



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

CPA NewsLetter 協康會 會訊

NOV 2016 ISSUE / 二零一六年十一月版

**Merry Christmas &
Happy New Year!**

Community Reports:

- ◆ Father's Day and Mid-Autumn Festival Celebration
- ◆ Carers Week Celebration
- ◆ Grandparents' Day Celebration
- ◆ Picnic at Como
- ◆ C.A.R.E.S. Report

Up Coming Events:

- ◆ Yoga Classes
- ◆ AGM & Christmas Party
- ◆ Dragon Boat Training
- ◆ Zumba Class for Carers



CPA Newsletter NOV 2016 Issue
協康會 會訊 二零壹六年十一月 號

**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。

President's End of Season Message

Welcome to our final newsletter for 2016. Another exciting year we have had here at CPA! It was a privilege and an honour to serve this great Organisation as your president. What an amazing journey I have been on with each and every one of you during 2015-2016.



The year end always brings with it a tremendous sense of accomplishment. So many things have been accomplished this year! From July 2015 to June 2016, CPA have been involved in a number of fundraising events, the major one was the "Reaching For The Stars" concert in March sponsored by The Follow Your Dream Foundation Australia. CPA was honoured to be nominated as a charity beneficiary from a number of clubs and organisations including: the Lions club of Sydney Waratah, Australian Chinese Charity Foundation, NSW Parliamentary Lions Club, and also a few successful funding applications from the local councils. These funding will be benefit to CPA's future programs.

The establishment of NDIS is currently rolling out, by now, many of you have received individualised plans from NDIS, I am sure by accessing the supports and services, our children will live more independently and develop personal goals. CPA is in the processing of registering to be a NDIS Service Provider. We are working on to expand our resources and programs further, aiming to introduce some new activities and provide more supports to our members and their families. We will keep you updated of our progress.

For those who are active, the annual Chinese New Year Dragon Boat training is on the way. There will be 10 training sessions, expected to commence on the first week of January 2017 at Pymont. I would like to see more mums joining the team. The CPA team did so well at the race last time, finishing in third place; let's aim for an even better result this time!

On the relaxation side, Christmas and New Year are approaching; celebration is on the way, I am looking forward to seeing everyone at the annual AGM and Christmas party at Revesby Workers Club on 11 December 2016. All committee positions are up for re-election at the 2016 AGM.

Lastly, I give my sincerest thanks to each and every one of you for the deep honour and distinct privilege of serving you as your organisation president in 2015-2016. We shared our time, we shared our talents, and we shared our resources. We shared our kindness and, ever so rewarding, we shared our love for CPA and each other. Thank you to the committee, coaches, teachers and volunteers who are willing to put in immense effort in time and energy for the benefit of all.

Wishing all of our children, families, friends and community members a fantastic holiday season and thank you for your continued support.

PRESIDENT
Miranda Chau

President's End of Season Message

會長感言：

歡迎大家閱讀2016年最後一期的協康會會訊，對協康會來說這是令人振奮的一年！身為協康會會長，能為大家服務是我的義務和殊榮。回顧在2015-2016年度裏與大家一起的經歷，令我回味無窮。

一年的尾聲帶來的是巨大的成就感，很多活動已在這年度裏完滿結束！由去年七月至今年六月，協康會舉辦了好幾個籌款活動，轟動的一場是在三月份由澳洲夢想成真基金會贊助的「聲光伴我行音樂會」。其次，協康會獲得殊榮，被多個俱樂部和機構，推薦為慈善受惠者，包括：雪梨女獅會，澳洲華人公益金，NSW Parliamentary Lions Club，並成功獲得數個地方議會的撥款。這些款項，對協康會來年的活動，大有幫助。

目前全國殘疾人仕保險計劃已被推行，很多家長已收到由保險計劃發出的個人計劃書。我相信所獲得的服務支援，會使我們的孩子有多些獨立生活和個人發展的目標。協康會現正在申請註冊成為NDIS服務機構。我們正努力擴展資源和增加更多項目，目標是推介多些新活動和提供更多支援，給予會員和他們的家人，我們將會把進展告知大家。

對那些活躍健兒們，一年一度的農曆新年龍舟競賽訓練在即，暫定在2017年1月的第一個星期開始在Pymont進行訓練，共有10堂的練習。希望有更多的媽媽能加入團隊。協康會隊伍在去年的比賽中表現強勁而獲得第三名，今年我們希望獲得更好的成績。

聖誕節和新年將近，這些節慶均可令人心舒泰。週年大會和聖誕聯歡將於2016年12月11日在Revesby Workers Club舉行，期望大家到來聚首一堂。而於2016年的週年大會，所有執委會會員將會退任並進行改選。

最後，我誠懇地感謝大家，讓我成為2015-2016年度的協康會會長，給予我殊榮為大家服務。我們彼此分享了時間、智慧、資源和善心，而值得欣慰的，是在協康會裏互相彼此分享的愛。更要多謝的是執委會成員、教練們、老師和義工們，為我們在時間和精力上作出偉大的努力。在此，祝願我們的子女、家庭、朋友和社區成員有一個愉快的假期，並多謝大家長久的支持，謝謝！

周潤梅會長



CPA 會員共聚慶中秋

農曆八月十五是中秋節,這是華人社會的傳統慶祝節日之一,這一天的月亮是滿月,它又光又圓又大,象徵著團圓。而中秋節的故事或傳說則是說法紛紛,有月餅藏紙起義或是慶祝農作物秋收,而最奇怪的竟是嫦娥奔月,哈哈,太空人從月球回來,一直就沒宣佈過這仙女的消息。無論如何,這一天,家家户户都會忙著過節,希望一家人能齊齊整整地享用一頓豐富的食物。而親朋戚友間會買應景的月餅來互相送贈,討個吉祥的祝福,賞月和吃月餅已經是各地過中秋節的必備習俗了。

澳洲弱能兒童協康會為了能與眾同樂慶祝中秋節,於9月11日星期日假座RIVERWOOD的CLUB RIVERS舉行午餐聚會及的士高。這日順道慶祝父親節,以感謝父親們養育之恩。這會所CLUB RIVERS座落於火車站附近,對於使用公共交通工具的人仕來說,十分方便,而周圍街道亦提供不少泊車車位。這天參加的人數眾多,最後還需增加訂檯的數目,到會者差不多100人,亦包括了坐滿一桌子的嘉賓。嘉賓中有MR PHILIP SANSOM,是HURSTVILLE COUNCIL的退任市長,在他的在任期間,他一直支持著協康會,到現時還在關心著本會的運作。

此外,嘉賓席上還有好幾位人士是協康會的朋友和義工。他們對我會提供很多會務上的寶貴意見和貢獻良多。而執委會成員忙極了,安排著音響器材設備和坐位次序,招呼的招呼,各司其職。教舞蹈的老師也在場,看見她忙碌著帶領孩子們預備表演節目,可能空調還未調好,看見她的臉和鼻子已冒出汗珠來。未幾,家長們帶了孩子來坐滿了整個餐堂,人人看見檯面上放了一人一個月餅,眼睛也亮了,連忙收起來帶回家。經過會長的致詞,在熱鬧聲中,侍應生將食物分派給眾人,各人選擇了自己喜愛的牛扒或魚塊,還有甜品供應,十分豐富。禮品抽獎過後,的士高就開始了,活潑的一羣最愛音樂和舞蹈,在舞蹈老師帶領下表演了預備好的項目,然後讓他們沉醉在自由的舞步中,家長們卻繼續完不了的話題。

這裏要強調的是看見不少父親們的影子,他們是家中的支柱,無論在經濟上或精神上,他們盡力維持一個良好家庭而默默承擔著來自不同的壓力,一方面工作以保障家庭,一方面照顧智障的子女,不容易啊!能夠抽空參與子女們的活動,真的要給予一個‘讚’字。父親節的意義在乎於向父親致敬,藉此紀念全天下偉大的父親,一個對父親紀念感恩的節日。

By Lilian Tse

“社區道路教育計劃”活動



又是十月份學校假期，協康會為兒童組的小朋友安排了“社區道路教育計劃”活動。此項活動是透過讓兒童一面學習騎腳踏車，

一面學習使用道路的安全規則，從而學習如何避免意外發生。在此，我們誠意感謝Amanda 警司和她的兩位助手，感謝他們的耐心引導，小朋友們獲益不少。

十月六日早上，天青氣朗，風和日麗，正是踏單車的好時光。十時半後，參與者陸續到達，輪流去選擇適合各人的頭盔和單車，靜待活動開始。

小朋友非常活躍，騎着單車，遊走各條道路，遵守各種交通道路標誌，悠然自得。這次活動，我們也察覺到小朋友的駕車技巧大有進步：上一課需要輔助輪幫助平衡，這一次經過警司們細心指導下，除下輔助輪，已能轉騎兩輪單車，徐徐在路上穿梭自如了。媽媽們又一次讚賞不已。活動結束時間到了，孩子們意猶未盡，仍捨不得離去。



活動後又是午膳時間，全體約定到 Hungry Jack 吃漢堡飽。有些小朋友是較為執著，習慣了一些生活程序後，是很不容易改變慣例的。一位小朋友平日祇願意到 Macdonald 用膳，從未到過其他快餐店。這日因為所有參加者都願意到 Hungry Jack 去，所以我們也鼓勵他試一試那兒的餐飲。在眾人的鼓勵下，小朋友竟沒有抗拒或抗議，乖乖的與其他人一起享受香香的漢堡飽和冰凍的餐飲。他的媽媽也開心不已。以後可以帶小兒子去嘗試不同的餐館和膳食，增加孩子對處身不同環境的經驗，和增強他的社交適應能力和技巧了!!



C.A.R.E.S.

慶祝照顧者週 CARERS WEEK CELEBRATION ARTICLE



***** 慶祝照顧者週 *****

澳洲的紐省照顧者 (CARERS NSW) 組織，每年都讓社區服務機構申請撥款慶祝照顧者週，目的是嘉許那些長年累月去照顧一班弱勢社群，他們計有體弱的年老長者，身體或智力有缺陷的不同年齡人士，使照顧者們感到他們的勞苦功高受到重視，而特定一週為他們慶祝。

澳州弱能兒童協康會今年亦獲得這撥款來慶祝照顧者週，活動地點在 BELMORE 的社區活動中心。這天，很多家長們帶著孩子來參加慶祝照顧者週，濟濟一堂很熱鬧。

任何慶祝是少不了食物的預備和供應，執委會成員特別花費心思烹飪了不少美味的食物，經過一輪排隊拿取食物後，各人坐下來溫馨地吃著談著，話題就少不了養育子女的經驗和軼事。

事實上，照顧者們一直懷著忍耐和愛心在照顧著需要他們照顧的親朋或子女，這交流有時是可以一下子就解決了壓在心頭的難題。協康會的家長們相處久了就仿如一家人般暢所欲言，彼此照顧和鼓勵。



照顧者們請繼續堅持，你的信念是會得到支持，因為生活在澳州這個充滿人道的國度，燦爛的多元文化，一直不偏不倚地被澳州政府支持著和照顧著。協康會在這個慶祝照顧者週，提供給各照顧者一個愉快的下午茶聚，希望大家能繼續團結合作地一同前行。

BY Lilian Tse

PICNIC AT COMO

On 9th Oct, a beautiful sunny Spring Sunday, CPA had the Family Picnic day at a very popular park - Como Pleasure Grounds. This park has a lot of facilities such as playground, BBQs, swimming pool and tidal bath. It also has panoramic views of the Georges River and surrounding bushland from the top of the knoll.

When we arrived in the morning, there were already a lot of people leisurely walking, playing and picnicking. Thanks to Miranda for getting there early to secure two big picnic tables. We had snacks and fruit while waiting for the rest of the members to come.

At around 12, we had our yummy lunch, special Vietnamese bread rolls and spring rolls. After lunch, we walked along the loop path and across the foot bridge to the other side of the river. The sceneries were so beautiful that we took a lot of photos. There was also a Sunday Market opened nearby. Several mums went there and got some good bargains.

We had such a relaxed day out that we were already planning to go back to have another picnic enjoying other facilities in the park.

By Ivy Lau



HAPPY GRANDPARENTS DAY 祖父母同樂日

中國人有句話，就是「家有一老，如有一寶」。中國的舊社會，家庭成員眾多，兒女成群同住一屋簷下之三代同堂是普遍的情況。夫妻二人若需要外出工作，子女和家裏事情則交由年老的父母照顧了。而現今更多的情況是夫妻兩人要離鄉別井到大城市工作，祖父母便做了大當家，要承擔責任長年累月地照顧著一群孫兒的起居飲食。雖然今日的家庭結構比以往的社會簡單，通常年青人結婚後，都願意搬開住，離開父母過著二人世界，一旦生育，子女交由父母照顧已習以為常。

華人生活在澳洲與當地公民一樣，將子女送往托兒中心照顧，或交由同住或分開住的父母暫托照顧。但澳洲的華人社區仍有來自中國的移民沿用此習慣將自己的子女送回中國交給父母撫養，直至孩子到了入學年齡，甚至到快上中學時才接回澳洲團聚生活。故此，無論是中國或是多元化民族的祖父母們都是值得受到尊重，賞識他們不辭勞苦而無私的精神去輔助年青家庭養育子女。很多時在不同的社區看見祖父母們推著嬰兒車在街道、商場或公園出現，他們的身影是何等美好偉大。家庭及社區服務機構有見及此，特別為此推出撥款，鼓勵相關組織或機構申請，贊助慶祝祖父母日，藉以對他們表達感恩。

澳洲弱能兒童協康會也獲得撥款慶祝祖父母同樂日，當天的活動地點設在BELMORE的社區中心。那處的會堂被執委會成員悉心佈置為一個小型的音樂會，內裏擺放了一架電子琴和一套樂隊用的音樂鼓，並且妥善安排了KARAOKE設備。被邀請的會員們十分踴躍參加，他們當中就有不少是祖父母的身份，帶著兒孫來慶祝一個以他們為中心的慶祝活動。會長致詞後經過心思策劃的節目很快便開始。CPAKIDZ穿著奪目劃一的T恤魚貫而入被領到眾人前，隨著音樂琴聲響起便演唱他們熟識的歌曲。而舞蹈老師帶領著青年組和幼兒組表演舞蹈也令人拍手鼓掌。此外，部份參與者也助興歌唱。母親們亦不惶多讓地大展歌喉，最後的齊齊大合唱，感到大快人心。要提到驚喜的是有探訪團到來，他們是來自中國的中華少年兒童慈善救助基金會，大家互相交流經驗和心得。這次慶祝活動有預備豐富的食物，當然是多謝執委會成員互相合作的舖排和張羅。

事實上，照顧有弱能兒童的家庭比普通家庭會遇到更多的困難，若能得到「家中之寶」- 祖父母們的協助，對於經濟上及精神上可獲得幫助和壓力舒緩，增加家庭之歡樂氣氛，在此向各位公公、婆婆、嫲嫲和爺爺致敬。

BY Lilian Tse



澳洲弱能兒童協康會

Chinese Parents Association-Children With Disabilities Inc.

Zumba Class for Carers

照顧者健康舞班

Date 日期: 3/11/2016 (Thursday) 星期四

Time 時間: 11.00 am — 12.30 pm

Venue 地點: Fitzroy Hall, Woodstock Community Centre

22 Church Street , Burwood

Fees (lunch included) : Members 會員 - \$10 pp

費用包括午餐 Non-Members 非會員 - \$15 pp

Please bring : Water and comfortable clothes

請自備水和穿舒適的衣服

Instructed by professional teacher

由專業老師指導



THIS PROGRAM IS KINDLY SPONSORED BY BURWOOD COUNCIL

Enquiries 查詢 CPA Office 辦事處: 9784 8120 Tuesdays & Thursdays 週二及週四10am—3pm , 0406233222 (Lilian)
or 0413 029 838 (Ping)

2016 Christmas Party



2016 年聖誕聯歡會



Date 日期: 11/12/2016, Sunday 星期日

Time 時間: 12.30 pm — 2.30 pm

Venue 地點: Revesby Workers club

2B Brett Street Revesby NSW 2212

Fees 費用: Member 會員: adults & Children 12+

成人及 12 歲以上兒童 \$20pp

PWD* & children 4-12yrs \$10

Non-member 非會員: adults & children 12+

成人及 12 歲以上兒童 \$35pp

children 4-12yrs \$20

Dress code 衣着規定: Smart casual 光鮮整齊便服

Enquiries: 9784 8120 Tues & Thurs 週二及週四 10am-3pm, 0406 233 222 (Lilian)

This program is proudly sponsored by

Bankstown District Sports Club



2016 ANNUAL GENERAL MEETING

2016 週年大會

Date 日期:

11/12/2016, Sunday 星期日

Time 時間:

11.30 pm — 12.30 pm

Venue 地點:

Revesby Workers club

**2B Brett Street
Revesby**

NSW 2212

Enquiries: 9784 8120 Tues & Thurs 週二及週四 10am-3pm, 0406 233 222 (Lilian)

Upcoming Events

Upcoming Events

UPCOMING ACTIVITIES & COMMUNITY PARTICIPATION:

- **YOGA CLASS FOR MUMS:
05/11/2016, 03/12/2016**
- **CHRISTMAS PARTY: 11/12/2016**
- **DRAGON BOAT TRAINING PRO-
GRAM: 07/01, 14/01, 21/01, 28/01/2017**
- **MUSIC REHEARSAL: 14/01,
21/01/2017**

We all love Christmas, but how much do any of us actually know about why Christmas is the way it is? Here are some facts about Christmas trees, Santa Claus, and Rudolph that you (probably) didn't know. Smarten up!

- ◆ Christmas supposedly marks the birth of Jesus Christ on December 25. But there is no mention of December 25 in the Bible and most historians actually believe he was born in the spring.
- ◆ December 25 was probably chosen because it coincided with the ancient pagan festival Saturnalia, which celebrated the agricultural god Saturn with partying, gambling, and gift-giving.
- ◆ Many of the popular Christmas traditions today found their roots in Saturnalia: Branches from evergreen trees were used during winter solstice as a reminder of the green plants that would grow in spring when the sun gods grew strong.
- ◆ These evergreen branches became the foundation of our Christmas tree. Germans are thought to be the first to bring "Christmas trees" into their homes at the holidays and decorate them with cookies and lights.
- ◆ The Christmas tree made its way to America in the 1830s but wasn't popular until 1846, after Germany's Prince Albert brought it to England when he married Queen Victoria. The two were sketched in front of a Christmas tree and the tradition instantly became popular. Royal fever was real even back then.
- ◆ The well-known reason we give presents at Christmas is to symbolize the gifts given to baby Jesus by the three wise

Regular Weekend Activities

兒童組

Junior Group



Rhythm & Motion唱遊活動

Instructor導師: By Christine

Time 時間: Saturdays 星期六, 4:00pm — 5:00 pm

Venue地點: Belmore Youth Centre, 38 Redman Pde, Belmore
Kindly sponsored by Canterbury League Club



Fun to Learn! Independent Living Skills!

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
Kindly sponsored by Canterbury League Club



Community Outdoor Activities

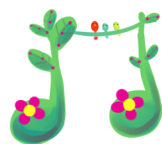
Time 時間: Saturdays 星期六, 2:00 - 4:00pm or School Holidays
Kindly sponsored by Canterbury League Club



Ice-Skating

Time 時間: Saturdays 星期六, 8.45am to 9.45am

Venue地點: Canterbury Olympic Ice Rink, Phillips Ave., Canterbury



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
Kindly sponsored by Bankstown District 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



Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午10:15 am 開始

Venue地點: 3 - 5 George St, North Strathfield



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

青年組

Youth Group

Photo Gallery



Moon Festival & Father's Day Celebration



Moon Festival & Father's Day Celebration



Bella Program



Bella Program



Bella Program



Picnic at Como



Bella Program

Photo Gallery



Grandparents day celebration



Grandparents day celebration



Kogarah Library Art exhibition



Bowling Activity



Carers Week Celebration



Carers Week Celebration



Badminton Session for Carers



Junior Group Activities



Badminton Session for Carers

NDIS growth requires an investment plan



“To deliver on its great promise to people with disability and their families, the NDIS needs a strong and dynamic service sector with the resources to invest in growth and change. New research released by Curtin University and NDS underlines the challenge ahead for organisations operating with tight margins and few spare resources.”

NDS Chief Executive Dr Ken Baker

A new study from Curtin University’s Not-for-profit Initiative and National Disability Services’ Centre for Applied Disability Research will provide governments, disability service providers and the broader community with detailed information on the supply and sustainability of disability services in Australia. This is the first report in an initial two-year study which will track the impact of the NDIS on the service sector as the reforms are implemented across Australia.

Chief Executive of National Disability Services (NDS) Dr Ken Baker said, “The NDIS places high expectations on the capacity of the non-government disability services sector to grow rapidly. If the NDIS is to meet the reasonable needs of almost 460,000 people with severe disability around Australia, it will require the employment of 70,000 new staff and a doubling in the supply of disability supports.

“Growth requires investment and the financial sustainability report shows that in most disability service organisations margins and cash are tight. Many organisations are focused on cost-cutting to accommodate tight pricing by the National Disability Insurance Agency, rather than on growth and innovation.

“Disability service providers are keen to meet the challenge of increased demand under the NDIS but they need realistic pricing and governments to invest more in sector development.

“Last Friday, the Disability Reform Council agreed to ‘enhance its oversight of the developing market for the NDIS’. This is overdue. Disability Ministers decided on an Integrated Market and Workforce Strategy 15 months ago, but as yet there is no action plan and the Industry Advisory Groups proposed in the Strategy don’t operate. NDS has raised this matter with government.

“It is essential that governments, the NDIA and the disability services sector work together to develop and invest in a practical industry plan that will support the growth of high-quality services, so that the NDIS meets the legitimate expectations of the Australian community,” concluded Dr Baker.

NDIS growth requires an investment plan

<https://www.nds.org.au/news/media-releases/ndis-growth-requires-an-investment-plan>

Findings of the report are:

- 42% of disability service providers generate less than 3% profit.

The poor profitability of the sector suggests that many disability providers will struggle to generate enough profit to invest in the growth, change and innovation required by the NDIS.

- The median current asset ratio for the disability sector is 1.9.

Current asset ratios are a good indicator of short-term viability. 1.9 is a healthy ratio, however ...

- 16% of organisations have a current asset ratio of below 1.

A current ratio under 1 indicates that a company's liabilities in the next 12 months are greater than its available cash assets. Organisations in this category are at risk should their income decline or expenses increase rapidly.

Over 15% of organisations recorded a loss in the last financial year.

Curtin University Professor David Gilchrist said, "Of major concern is the extent to which the organisations we surveyed hold spare cash or cash equivalents that can be applied to the capital requirements needed to meet rapid change. Change of the magnitude required by many organisations can be an expensive process and, given the impact on those people relying on services, it is imperative that the changing environment be met by an appropriately resourced response.

"This research has revealed that the ongoing supply of disability services in Australia is at risk in the medium term if we don't take some hard decisions today. Such decisions include the need for us to better understand the true cost of service delivery and for investment to be made in industry transition indeed, the same requirements as are generally met by government in any other major industry reform."

Professor David Gilchrist concluded, "For the NDIS to realise its goals of improving the range and choice of services available to people with disabilities, there will need to be a strong, efficient and accessible supply of services. This evidence should help to facilitate the development of policy that fosters a strong, competitive and efficient supply of disability services and supports."

ACKNOWLEDGEMENT

Donors (for donations \$100 or above)

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Sita Leung

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Winda Mok

THANK YOU!



HAPPY BIRTHDAY

NOV:

BOWMAN YU,
LAURENCE TRIEU,
LIVANA LI,

JOSHUA WANG,
LAWRENCE LI,
SANDRA WANG

KEVIN LI,

DEC:

ADRIAN CHAU,
JACKIE LI,
JIMMY KONG,
SAMUEL SIU,

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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 :

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| 義工 | Volunteer | <input type="checkbox"/> |

會員年費 \$10
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請將支票抬頭 Please make cheque payable to: "Chinese Parents Association-Children with Disabilities Inc"

DGR # 900 487 253

November 2016- January 2017 Weekend Activities

	Junior Group		Youth Group		
	Afternoon	Teachers	Morning	Afternoon	Teachers
	3:00pm to 5:00pm		8:45am to 12:00pm	2:30pm to 4:30pm	
November					
5 Nov	Fun to learn Rhythm & Music	Melissa C Christine M	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Music 2:30-4:30pm Yoga class for Mums 5:30-7pm	Catherine P Deb C
12 Nov	Dancing fun Rhythm & Music	Elizabeth R Christine M		Art Class 2:30 – 4:30pm	Nick B
19 Nov	Rhythm & Music	Christine M		Dance 2:30-4:30pm Birthday party 4:30pm (All)	Elizabeth R
26 Nov	Fun to learn Rhythm & Music	Jackie C Christine M		Art Class 2:30 – 4:30pm	Irene M
December					
3 Dec	Dancing fun Rhythm & Music	Elizabeth R Christine M	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Computer Class 2:30-4:30pm Yoga class for Mums 5:30-7pm	David L Deb C
10 Dec	Fun to learn Rhythm & Music	Jackie C Christine M		Art Class 2:30-4:30pm	Nick B
11 Dec	Christmas Party Lunch & AGM at Revesby Workers' Club, 2B Brett St, Revesby, 10:30am				
17 Dec	School Holiday				
24 Dec	Christmas Holiday				
31 Dec	Christmas & New Year Holiday				
January 2017					
7 Jan	School Holidays		Dragon Boat Training 9am	No Activities	
14 Jan	School Holidays		Dragon Boat Training 9am	Music Rehearsal 2:30 – 4:30pm	Elizabeth R
21 Jan	School Holidays		Dragon Boat Training 9am	Music Rehearsal 2:30 – 4:30pm	Elizabeth R
28 Jan	Chinese New Year's Day		Dragon Boat Training 9am	No Activities	
The above programs may be changed without prior notice due to unforeseen reasons.					

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at George Street North Strathfield | Others at Belmore Senior Citizen Centre, Redman Parade Belmore

* Ice skating in the school holiday is not funded by CPA