

# SUPPORT ASIAN WOMEN'S FRIENDSHIP ASSOCIATION INC.

## 亞洲婦女聯誼協會

### Newsletter June Issue 2017

二零一七年六月季刊

Winter is here now and the weather is getting colder. I hope that you are all keeping warm and I wish this issue will bring warmth to you.

In this Bulletin, I am very pleased to let you know that SAWs' Multicultural Seniors Wellbeing and Cooking Club has been moved to a new place to meet. The location is Suite 2, 18 Corinna Street, Phillip (Woden) which is opposite the Woden Health Centre. The location of the Centre is easy to access by public transport that is convenient to many of our seniors. A Big thanks to the Australian Chinese Culture Centre (ACCC) who supports our Seniors Group.

On the 21<sup>st</sup> April, the Seniors had their first meeting in the Centre. When we arrived, we all felt that the room was full of Chinese culture atmosphere and many felt close to their home. To celebrate the occasion, we had Angela play Chinese music for the seniors to sing their favorite songs. I would also like to thank Lisa, a volunteer of ACCC, who cooked dumplings for our lunch. The food was very delicious and everyone enjoyed it very much.

In early May, our beloved member Mrs. Margaret Choi passed away. Margaret was one of our longest members. She will be missed by all of us.

Happy Dragon Boat Festival. I hope that you all had a lot of yummy sticky rice dumplings to eat. On the 16<sup>th</sup> May, the seniors celebrated Dragon Boat Festival at the Centre. With the assistance of Angela to play

冬天在這裡，天氣越來越冷。我希望你們都保持溫暖，我希望這個冬天在這裡，我額外希望這個通訊能給你帶來溫暖。

在本通訊中，我非常高興地通知您，婦女會的多元文化老年人健康和烹飪俱樂部已被移動到一個新的地方見面。位置是 2 號，18 Corinna 街，Phillip (Woden)，在 Woden 健康中心對面。中心的位置很容易通過公共交通，方便我們許多的老年人。非常感謝中澳文化中心(ACCC) 支持我們的老年人活動。

4 月 21 日，老年人在中心舉行了第一次活動。當我們到達時，我們都覺得這間房間充滿了中國文化氣氛，很多人覺得有家鄉的感覺。為了慶祝這個特殊活動，李太太為我們老年人演奏了自己喜歡的歌曲。我也要感謝麗莎，ACCC 的志願者，他們為我們煮餃子午餐。食物非常美味，大家都非常喜歡。

五月初，我們心愛的會員蔡太太逝世。蔡太太是我們最長的會員之一。她會被我們所有人懷念。

端午節快樂。我希望你們都有很多美味的糯米飯餃子吃。5 月 16 日，老人在中心慶祝端午節。多謝李太太的幫助下，演奏音樂，給予女士們唱歌。美麗的音樂充滿了中心。該中心的老闆 Joanne

music, the ladies sang. The beautiful music filled the Centre. The owner of the Centre, Joanne also joined us to celebrate the event. We had some sticky rice dumplings for lunch along with stir fried chicken with boiled rice prepared by Alice. SAWs also had

ade



In the month of July for the seniors' group meeting, we will have the 2nd part of the First Aid presentation by St John in the location of ACCC at 10:30am. Welcome to all seniors (female only ☺). If you require more information, please do not hesitate to contact us on 0422 737 751 or email us at [info@sawsfriendship.org.au](mailto:info@sawsfriendship.org.au).

也加入了我們來慶祝這個活動。我們吃了一些糯米飯餃子，一起用袁小姐製作的攪拌炸雞作午餐。在那一天，婦女會也出售餃子，餃子是由楊姨做的。



在七月份的長者活動會上，我們將在上午十點三十分開始。在活動會有聖約翰第二部分的急救介紹。歡迎所有老年人到來。如果您需要更多信息，請隨時與我們聯繫 0422 737 751 或發送電子郵件至 [info@sawsfriendship.org.au](mailto:info@sawsfriendship.org.au)。

## SAWS' PROGRAMS

### ENGLISH CONVERSATION CLASS FOR CALD BACKGROUNDS ADULT LEARNERS

This course aims to teach basic conversational English skills as well as providing assistance in writing English .

**Where:** Woden Library

For more information, please call: 0422737751

### STEPPING UP -LEARNING COMPUTER AND ENGLISH SKILLS FOR CALD BACKGROUNDS ADULT LEARNERS

This course aims to teach modern communication technology computer skills and provide students with workplace conversational English.

**Where:** Gungahlin Library, Gungahlin

These projects were made possible with assistance from the ACT Government under the Adult Community Education Program.

Proudly supported by the ACT Public Library

For more information, please call: 0422737751

### Seniors monthly Activity

Multicultural Seniors Wellbeing and Food Club meet on the 3<sup>rd</sup> Tuesday of each month in Australian Chinese Culture Centre Suite 2, 18 Corinna Street, Phillip (Woden) that opposite to Woden Health Centre.

## WHAT'S ON IN CANBERRA?

**Red Nose Day -30 June Friday**

## 婦女會當前活動

### 成人英語學習課程

本課程旨在教授基本的會話英語技能以及提供英語寫作方面的幫助。

地點: Woden 圖書館

欲了解更多信息, 請致電: 0422737751

### 學習工作場所電腦和英語技能課程

本課程旨在教授現代通信技術電腦技能, 並為學生提供工作場所對話英語。

地點: Gungahlin 圖書館,

這些項目是在 ACT 成人社區教育計劃的協助由 ACT 公共圖書館支持

欲了解更多課程信息, 請致電 0422 737 751

### 每月長者活動

多元文化長者福利和食物俱樂部是在每月的第三個星期二在 Woden 中澳文化中心. 長者活動聚會繼續為我們的成員提供一個機會, 連接和一起享受活動。我鼓勵我們的長者繼續利用我們的社交網絡和活動。

### 堪培拉有什麼活動?

6月30日星期五紅鼻子天

## ONELINK

OneLink gives you information and easy access to support services in the ACT.

### How They Can Help

OneLink can connect you to a wide range of services including:

- Financial counselling
- Mental health services
- Child, youth and family services
- Tenancy support
- Legal services
- And many other support services
- Support for people who are homeless

**Phone:** 1800 176 468

**Email:** [info@onelink.org.au](mailto:info@onelink.org.au)

Phone:(02)6207 3188 Email: [infoline@cit.edu.au](mailto:infoline@cit.edu.au)

## ACT SENIOR SPECTACLES SCHEME

The ACT Seniors Spectacles Scheme provides eligible ACT residents a \$35 rebate towards the cost of spectacles every two years.

Eligible people for the scheme must be residents of the ACT and hold an ACT Seniors Card. Applicants are required to pay for the total cost of their spectacles/contact lenses less the \$35 Government subsidy, which is payable to the optometrist/optical dispenser at the time of collecting their spectacles/contact lenses.

The subsidy available through this Scheme *cannot* be used in conjunction with the ACT Spectacles Subsidy Scheme. Application forms are available from any of the registered optometrists as listed on the [Seniors Spectacles Scheme](#). Once the application form has been completed the provider will process the application in conjunction with the ACT Revenue Office.

For more information please contact ACT Spectacles Subsidy Scheme, ACT Revenue Office.

Call (02) 6207 0028 - Select Option 6, ACT

Email: [actspectaclessubsidyscheme@act.gov.au](mailto:actspectaclessubsidyscheme@act.gov.au)

## 一個鏈接 (ONELINK)

OneLink 支持協助您提供堪培拉服務信息。

### 他們如何幫助您.

OneLink 可以將您連接到廣泛的財務諮詢, 服務包括:

- 心理健康服務
- 兒童, 青年和家庭服務
- 租賃支持
- 法律服務
- 還有許多其他支持服務
- 支持無家可歸者

電話: 1800 176 468

電郵: [info@onelink.org.au](mailto:info@onelink.org.au)

電話: (02) 6207 3188

電郵: [infoline@cit.edu.au](mailto:infoline@cit.edu.au)

## ACT 老人眼鏡方案

堪培拉老年人眼鏡計劃為符合條件的堪培拉居民提供 35 美元每兩年眼鏡花費的折扣。

符合條件的人士必須是堪培拉的居民, 並持有堪培拉老年卡。申請人需要支付眼鏡/隱形眼鏡的總成本, 減去政府補貼 35 美元, 這是在收集眼鏡/隱形眼鏡時支付給驗光師/光學分配器的費用。該計劃可獲得的補貼不能與“眼鏡補貼計劃”一起使用。

申請表格可以從老年人眼鏡計劃中列出的任何註冊驗光師處獲得。一旦申請表已經完成, 提供者將處理與堪培拉稅務局聯合申請。

欲了解更多信息, 請聯繫 ACT 稅務局 ACT 眼鏡補貼計劃。電話 (02) 6207 0028 - 選擇選項 6, ACT

電子郵件: [actspectaclessubsidyscheme@act.gov.au](mailto:actspectaclessubsidyscheme@act.gov.au)

## FLEXIBLE BUS SERVICE

The Flexible Bus Service provides transport for those in the community who are unable to access regular public transport. Designed specifically to meet the needs of the elderly and those with a disability who require door to door transport to connect them with shopping, medical appointments, hospital visits or to visit friends.

The service uses the ACTION Special Needs bus fleet which is wheel chair accessible and driven by an experienced special needs driver connecting people with services that allow them to play a meaningful part in community life.

To find a lift or see if you are eligible simply ring 6205 3555 at least the day before and be put onto the next day's booking.

<b>When:</b>	Monday to Friday.
<b>Time:</b>	9:30am – 1:45pm
<b>Where:</b>	Belconnen, Tuggeranong, Woden/Weston, Inner South Canberra and Gungahlin.
<b>Cost:</b>	Free

## 靈活巴士線服務

靈活巴士線服務為那些無法使用正規公共交通工具服務人。專為滿足需要門到門交通服務的老年和殘疾人的需要而設計，以便購物，醫療約會，醫院訪問或訪問朋友。

該服務使用 ACTION 特別需要巴士線，這條專線是可以用於輪椅通道，由經驗豐富的特殊需求驅動器驅動，連接人們的服務司機，使他們在社區生活中發揮有意義的作用。

要找或看看您是否符合條件，請至少在前一天電 6205 3555 預訂。

**日期:** 週一至週五

**時間:** 上午 9:30 - 下午 1:45

**哪裡:** Belconnen, Tuggeranong, Woden / Weston  
內南堪培拉和 Gungahlin。

**費用:** 免費