

Support Asian Women's Friendship Association Inc.



Empower Women from Culturally and Linguistically Diverse (CALD) backgrounds

亞洲婦女聯誼協會

2019 Issue 4



Welcome to our newsletter - Issue 4.

Summer and Christmas holidays are almost at our door step. We're sure you may have a lot of activities planned for this coming holiday season.

As it is near the end of 2019, all our programs will be winding down in the middle of December. Below are those programs:

• ACE Education Program:

✚ **Stepping Up-** CALD Adults Learning Workplace Computer and English Skills in Woden Library will be on semester break from Wednesday 11th December 2019. The Class will resume on Wednesday 12th February 2020.

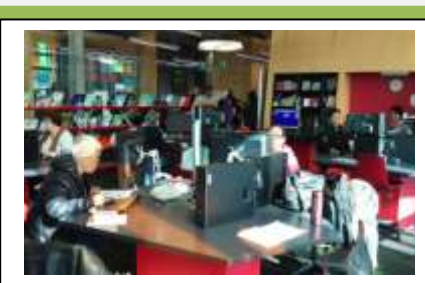
歡迎來到我們的時事通訊-第 4 期。

暑假和聖誕節假期將至。我們確定您可能會為即將到來的假期計劃很多活動。

由於臨近 2019 年底，我們的計劃將在 12 月中旬結束。以下是這些程序：

成人社區教育計劃:

加緊：在沃登圖書館的 多元文化成年人學習工作場所電腦，和英語技能班。從 2019 年 12 月 11 日（星期三）將開始在放學期休息，這個課程將於 2020 年 2 月 12 日（星期三）恢復。



✚ **Stepping Stone -** CALD Adults Learning Basic Computer and English Skills in Gungahlin Library will be on semester break from Tuesday 10th December 2019. This Class will resume on Tuesday 11th February 2020.

✚ **踏腳石：**在 Gungahlin 圖書館的該多元文化成年人學習基本電腦和英語班課程。將於 2019 年 12 月 10 日星期二開始放學期假期。該課程將於 2020 年 2 月 11 日星期二恢復。

- **Be Connected program.**

This program finished on 30th October and we held a public event at the Nations Heart Community Church in Belconnen.

In 2020, SAWs will continue to run more digital activities to help more 50 plus Australians to learn more online skills. Look out for our news in January 2020.

If you know any groups of people over 50 who would like to have private session/s, please do not hesitate to contact SAWs information Team - info@sawfriendship.org.au

- **連接計劃**

該計劃於 10 月 30 日結束，我們在 Belconnen 的 Nations Heart 社區教堂舉行了一次公共活動。

到 2020 年，**婦女會**將繼續開展更多的活動，以幫助更多個澳大利亞人學習更多的 xx 線技能。x 留意 2020 年 1 月的新聞。

如果您知道有 50 歲以上的人想參加私人會議，請不要猶豫，與婦女會信息團聯繫- info@sawfriendship.org.au



- **Connections: 55 Plus (Multicultural Social and Wellbeing Seniors Group) in Calwell.**

The number of participants has been slowly increasing. Group members come from Australian, Chinese and Philippine background. In the last few meetings we had a lot of fun that included playing board games, fun exercise and healthy lunch. The last meeting in 2019 will be celebrated at the Southern Cross Club on Tuesday 3rd December. The 55 Plus group will resume in February 2020. More details will be sent out via email or phone text message.

聯繫: 55 歲 (多元文化健康和幸福人小組) 。

xx 參加的人數一直在緩慢增加。小組成員來自澳大利亞，中國和菲律賓。在最近的幾次會議中，我們玩得很開心，包括玩棋盤遊戲，有趣的鍛煉和健康的午餐。2019 年的最後一次會議將於 12 月 3 日星期二在 Southern Cross Club 慶祝。55 Plus 小組將於 2020 年 2 月恢復。更多詳細信息將通過電子郵件或電話短信發送出去。

- **Community and family event: Chinese Mid-Autumn (Lanterns) Festival**

On Friday 27th September, SAWs held a Chinese Mid-Autumn (Lanterns) Festival event at Alliance Calwell Church. We all had fun. There was a range of entertainment which included cultural

社區和家庭活動：中國中秋（燈籠）節

9 月 27 日，星期五，婦女會在 Alliance Calwell Church 舉行了中國中秋節活動。我們都很開心。這裡有各種各樣的娛樂活動，包括文化唱歌，跳舞，現場音樂，燈籠擺設，兒童遊戲和小吃攤。

- **Multicultural Seniors Wellbeing and Food Club**

This Group will be concluded combined with the SAWs' 2019 AGM and Christmas Party on Saturday 30th November 2019 at Golden King Chinese Restaurant.

As always SAWs focuses on improving our programs and happy to hear from you what works and what doesn't. We also welcome any new ideas. So, please share your views and ideas.

If you want to be added to our Newsletter mailing list, or if you have an article or community information you would like to share or include in our future issues, please email to info@sawfriendship.org.au

The last day theSAWs' office will open in 2019 is on Wednesday 18th December. The office will reopen on Wednesday 15th January 2020.

Last of all, on behalf of SAWs Board, we wish you all have a wonderful and safe holiday season and looking forward to see you all in the new year.

SAWs Information Team

- **多元文化的老年人福利和美食俱樂部**

該小組將於 2019 年 11 月 30 日星期六在金王中國飯店與婦女會的 2019 年度大會和聖誕晚會一起結束。

一如既往，婦女會致力於改善我們的計劃，並很高興聽到您的意見，哪些有效，哪些無效。我們也歡迎任何新想法。因此，請分享您的觀點和想法。

如果您希望被添加到我們的新聞通訊列表中，或者您想分享文章或社區信息，或者將其包含在我們的未來期刊中，請發送電子郵件至 info@sawfriendship.org.au

SAW 辦事處將於 2019 年開放的最後一天是 12 月 18 日星期三。該辦公室將於 2020 年 1 月 15 日 (星期三) 重新開放

最後，我們代表婦女會的董事會祝大家度過一個愉快而安全的假期，並希望在新的一年見到大家。

婦女會信息團隊

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This project is proudly supported by 2018-2019 Participation (Multicultural) Grant Program