



# Support Asian Women's Friendship Association Inc.

## 亞洲婦女聯誼協會

Newsletter September Issue 2017

二零一七年九月會訊

### *Happy Women's Health Week 4-8 September*

As cold Winter is going and the season of Spring is coming soon, I hope that the weather will bring warmth to you and keep you well.

Our Multicultural Seniors Wellbeing and Cooking Club has been meeting in Australian Chinese Culture Centre (ACCC) which is opposite the Philip Health Centre, Woden, easy to access by many of our members. Thank you to our partner who supports our Seniors Group.

### **Talk sessions**

In the last two months, we had two talk sessions, First Aid and Hepatitis B. Both sessions were very informative and useful; and the participants gained a lot of health knowledge.



July – First Aid talk session

In mid-August, our beloved member Mrs. Rita Wade passed away suddenly. Rita was one of our longest and beloved members. She will be missed by all of us.

**Mental Health Week** is on 10/10. SAWs will be running an activity. All members and public are welcome to attend. Please contact us if you like more information, please call us on 0422 737 751 or email us at [info@sawsfriendship.org.au](mailto:info@sawsfriendship.org.au).

### 9月4-8日快樂婦女健康週

隨著寒冷的冬天開始走了，春天的季節即將到來，我希望春天的天氣能給你帶來溫暖，讓你保持健康。

我們的多元文化年長健康和烹飪組已經在中澳文化中心（ACCC）舉行了幾次會議，該文化中心是面對菲利普健康中心，這對我們的老年人來說是非常好的。感謝中澳文化中心合作夥伴支持我們老年人團隊的。

過去兩個月，我們舉行了兩次坐談，在活動會有聖約翰第二部分的急救介紹和肝炎 B 型。兩個會議都非常翔實和有用；參與者獲得了很多知識。



八月 – B 型肝炎談話會

八月中旬，我們心愛的成員麗塔·韋德太太突然去世了。麗塔是我們最長和最愛的會員之一。我們所有人會記住她。

心理健康週即將到來。10月10日，婦女聯誼協會將開展活動。歡迎所有會員和公眾參加。如果您想了解更多資訊，請聯繫我們 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

**Date:** Every Tuesday (school term only)

**Time:** 10:30am to 12:30pm

For more information, please call: 0422 737 751

### 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 as well as providing assistance in writing.

**Where:** Gungahlin Library, Gungahlin

**Date:** Every Wednesday (school term only)

**Time:** 10:00am to 12:00pm (Computer Class)  
12:30pm to 2:30pm (English Class)

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: 0422 737 751

### SENIORS MONTHLY ACTIVITY

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

## WHAT'S ON IN CANBERRA?

**FLORIADE is coming and will be celebrating its 30<sup>th</sup> Birthday this year. From 16 September to 15 October. Commonwealth Park**



## 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

日期：每週二（僅限學期）

時間：上午 10:30 至下午 12:30

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，

日期：每週三（僅限學期）

時間：上午 10:00 至中午 12:00 (電腦課)  
中午 12:30 至 2:30 下午 (英文課)

這些項目是在 ACT 成人社區教育計劃的協助和由 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？

FLORIADE 即將到來，並將在今年慶祝其 30 週年。9 月 16 日至 10 月 15 日。英聯邦公園

## COMMUNITY NEWS

- Register for Organ Donation
- Nominate a Canberran who inspires you for the Order of Australia. Nominations are open all year round.
- Receive your Rates & Land Tax Notices, ACT driver licence and vehicle registration and renewals register by email.  
Register online at [act.gov.au/rateselectronic](http://act.gov.au/rateselectronic)

## 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)

## 社區新聞

·註冊器官捐贈

·提名堪培蘭獎勵澳大利亞人的命令。全年開放提名。

·通過電子郵件收到您的房價和土地稅務通知，ACT 駕駛執照和車輛註冊和續訂。

在線註冊 [act.gov.au/rateselectronic](http://act.gov.au/rateselectronic)

## 堪培拉老人眼鏡方案

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, 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