - 4:30pm			
09/09	<b>Father's day and Mid-Autumn Festival Celebration</b> Buffet Lunch at Ashfield RSL Club 11:30am – 2:00pm		
16/09	Fun with Music 3:00-4:00 OT Group Exercise 4:00-5:00	Tenpin Bowling	Active Living Community OT Group
*23/09	Creative Art with Ellen 3:00-4:30	Tenpin Bowling	Zumba
30/09	School Holiday		
<b>October</b>			
07/10	School Holiday		
**14/10	Cooking with Antonia 3:00-4:30	Tenpin Bowling	Chair Yoga/Pilates/Dance by Monica
**21/10	Music Therapy by Christine 3:00-4:00 OT Group Exercise 4:00-5:00	Tenpin Bowling	Active Living Community OT Group
**28/10	Fun with Music 3:00-4:00 Taekwondo by Khon 4:00-5:00	Tenpin Bowling	Taekwondo by Khon

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

\* New Tenpin Bowling time: 10:30am – 12:00pm

\*\*New Junior Group Weekend Program address: Ashbury Senior Citizens Centre 66 Princess Street, Canterbury from 23/09/2023 onwards.