



Happy Mother's Day



洲弱能兒童協康會

Chinese Parents Association- Children With Disabilities Inc.

Newsletter 協康會會訊

May to July Issue 二零二二年五月版 | [www.chineseparents.org.au](http://www.chineseparents.org.au) | [admin@chineseparents.org.au](mailto:admin@chineseparents.org.au)

## Highlights

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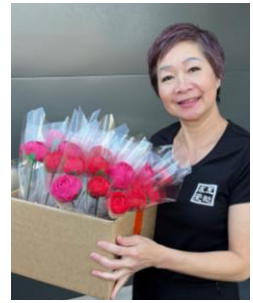
Dear Members

Welcome to Term 2 and the late Autumn newsletter. I hope everyone had a great start term 2 and a relaxing Easter holiday break.

As usual, every year we are committed to supporting the Occupational Therapy students participate in project based professional placements at CPA. The project placements are a great opportunity for the students to recognise and look beyond direct work with clients and explore how their skillset and occupational focus and contribute within a real activities and settings. The students will be starting their project from August through October.

Sydney Disability Connection Expo 2022 presented by Afford, will be held at International Convention Centre Sydney on July 1<sup>st</sup> and 2<sup>nd</sup>, this expo brings hundreds of NDIS business providers and thousands of participants together under one roof for two days of fun and information. CPA will be participating as an exhibitor in this Expo. Please drop by to the CPA counter to say hello.

In April, a new organisation – Alice In WendyLand Charity Ltd was launched. In celebration of their organisation



establishment, CPA was chosen as the beneficiary in their fundraising events. CPAKIDz were invited to perform in their fundraising dinner and at the Wendy Mao Concert at the Opera House. Three CPAKIDz members - Jonathan, Joanne and Andrew participated in the concert. Well done to Jonathan, Joanne and Andrew for learning a new song at a short notice, you have amazing control over your voice, a very impressive performance to finish off the night, well done CPAKIDz! Alice In Wendyland Charity Ltd donated \$5000 to CPA. On behalf of CPA I sincerely thank them for their generous support.

It looks like a great day out on the Mother's Day celebrations cruise lunch! I apologise that I was unable to attend due to family commitment. I would like to acknowledge and be recognised with my handmade roses to celebrate Mother's day! Hope it brought you good vibes!

Thank you to everyone who has reached out and that I have had the opportunity to have a chat with. Best wishes always!

Miranda Chau



## 親愛的會員,

歡迎第二學期的來臨和遲來的秋季通訊。我相信你們都開始了一個美好的新學期，也享受了一個輕鬆的復活節假期。

像往常一樣，每年協康會都致力於支持職業治療科學生的專業實習計劃，給學生提供以活動項目為基礎的實習機會。這些實習項目讓學生認識和更深切體驗服務對象的需要，並探索如何在實際的活動和環境中，運用他們在職業治療範疇所學到的技能而作出貢獻。學生們將從 8 月到 10 月開始他們的實習項目。

由 Afford 主辦的 2022 年 Sydney Disability Connection 博覽會將於 7 月 1 日至 2 日在悉尼國際會議中心舉行，該博覽會將讓過百家 NDIS 服務提供商戶，和過千名 NDIS 參與者共聚於同一屋簷下，享受兩天的歡樂聚會和信息交流。協康會將以參展商身份參加本次博覽會。我邀請大家都來協康會的櫃檯打個招呼。

在 4 月份，一個名為 Alice In WendyLand Charity Ltd 的慈善組織成立了。在他們慶祝機構成立的籌款活動中，協康會被選為這個籌款的

受益人。CPAKIDz 受邀在他們的籌款晚宴和在歌劇院舉行的 Wendy Mao 音樂會上演出。CPAKIDz 的三位成員- Jonathan、Joanne 和 Andrew 參加了是次的音樂會。非常感謝 Jonathan、Joanne 和 Andrew，他們不但在短時間內學會一首新歌，而且在控制嗓音上有驚人的表現，讓當晚的演出令人印象深刻，並完美地結束這晚的表演，CPAKIDz 頂呱呱！Alice In Wendyland Charity Ltd 向協康會捐贈了 5000 澳元。我謹代表協康會衷心感謝他們的慷慨支持。

在慶祝母親節的遊輪午餐上，看來大家都渡過一個美好的一天！很抱歉由於家庭原因，我今次未能一起參與。我希望以我做的手工玫瑰來與你們慶祝母親節，並藉此互相認同大家作為母親的努力！並希望能給你們帶來絲絲美意！

感謝所有與我聯繫並有機會與之交談的人。永遠的祝福！

周潤梅





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

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[www.chineseparents.org.au](http://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。



## 小組節目 Junior Group Program



### **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

### **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

### **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

### **音樂課 Music Lessons**

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

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

### **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

### **保齡球課 Ten Pin Bowling Lessons**

Time 時間: 逢星期六舉行, 上午 11am 開始

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

### **網課 On-line Activities**

Announcement through Wechat & email

# 小組節目 Junior Group Program



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

**Educational And Creative Hub (EACH) Program**

For CALD Young Children with Disabilities

## Music Therapy by Christine

Let music work on your child's brain!



VISION

SPEECH

EMOTION

BALANCE

BEHAVIOUR

MOVEMENT

HEARING

SENSATION

SKILL

**When:**  
3:30-4:30pm (Saturday)

**Venue:**  
Belmore Youth Resource Centre  
38-40 Redman Parade, Belmore

This program is proudly sponsored by

Canterbury-Bankstown Club GRANTS Canterbury Leagues Club

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

**Educational And Creative Hub (EACH) Program**

For CALD Young Children with Disabilities

## Taekwondo with Khon



**When:**  
4:30-5:30pm (Saturday)

**Venue:**  
Belmore Youth Resource Centre  
38-40 Redman Parade, Belmore

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澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

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## Exercise Physiology



With Amelia



**When:**

3:30-4:30pm (Saturday)

**Venue:**

Belmore Youth Resource Centre  
38-40 Redman Parade, Belmore



*This program is proudly sponsored by  
Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club*

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222



澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

**Educational And Creative Hub (EACH) Program**

For CALD Young Children with Disabilities

## Creative Arts



**When:**

3:30-4:30pm (Saturday)

**Venue:**

Belmore Youth Resource Centre  
38 Redman Parade Belmore

*This program is proudly sponsored by  
Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club*

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222





澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

**Educational And Creative Hub (EACH) Program**

For CALD Young Children with Disabilities

# Zumba Zumba with Norma



**When:**  
4:30-5:30pm (Saturday)

**Venue:**  
Belmore Youth Resource Centre  
38-40 Redman Parade, Belmore

*This program is proudly sponsored by*  
**Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club**

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222



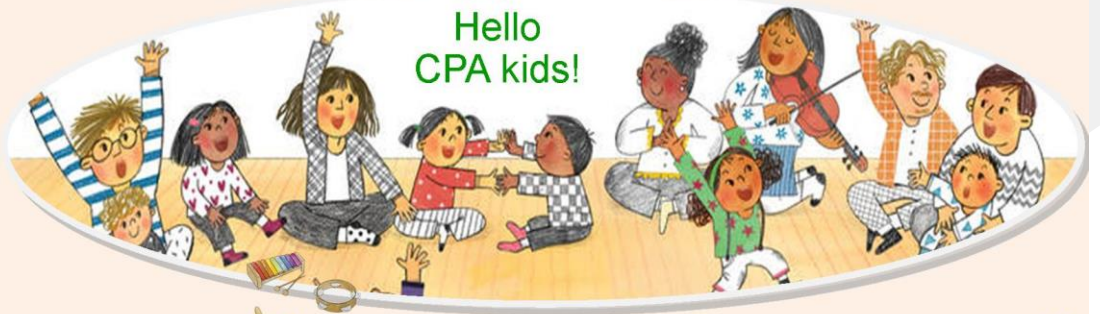
澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

**Educational And Creative Hub (EACH) Program**

For CALD Young Children with Disabilities

# Fun with Music 🎵 🎵



**When:**  
3:30-4:30 (Saturday)

**Venue:**  
Belmore Youth Resource Centre  
38-40 Redman Parade, Belmore

*This program is proudly sponsored by*  
**Canterbury-Bankstown ClubGRANTS Canterbury Leagues Club**

Enquiries 查詢 CPA Office 辦事處: 9789 1315 Tuesdays & Thursdays, 週二及週四10am - 3pm, Text 0406 233 222







## 澳洲弱能兒童協康會

Chinese Parents Association - Children With Disabilities Inc

### Educational And Creative Hub (EACH) Program

For CALD Young Children with Disabilities



## Circus Workshop for kids

Kindly sponsored by Canterbury Bankstown ClubGRANTS Canterbury Leagues Club

Date 日期: 09 July 2022 (Saturday)  
Place 地點: Aerialize, 7-9 Close Street, Canterbury  
Time 時間: 2:00—3:00pm  
(meet at the entrance at 1:45pm)  
Fee 費用: PWD NDIS participant \$35  
Others \$20

**Registration deadline: 31/05/22 截止報名**

- \* vacancies limited, first in first serve 名額有限，先到先得
- \*\* priority will be given to PWD 弱能人士優先
- \*\*\* for members under 16 歡迎16歲以下會員參加
- \*\*\*\*Upfront non-refundable payment is required to confirm your booking

Enquiries 查詢: text 0406 233 222 Tues & Thurs 週二, 週四 10am - 3pm

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

# LASER TAG & BOWLING

## SATURDAY 21 / 05 / 2022, 10:45AM

KINGPIN NORTH STRATHFIELD  
3-5 George Street, North Strathfield NSW



\$35 PWD* NDIS claimable	Includes 1 game Laser Tag and 1 game bowling per person
Time:	11:00am Laser Tag 12:00pm Bowling
Registration:	Booking open now, <i>first in first serve!</i>
Contact:	Maria 0402 941 090, Miranda 0412 536 633

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

**Fees applied if cancellation less than 48 hours prior to the event.**

**This Program is proudly sponsored by Inner West Council**



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



## 凡塵

轉瞬間，來到澳洲不覺已有 34 年。兒子大約在 3-4 歲時，已被醫生診斷為患有輕度弱智，跟正常孩子不一樣。

他在香港的正常學校讀書，至小學二年級，我們才舉家移居澳洲。那時，老爺每天幫忙去接兒子放學。他曾說，放學時老師總是向他投訴孫子的不是，例如把橡膠咬碎、咬手帕等等，每天接放學時，都像在接受審判。

初抵雪梨，兒子就讀家居附近的正常小學，但因上課時老是坐不定，喜歡繞著課室走，所以老師安排他做智商測試，並每天祇可在學校逗留兩小時，在 11 時許，便要接他回家。

測試後，他被轉介到另一政府學校的特殊班上課。

小學畢業後，要選擇中學，老師給我們分析入讀正常中學和特殊中學的利與弊，我們選擇了後者，原因是在畢業前，學校會提供職業培訓。

在中學期間，部分上課時間，他被安排坐在課室的一角，獨自學習英語發音，所以他的英語發音還算準確。

到 11、12 年班時，課程已不着重學術上的知識，而是接受生活技能訓練，例如出外前查看火車、巴士的時間表，遇上危險時打電話報警和有疑難時致電有關機構查詢等等。

在中學畢業前兩個月，因他曾接受培訓的庇護工場有職位空缺，老師覺得機不可失，遂建議我們讓他工作。這樣，神推鬼掣下，他 17 歲便開始了他的包裝生涯。

兒子喜歡乘坐公共交通工具，他每天返工放工，要轉乘數次公車，但他自己摸索該乘坐的巴士路線，不用替他擔心。

一生營營役役，我夫婦倆已達古稀之年，我們期望的是兒子可以獨立，衣食無憂，開開心心地過日子。





## Communication through Music and Drama (CMAD)

Drama, Music and performing arts are an essential method of communication and learning and are strongly linked to the development of language and social skills. Drama, Music and Art allows us to understand (observe), explore, experiment and express ourselves. This program is delivered by a Music Therapist over 10 (or other) weeks. It focuses on the production of an audio/visual film with elements of music, drama and art incorporated, written/composed by the participants.

The project includes;

- Sharing stories - Writing a script
- Acting and dramatic play
- Dance and Movement
- Music, Rhythm and Language

This project promotes an outlet for social interaction, self-expression, communication and overall confidence. Whereby children are supported to use their strengths in either dance, music, production and/or drama and use language to understand and express ideas in a social context.

### What happens in the program?

Some music based experiences will include (but not limited to);

- singing
- creating or composing music
- combining music with movement/dance

Some dance/movement based experiences will include (but not limited to);

- creating dances
- using movement for self-expression

Some drama based experiences will include (but not limited to);

- Social role playing
- Drama games for self-expression
- Creating soundscapes (acting with music)

### Outcomes

#### 1) Identity and Confidence

- explore aspects of identity through role-play
- explore different identities and points of view in dramatic play

#### 2) Community and Social Interaction

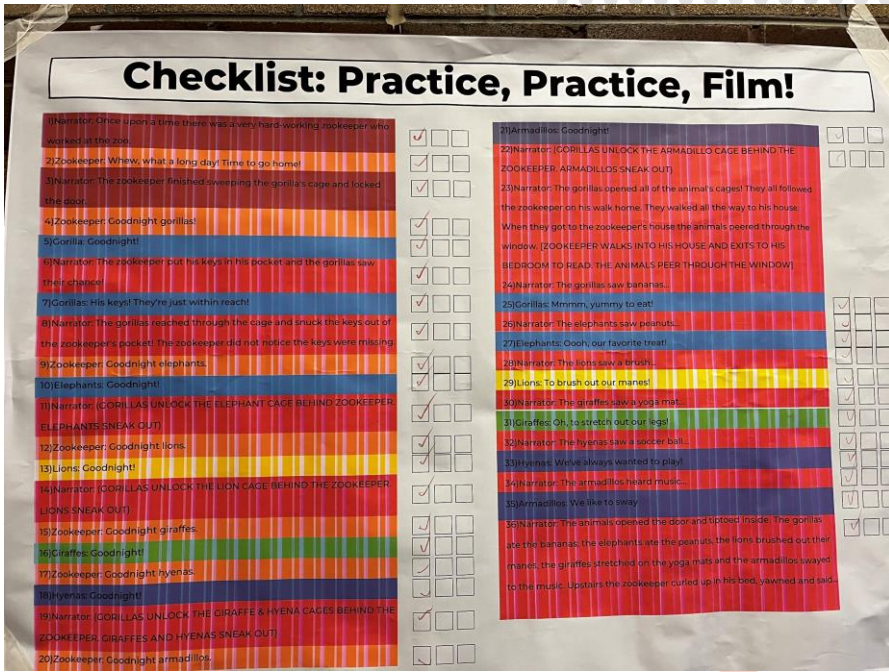
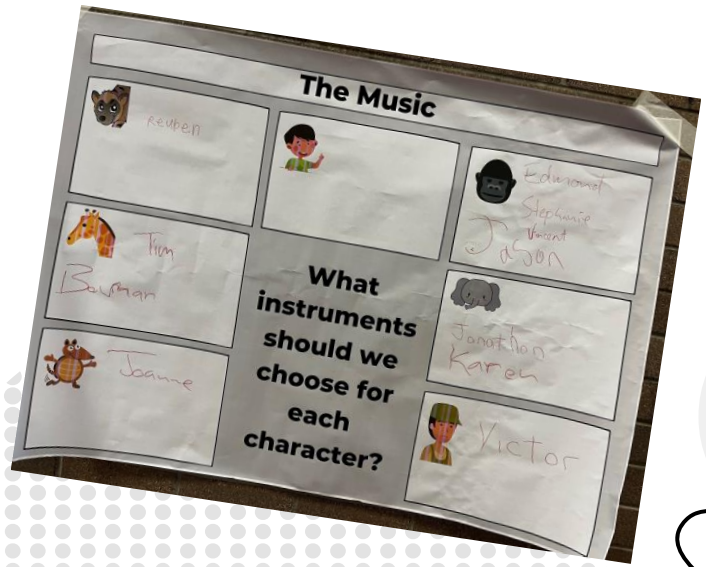
- cooperate with others and negotiate roles and relationships in play episodes and group experiences
- build on their own social experiences to explore other ways of being
- understand different ways of contributing through play and projects
- respond positively to others, reaching out for company and friendship
- become aware of connections, similarities and differences between people
- listen to others' ideas and respect different ways of being and doing

#### 3) Learning

- use play to investigate, imagine and explore ideas
- initiate and contribute to play experiences emerging from their own ideas
- use the processes of play, reflection and investigation to problem-solve

#### 4) Communication

- use language and engage in symbolic play to imagine and create roles, scripts and ideas
- use the creative arts, such as drawing, painting, sculpture, drama, dance, movement, music and story-telling, to express ideas and make meaning
- experiment with ways of expressing ideas and meaning using a range of media.
- recognise and engage with written and oral texts
- interact with others to explore ideas and concepts, clarify and challenge thinking, negotiate and share new understandings
- use language and representations from play, music and art to share and project meaning
- contribute their ideas and experiences in play and small and large group discussion
- exchange ideas, feelings and understandings using language and representations in play.







Chair Yoga & Pilates



Taekwondo class



Aerialize gym



Aerialize gym



Taekwondo class



Nurranginy Reserve – picnic  
Miniature train ride family fun day



Nurranginy Reserve – picnic  
Miniature train ride family fun day







Alice In Wendyland Charity Media Launch



Alice In Wendyland Charity fundraising performance



Wendy Mao Concert



Alice In Wendyland Charity Media Launch



Mother's Day Celebration Cruise Lunch @ Georges River



WayIn Network 30<sup>th</sup> Anniversary Media Launch



WayIn Network 30<sup>th</sup> Anniversary Ball



# NSW PLASTIC BAN PASSED!!!

NSW PARLIAMENT HAS PASSED A LAW BANNING SINGLE-USE PLASTICS!

BANNED FROM 01/11/22:



LIGHTWEIGHT PLASTIC SHOPPING BAGS BANNED FROM 01/06/2022!!



## PHASING OUT SINGLE-USE PLASTICS IN NSW

<https://www.dpie.nsw.gov.au> >

plastics-action-plan > ph...

From 1 November 2022 the following will be **banned**:

- Single-use **plastic** straws, stirrers and cutlery
- Single-use **plastic** bowls and plates.

From November 1 this year, NSW will also roll out bans on single use plastic straws and stirrers, single use plastic cutlery, single use plastic plates and bowls without spill-proof lids, crockery and cups made from expanded polystyrene, single use plastic cotton buds, and rinse-off personal care products with plastic beads.

The government has estimated these bans will prevent 2.7 billion plastic items from adding to the state's waste pile.

There will be exceptions - people with disabilities or medical needs will be provided with plastic straws, for example.

### *What is being banned?*

#### **From June 1:**

Lightweight plastic bags - ie, any plastic bag less than 35 microns in thickness at any part.

This will include bags made from biodegradable, compostable, or bio-plastic materials.

The ban does not apply to barrier bags such as bin liners, human or animal waste bags; produce and deli bags; and bags used to contain medical items (excluding bags provided by a retailer to a consumer used to transport medical items from the retailer).





## From November 1:

Single use plastic straws, stirrers and cutlery, including knives, spoons, forks, chopsticks and food picks.

As with the bags, the ban will include such items made from biodegradable, compostable, or bio-plastic materials. Wooden items are not included.

The ban does not apply to serving utensils such as salad servers or tongs, nor to items that are part of the packaging, such as a straw on a juice box, or a plastic film lid on a bowl.

Exemptions will apply in certain settings for people with a disability or medical need so they can continue using straws.

Single-use plastic bowls and plates will also be banned, unless they are intended to have a spill-proof lid - such as something used for takeaway soup.

Expanded polystyrene serving dishes will likewise be wiped out - these being, essentially, the white polystyrene containers you might get your fish and chips served in at a local takeaway.

The ban will not apply to meat or produce trays; packaging, including consumer and business-to-business packaging and transport containers; or to food service items that are an integrated part of the packaging used to seal or contain food or beverages, or are including within or attached to that packaging, through an automated process (such as an EPS noodle cup).

And, finally, the plastics ban will also apply to single-use plastic cotton buds, and to microbeads in certain personal care products, such as cleansers, exfoliants and masks, shampoo, conditioner and hair dyes, and toothpaste.





## Curious Kids - Ants

# How did cockroaches survive the asteroid that led to the extinction of dinosaurs?

When the rock now known as the [Chicxulub impactor](#) plummeted from outer space and slammed into the Earth 66 million years ago, cockroaches were there. The impact caused a massive earthquake, and scientists think it also [triggered volcanic eruptions](#) thousands of miles from the impact site. Three-quarters of plants and animals on Earth died, including all dinosaurs, [except for some species](#) that were ancestors of today's birds.

How could roaches a couple of inches long survive when so many powerful animals went extinct? It turns out that they were nicely equipped to live through a meteoric catastrophe.

If you've ever seen a cockroach, you've probably noticed that their bodies are very flat. This is not an accident. Flatter insects can squeeze themselves into tighter places. This enables them to hide practically anywhere – and it may have helped them survive the Chicxulub impact.

When the meteor struck, [temperatures on Earth's surface skyrocketed](#). Many animals had nowhere to flee, but roaches could take shelter in tiny soil crevices, which provide excellent protection from heat.

The meteor's impact [triggered a cascade of effects](#). It kicked up so much dust that the sky darkened. As the sun dimmed, temperatures plunged and conditions became wintry around the globe. With little sunlight, surviving plants struggled to grow, and many other organisms that relied on those plants went hungry.

Not cockroaches, though. Unlike some insects that [prefer to eat one specific plant](#), cockroaches are [omnivorous scavengers](#). This means they will eat most foods that come from animals or plants as well as cardboard, some kinds of clothing and even poop. Having appetites that aren't picky has allowed cockroaches to survive lean times since the Chicxulub extinction and other natural disasters.

Another helpful trait is that cockroaches [lay their eggs in little protective cases](#). These egg cartons look like dried beans and are called oothecae, which means "egg cases." Like phone cases, oothecae are hard and protect their contents from physical damage and other threats, such as flooding and drought. Some cockroaches may have waited out part of the Chicxulub catastrophe from the comfort of their oothecae.



Cockroach egg cases are about 0.5 inches long (10 millimeters) and contain up to 50 eggs, depending on the species. [VitalisG/iStock via Getty Images](#)

Modern cockroaches are little survivors that can live just about anywhere on land, from the heat of the tropics to some of the coldest parts of the globe. Scientists estimate that [there over 4,000 cockroach species](#).

A handful of these species like to live with humans and quickly become pests. Once cockroaches become established in a building, it's hard to rid every little crack of these insects and their oothecae. When large numbers of roaches are present in unsanitary places, they can spread diseases. The biggest threat they pose to human health is from allergens they produce that can [trigger asthma attacks and allergic reactions](#) in some people.

Cockroach pests are hard to manage because they can [resist many chemical insecticides](#) and because they have the same abilities that helped their ancestors outlive many dinosaurs. Still, cockroaches are much more than a pest to control. Researchers study cockroaches to understand [how they move](#) and [how their bodies are designed](#) to get ideas for building better robots.

[As a scientist](#), I see all insects as beautiful, six-legged inspirations. Cockroaches have already overcome odds that were too great for dinosaurs. If another meteorite hit the Earth, I'd be more worried for humans than for cockroaches.

Author: [Brian Lovett](#)

Postdoctoral Researcher in Mycology, West Virginia University



*Curious Kids is a series by The Conversation that gives children the chance to have their questions about the world answered by experts. If you have a question you'd like an expert to answer, send it to [curiouskids@theconversation.com](mailto:curiouskids@theconversation.com) and make sure you include the asker's first name, age and town or city. They won't be able to answer every question, but they'll do their very best.*





# Birthday Boys & Girls

May



Carmen Martin  
James Martin  
Julian Lesnie  
Laureen Poon  
Patrick Chow  
Victor Li  
Wilson Trang

June



Colin Su  
Darren Ma  
Gordon Ding  
Jan Su  
Leon Cao  
Michael Lee  
Robbie Leong



July



Alan Ngo  
Anderson Yang  
Benjamin Mo  
Jackson Yung  
Jerry Chen  
Joanne Pang  
Lintom Lin  
Matthew Sin



# 致謝 Acknowledgement

## Donors (\$100 or above)

Alice In Wendyland Charity Ltd  
Leon Huang

## Volunteers

Darby Mu  
Elena Lau  
Mario Yuen  
Qian Cao  
Khon Chau



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# June 2022

**Activity Venues (Activity fees applied refer to current fees schedule)**

-  Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
-  Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore
-  PCYC Auburn, Wyatt Park, Church Street, Lidcombe
-  Aerialize, 7-9 Close Street, Canterbury

## WEEKDAY AFTERNOON PROGRAM

<b>Monday</b>	<b>5:00pm to 6:00pm</b>	Fitness Gym Class	PCYC Auburn
<b>Friday</b>	<b>4:30pm to 5:30pm</b>	Aerial Circus	Aerialize, Canterbury

## WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 5:00pm	Morning 11am – 12:30pm	Afternoon 2:30pm to 4:00pm
04/06	Exercise Physiology by Amelia 3:00pm – 4:00pm Music Therapy by Christine 4:00pm – 5:00pm	Tenpin Bowling 11am – 12:30pm	Chair Yoga / Pilates / Dance By Monica 2:30pm - 4:00pm
11/06	Fun with Music by Lydia 3:00pm – 4:00pm Taekwondo with Khon 4:00pm – 5:00pm	Tenpin Bowling 11am – 12:30pm	Zumba by Norma 2:30pm – 4:00pm
18/06	Zumba with Norma 3:00pm – 4:00pm Music Therapy by Christine 4:00pm – 5:00pm	Tenpin Bowling 11am – 12:30pm	Music & Drama Resource Music Therapy 2:30pm – 4:00pm
25/06	Fun with Music by Lydia 3:00pm – 4:00pm Taekwondo with Khon 4:00pm – 5:00pm	Tenpin Bowling 11am – 12:30pm	Taekwondo with Khon 2:30pm – 4:00pm

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

**Junior Weekend Programs resume in Belmore Youth Resource Centre.**

