

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

CPA NewsLetter 協康會 會訊

NOV 2017 ISSUE /二零一七年十一月版

Community Reports:

- ◆ Mid-Autumn celebration lunch
- ◆ Promotion of CPA registered as NDIS service provider
- ◆ Report on HEAP program
- ◆ Report on Mixed Circus Workshop

Up Coming Events:

- ◆ AGM
- ◆ Christmas Party



CPA Newsletter NOV 2017 Issue
協康會 會訊 二零一七年十一月號

**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 organizations. 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。

Vice - President's Message

Dear Members,

Welcome to the last newsletter of 2017. It's time to wrap up what has been achieved throughout this busy and challenging year.

Our dragon boat team, led by our President, Miranda Chau came second in the Annual Dragon Boat Race (Charity Category) in February. Our third concert 'Voice of Harmony' performed jointly by CPAKIDz, Club Weld, Milal (Korean Group), Vishva Hindu Parishad Social Services Foundation and Tierra Columbiana Folkloric & cultural Group was held successfully in March. Lots of compliments were received from the audience. A series of Recreation & Independent Living Skills programs were held between February and May with the final practical training at Myuna Bay Camp. There were also three Art Projects 'Identity', 'In their shoes' and 'Contours'. Children and youth were encouraged to show their ability through drawings and to explore personal culture and disability.

We had organized a few social events such as Mother's Day, Father's Day, Mid Autumn festival and Carers Week celebration, the Persimmon picking trip.

The high attendance rate in each activity has given us great encouragement to explore and organize more variety of activities. Thank you all for your tremendous support in the past year.

The biggest challenge of this year was to register CPA as NDIS approved service provider. After one whole year of slow processes including workshops, seminars, numerous inquiries and visits to NDIA, we are pleased to announce that CPA has been approved as registered Service Provider of below support: **Innovative Community Participation**. This is exciting news. We have a big plan to hold different classes and courses next year to suit the needs of different children and youth with disabilities. Details will be sent out to you in separate email.

For now, let's enjoy the rest of the year. Hope to see you all in our annual Christmas Party and AGM. Wishing you a happy and prosperous year ahead.

Ivy Lau
Vice President

Vice - President's Message

親愛的會員：

歡迎閱讀2017年最後一期的協康會會訊，經過這忙碌和具有挑戰的一年，是時候總結一下全年的成果。

二月份，由協康會會長周潤梅率領的龍舟隊，在週年龍舟競賽(慈善組)獲得第二名。三月份，我們舉辦第三度的音樂會‘和諧之Sing’，得到CPAKIDz, Club Weld, Milal(韓國組)，Vishva Hindu Parishad Social Service Foundation(印度組)和 Tierra Columbiana Folkloric & Cultural Group (哥倫比亞組)的聯合演出，成功地獲得很多觀眾的好評。二月至五月間，舉辦了一系列康樂及獨立生活技能的活動，最後的實習訓練是在Myuna Bay 的宿營舉行。此外，還有三個藝術項目：「個人身份和自我」、「設身處地」和「探索殘疾人生活的輪廓」。孩子們和青少年們均獲鼓勵，利用畫作去顯示他們的才能，亦藉此去探索自己的個人文化和缺陷。

我們也舉辦了多次社交活動，如母親節、父親節、中秋節、照顧者週和採摘柿子一日遊等。

會員們參與每項活動的出席率非常高，這給予我們極大的鼓舞，努力去發掘和組織更多不同類型的活動，這真的要感謝大家在過去一年的大力支持。

這年遇上最大的難題，是把協康會註冊成為全國殘障保險計劃的服務提供商。整整一年了，在緩慢的申請過程中，經過工作坊、研討會、無數次的諮詢及探訪國家殘疾保險局，終於，我們可以興奮地宣佈，協康會已獲批准註冊成為以下支援服務的提供商: 創新社區參與 (Innovative Community Participation)。

這是一項令人振奮的消息，明年我們將會有龐大的計劃，舉辦不同的興趣班去配合有弱能的孩子和青少年的需要。詳情將會在另一電郵中公佈。

在未來兩個月，讓我們暫時休息一會，並希望在十二月九日的聖誕聯歡會及週年會員大會上見到你。

預祝你新年快樂及萬事如意。

副會長
劉陳愛虹



澳洲弱能兒童協康會

Chinese Parents Association-Children With Disabilities Inc.

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28/10/2017

Dear Members,

We are pleased to inform you that Chinese Parents Association- Children With Disabilities Incorporated (CPA) has been approved by National Disability Insurance Agency (NDIA) as a registered provider of below support:

Innovative Community Participation

The activities fees charged by CPA can be claimed against the NDIS funding under Capacity Building Budget in your NDIS plan. If you don't have this budget and category in your existing plan, please make sure to request your planner to include below in your plan during next review.

Support Budget: Capacity Building Budget

Support category: Increased Social and Community Participation

CPA Management Committee

NDIS service provider number : 4050007225

Chinese Parents Association - Children with Disabilities Inc.



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28/10/2017

茲通知各位會員，本會最近已獲國家殘疾保險局批准，註冊成為以下支援服務的提供商：

創新社區參與 (Innovative Community Participation)

如你的子女現有的全國殘障保險計劃裡，已包括「能力建設預算：增加社區參與」一項的話，他們參加本會的活動費用，可申請自國家殘疾保險計劃的預算支付。如果計劃內沒有包括這項預算，請在下次與全國殘障保險計劃代表更新計劃時，要求把以下項目包括在計劃內：

支援預算：能力建設預算 (Support Budget: Capacity Building Budget)

支援項目：增加社區參與 (Support category: Increased Social and Community Participation)

澳洲弱能兒童協康會管理委員會

全國殘障保險計劃服務提供商的註冊號碼：4050007225

慶祝中秋節聚餐

2017年的中秋節遇上了農曆閏六月，使這節日較去年遲來至新曆的10月，但卻不減人們準備慶祝和鋪排節日的心情。

為了應節，雪梨的華人雜貨店充斥着那些包裝美麗的上市月餅，而月餅之種類，離不開蛋黃蓮蓉月和五仁月餅。在香港可吃到的金華火腿月、燒雞月或鮑魚月餅則無緣獲得進口到澳洲，只能想念想念好了。以往相識的一位舊同事製作的月餅，除蛋黃蓮蓉月外，那素五仁月餅卻是好食得令人驚訝，自始念念不忘，直至另一位朋友請食雪梨本土餅家製作的五仁月餅，把五仁月餅與金華火腿月合併，其味芳香複郁，吃過後齒甲留香。中秋節吃月餅是傳統的文化，象徵著一家人團圓的日子，旅居海外之華人更感慨於思鄉之情，嚐月餅時憑月寄相思。

澳洲弱能兒童協康會亦趁此中秋佳節，於10月7日在 Merrylands Bowling Club 舉辦慶祝中秋節聚餐，藉此與會員們共歡樂。當天參加的人數十分踴躍，大約有120人，被安排集中坐在餐堂一角，不用受其他客人的影響。聚餐是以自助餐型式來款待，普遍的觀念是享用自助餐正是大吃大喝的時刻，但卻聽到家長們教導其子女，要把自己碟中的食物吃完才再添，不可浪費食物，暗地裡深受感動。享用自助餐亦可給予孩子們一個自我選擇的權利，平時在家裡，家人煮了甚麼就吃甚麼，有時是會表達一下對食物的喜好。而有偏食習慣的孩子們，對著那些不同款式的冷熱食物，都會產生好奇而願意去嚐試，加上同檯共嚼多滋味，



良好的氛圍和與朋友聚首，可增進食慾。當然，為健康着想，自助餐還是不能常常吃。

慶祝會少不了抽獎項目，中獎的幸運兒喜上眉梢。當然，落空的人士也不失望，在座的每位參加者，均獲贈一隻精美可愛的金豬月餅。回憶兒時，每逢家裡收到親友們送來的月餅，最渴望得到的，就是那些彩色繽紛、精緻可愛的豬仔月餅，感覺就是很幸福了。

美好的相聚時光很快過去，放眼望向餐堂的另一處，座位已漸漸空置下來，工作人員開始收拾杯碟狼藉的桌面和處理殘餘的食物，家長們亦準備就緒帶子女回家，朋友間要暢談的亦需留待下回好了。最後要提到的，在 Merrylands Bowling Club 舉行節日慶祝聚餐是不錯的選擇，因在前往餐廳的途中，遇到一位上了年紀的澳洲人，他也正好趕往這食肆與家人共享午餐，他告知這是全雪梨最有水準的自助餐餐廳，除了食物款式多元化外，管理亦很妥善。在回程時想起他的話，十分認同他的說法，希望在不久的將來會再次光顧。



CPA HEAPS PROGRAM

中醫與食療 - 湯水篇

This is a community based project aiming to introduce the information and knowledge on herbal medicine therapy, healthy seasonal soup recipes and nutritious diet to people with disabilities, their carers and parents as well as the general community.

It consists of 3 sessions of talks, held on weekday mornings at Burwood, George Street Community Centre.

The seminars are facilitated by registered professional herbalist. The contents of the seminars will include: introduction to herbal medicine therapy; different kinds and names of herbs, their functions and how to use them safely.

Healthy eating can help to make our life more diverse and interesting. Participants will learn and enjoy more creative healthy food and seasonal soup recipes.

In addition, the project also serves as a platform providing social/mutual supports to people with disabilities, their parents and carers. They will have an opportunity to meet other parents/participants who have to cope with the daily stress associated with caring for someone with disabilities, to share their thoughts, to express their emotion and to exchange their child caring experience.

心血管疾病的中醫藥膳、藥方及飲品 — 鄧東林中醫師 供稿

根據研究發現，中藥對於某些心臟衰竭的表現、輕中度高血壓及伴隨的非特異症狀如情緒波動、頭暈、冠心病、動脈硬化、中風後遺症以及高脂血症、糖尿病等的防治上，具有相當的療效。借助中藥溫和的特性，讓患者做長期的調養護理，可以達到預防或消除疾病的目的。

現將適合用來輔助治療心血管疾病的中醫藥膳、藥方及飲品介紹如下：

- ◆ 玉米粥
- ◆ 何首烏粥
- ◆ 涼拌芹菜
- ◆ 生脈散
- ◆ 菊楂明茶
- ◆ 血府逐瘀湯
- ◆ 銀夏茶
- ◆ 洋蓮糖茶
- ◆ 六味地黃丸



濕疹食療方



濕疹是一種由多種內外因引發的急性，亞急性或慢性皮膚病，經適當中西藥治療可愈，方法很多，但要由醫師根據你的情況審定用藥，食療方面現提供几方供參考，食療對濕疹的康復會有較大幫助，但想通過食療達到根治則比較難。

方一：薏米30克，赤小豆30克，玉米鬚20克合煲壹個半小時左右，飲湯食薏米赤小豆，每日一劑，連食8劑，適用於急性濕疹；

方二：冬瓜皮30克，薏米30克，車前草15克合煲壹個半小時左右，飲湯食薏米，連10劑，適用於亞急性濕疹；方三：烏梢蛇15克，當歸10克，生地20克合煲約壹個鍾，飲湯，日一劑，連服15劑，適用於慢性濕疹。

濕疹食療

- (1) 薏米紅豆煎：薏米30克，紅小豆15克，加水同煮至豆爛，酌加白糖，早晚分服。
- (2) 馬齒莧煎：鮮馬齒莧30~60克，水煎，每日分數次服用，并可配合外洗。
- (3) 冬瓜湯：帶皮冬瓜250克，切塊，煮湯食用。
- (4) 黃瓜煎：黃瓜皮30克，加水煎煮沸3分鐘，加糖適量，1日3次，分服。
- (5) 綠豆海帶粥：綠豆30克，水發海帶50克，紅糖適量，糯米適量。水煮綠豆、糯米成粥，調入切碎的海帶末，再煮3分鐘加入紅糖即可。

中醫認為，皮膚濕疹最關鍵的病變機理在於「濕熱」二字，可以是由於先天不足、內有胎火濕熱，或因後天脾胃運化失職，致使濕熱蘊積皮膚而形成濕疹。因此患有皮膚濕疹的人，應忌食肥膩厚味，海腥發物，例如肥豬肉、鵝肉、羊肉、牛肉、公雞、蝦、蟹、蚌、蜆等；忌食辛辣刺激、溫熱助火之品，例如洋蔥、辣椒、韭菜、燒肉、煙、酒、荔枝、榴槤等。飲食宜清淡，可多吃具有清熱利濕作用的食物。

A visit to the Mixed Circus Workshop

It was School Term holidays again. CPA had arranged a variety of holiday activities for our members. One of the activities, specially organised for the junior group children, was – the Mixed Circus Workshop.

The workshop was held on 5th October Thursday morning in Canterbury area. The young participants and their parents had arrived promptly at the venue just before 9 am on that early morning!! They deserved a big clap for their punctuality.

The workshop began with warm-up exercise, followed by some climbing/running/jumping on the thick gym mattresses. The children listened attentively, followed the order of the instructor, and completed the action accordingly. Mums were so excited at seeing the work of their children, busily taking photos and videos, and some of them even joined in the exercises.

In the next session, the children were divided into two groups: one group was doing the “aerial circus tissu act” and the other group was doing the “prop manipulation” for body co-ordination training; and thereafter, they swapped over.

With the Aerial Tissu, assisted by the instructor and his assistant, the children were told to perform some actions while hanging from a fabric. The fabric was hung as two pieces, tied at the end to make a knot. Firstly, they learned to sit on the knot of the tissu, and then they tried to stand on it; followed by stretching out their feet and started turning around. We could see their confidence had been slowly building up, and eventually, the children were able to spin around and enjoyed the ‘swinging feeling’ very much.

The “prop manipulation” was an excellent training for body-co-ordination. In this group, participants had to try acrobatic scarf-throwing, plate spinning and hula hoops.

There were also demonstrations on some acrobatic acts such as crawling on top of another’s back, forming a pattern and forming for a prop.

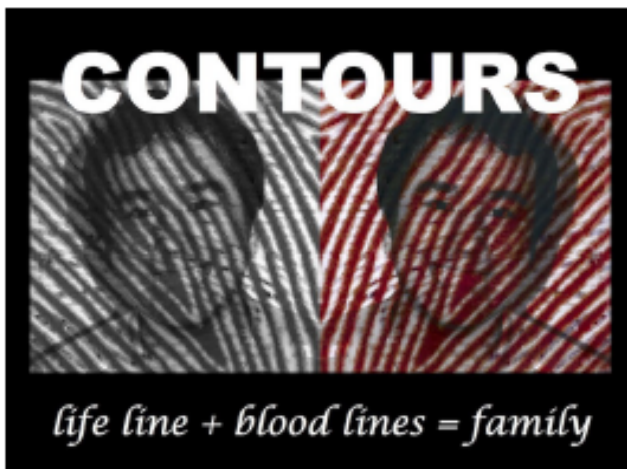
The workshop finished with the participants sitting together in a circle, discussing their favourite acts and practising the reflexation exercise.

The children and their carers all enjoyed the physical exercise and the acrobatic fun!!!

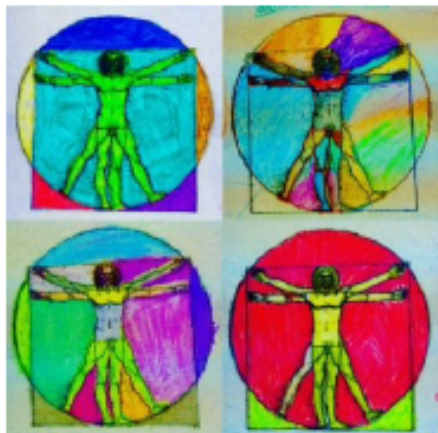


Contours Project

The project 'CONTOURS', co-ordinated by Nick Baldas, will empower participants to identify personal needs and express themselves in a creative positive way. The CONTOURS Project was inspired by "land mapping" - "contours". We are using this idea to map identity which links drawings and personal identity.



This program aims to allow each participant of the project an opportunity to express him/her self while not being impeded by their disability and encourage them to share personal thoughts/feelings creatively, thus empowering them with new skills and personal pride. ART is used within a program as a vehicle for non-artistic outcomes including therapy, community building, personal development, and life skills. We would also want to promote social cohesion and connect communities through the arts.



In the beginning of October, we had accomplished the sixth work shops of the first year.

Exploring Leonardo

In this workshop , participants had been tracing and drawing Leonardo's Vitruvian Man (attached), and a shadow life drawing station had been set up for them to have some still life drawings practice.

In December, the seventh workshop will be held on 09/12/2017 at Club Central in Hurstville. A film about the project and the participants' art work will be made and presented at this Christmas Gathering, followed by the singing performance. It will be a family fun party and celebration of the participants' achievement.

Nick, the art teacher and co-ordinator, has kindly uploaded the images/drawings from the Saturday workshop onto the ART & MUSIC Facebook page. He gives the title of the work "EXPLORING LEONARDO":

<https://www.facebook.com/ARTandMUSICCPAKIDZ/>

If you are interested in attending the Christmas workshop/social party gathering, please make your booking early.

This project is kindly sponsored by The Crown Resorts Foundation & Packer Family Foundation



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-
CHILDREN WITH DISABILITIES INC.

2017 ANNUAL GENERAL MEETING

2017 週年大會

Date 日期:

Saturday, 09/12/2017

Time 時間:

11am—12pm

Venue 地點:

Club Central
(2 Croft Ave, Hurstville)

Enquiries 查詢:

Contact: Lilian on
(02) 9784 8120 or
0406 233 222,

Tues & Thurs, 週二及週四

10am – 3 pm



澳洲弱能兒童協康會

Chinese Parents Association -
Children with Disabilities Inc.

THE CONTOURS PROJECT

2017 Christmas Performance

聖誕聯歡表演

Date 日期: 09/12/2017, Saturday 星期六

Time 時間: 12.30 pm — 2.30 pm

Venue 地點: Club Central (2 Crofts Ave, Hurstville, NSW)

Fees 費用:

Member 會員: Adults & children 12+ (成人及 12 歲以上兒童) : \$25pp

PWD* & children (aged 4-12)

弱能人仕及 4-12 歲兒童 : \$10pp

Non-member 非會員: Adults & children 12+ (成人及 12 歲以上兒童) : \$30pp

Children (aged 4-12) 4-12 歲兒童 : \$20pp



This program is proudly sponsored by
Crown Resorts Foundation & Packer Family Foundation

Booking is essential, closing date for registration

請早報名, 截止日期: 25/11/2017

Enquiries: contact Lilian on 9784 8120 or 0406 233 222

Tues & Thurs 週二及週四 10am-3pm

PWD* refers to the children with disabilities of ordinary members of
the Chinese Parents Association - Children with Disabilities Inc.



UPCOMING ACTIVITIES &

COMMUNITY PARTICIPATION:

- ◆ Christmas Party & AGM on 9/12/2017
- ◆ Special Children's Christmas Party
— 5th Dec 2017
- ◆ Care Flight's Magic Mania
—16th Dec 2017
- ◆ Kids Big Fun Day Out at Christmas
—16th Dec 2017
- ◆ Variety Christmas Party
—21st Nov 2017

Christmas Celebration

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

Regular Weekend Activities

Junior Group 兒童組



Rhythm & Motion

唱遊活動

Instructor : By Christine
Time 時間: Saturdays 星期六,
4:00pm — 5:00 pm
Venue地點: Belmore Youth Centre,
38 Redman Pde, Belmore
This program is kindly sponsored
Campsie RSL Club



Fun to Learn!

Time 時間: 逢星期六下午
3:00pm 至 4:00 pm
Venue地點: Belmore Youth
Resource Centre,
40 Redman Pde, Belmore

This program is kindly sponsored
Campsie RSL Club



Community Outdoor Activities

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

This program is kindly sponsored
Campsie RSL Club

Youth Group 青年組



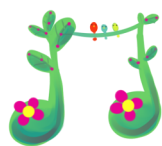
Ice-Skating

Time 時間: Saturdays 星期六, 8.45am to 9.45am
Venue地點: Canterbury Olympic Ice Rink, Phillips Ave., Canterbury
This program is kindly sponsored by Strathfield Sports Club



保齡球課 Ten Pin Bowling Lessons

Time 時間: 逢星期六舉行, 上午10:15 am 開始
Venue地點: 92 Parramatta Rd, Lidcombe NSW 2141
This program is kindly sponsored by Strathfield Sports Club



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
This program is kindly sponsored by Canterbury Bankstown Council



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
Kindly sponsored by Crown Resorts Foundation & Packer Family Foundation



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
This program is kindly sponsored by Strathfield Sports Club

PHOTO GALLERY



Ice Skating



Bowling Activity



HEAPS Health Seminar



T-Shirts Painted by Junior Group



Junior Group Activities



Junior Group Activities



Visit to the Mixed Circus Workshop

PHOTO GALLERY



Birthday Party



Cares Week Celebration



Contour Project



Dragon Abreast Festival 2017



Interview at 2AC



CPAKIDz at Danielle Ge's Concert



Junior Group Movement Class



C.A.R.E.S. Cycling

ACKNOWLEDGEMENT

Donors (For Donation \$100 or above)

Danielle Ge
King Kong Real Estate
Lions Club of Sydney Waratah
Ngoc Suong Phu
Dora Li
Finity Consulting P/L
Ka Yuen Cheung

Volunteers & Supporters

Anna Yew
Darby Mu
Harry Tinyow
Jackie Chan
Mario Yuen
Paul Yau
Winda Mok

CPA Dragon Boat Team 2017

	<i>Ladies</i>		<i>Men</i>	
1	Sarah	Li	Kevin	Ge
2	Clara	Lau	Derek	Lau
3	Elena	Lau	Jonathan	Yung
4	Louise	Edwards	Henry	Kim
5	Kathy	Tang	Andrew	Li
6	Joanne	Nguyen	Nathan	Tang
7	Danica	Yu	Christopher	Lin
8	Miranda	Chau	Albert	Suen
9	Nicole	Fu	Bruce	Poon
10	Vivienne	Xu	Harry	Tinyow
<i>Reserve</i>	Anne	Louie	Kam	Louie



NOV: Bowman Yu, Joshna Wang, Laurence Trieu, Lawrence Li, Livana Li, Sandra Wang, Wei Li

DEC: Adrian Chau, Chen Rong, Daniel Li, Jasper Zhang, Jeremy Wang, Louisa Tong, Samson Yuen, Timothy Yau

JAN: Barry Mak, Christopher Lin, Edmund Su, Jason Chen, Katie Chen, Kerry Liu, Michael Lu, Teresa Wong, Thuman Ha, Tiffany Tan



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 :

- | | | |
|------|-------------------|--------------------------|
| 會員 | Member | <input type="checkbox"/> |
| 附屬會員 | Affiliated member | <input type="checkbox"/> |
| 義工 | Volunteer | <input type="checkbox"/> |

會員年費 \$10
Membership Fee \$10 pa
(From 1 July -30 June)

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

November 2017- January 2018 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					
4 Nov	Fun to learn Music Therapy	Jackie C Christine M	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Computer class (Bring computer)	David L
11 Nov	Creative Dance Music Therapy	Elizabeth R Christine M		Independent Living Skills	TBC
18 Nov	BEAM Project	Jackie C		Art class Birthday Party	Nick B & Eliz R
25 Nov	Columbian dance Music Therapy	Katrina D T Christine M		Music Lesson	Catherine P
December					
2 Dec	BEAM Project Music Therapy	Jackie C Christine M	Ice-Skating 8:45-9:45am Bowling 10:15-12:00pm	Computer class (Bring computer)	David L
9 Dec	AGM & Christmas Party @ Club Central Hurstville				
16 Dec	School Holidays				
23 Dec	Christmas Holiday				
30 Dec	Christmas & New Year Holiday				
January 2018					
6 Jan	School Holidays				
13 Jan	School Holidays				
20 Jan	School Holidays				
27 Jan	School Holidays Chinese New Year's Day				
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