

**2016**

**ANNUAL WORK  
REPORT**

**01.07.2015 to 30.06.2016**



**NSW MULTICULTURAL SENIORS  
ASSOCIATION INC.**

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# COMMITTEE PROFILES



会长: 葛英蘭 (太平绅士)  
*PRESIDENT: Mrs Yin Lan Ge (Aga) J.P*



秘书: **Peter Lander**  
**Secretary: Peter Lander**



会计: 李凤玲  
**Accountant: Fengling Li**



*Regent Park 负责人：金雅珍  
Person in charge: Ya Zhen Jin*



*Redfern 负责人：尚宝义  
Person in charge: Bao Yi Shang*



*Artarmon 负责人：胡凤贞  
Person in charge: Feng Zhen HU  
(Georgia)*



*Burwood 负责人：吕伟  
Person in Charge: Wei Lv*



**Berala 负责人: 郑曼玲**  
*Person in charge: Manling Zheng*  
*(Mary)*



**Marrickville 负责人: 窦兴家**  
*Person in charge: Xinjia Dou*



**辅导教练: 沈毅祖**  
*Dancing Coach: Yizu Sheng*

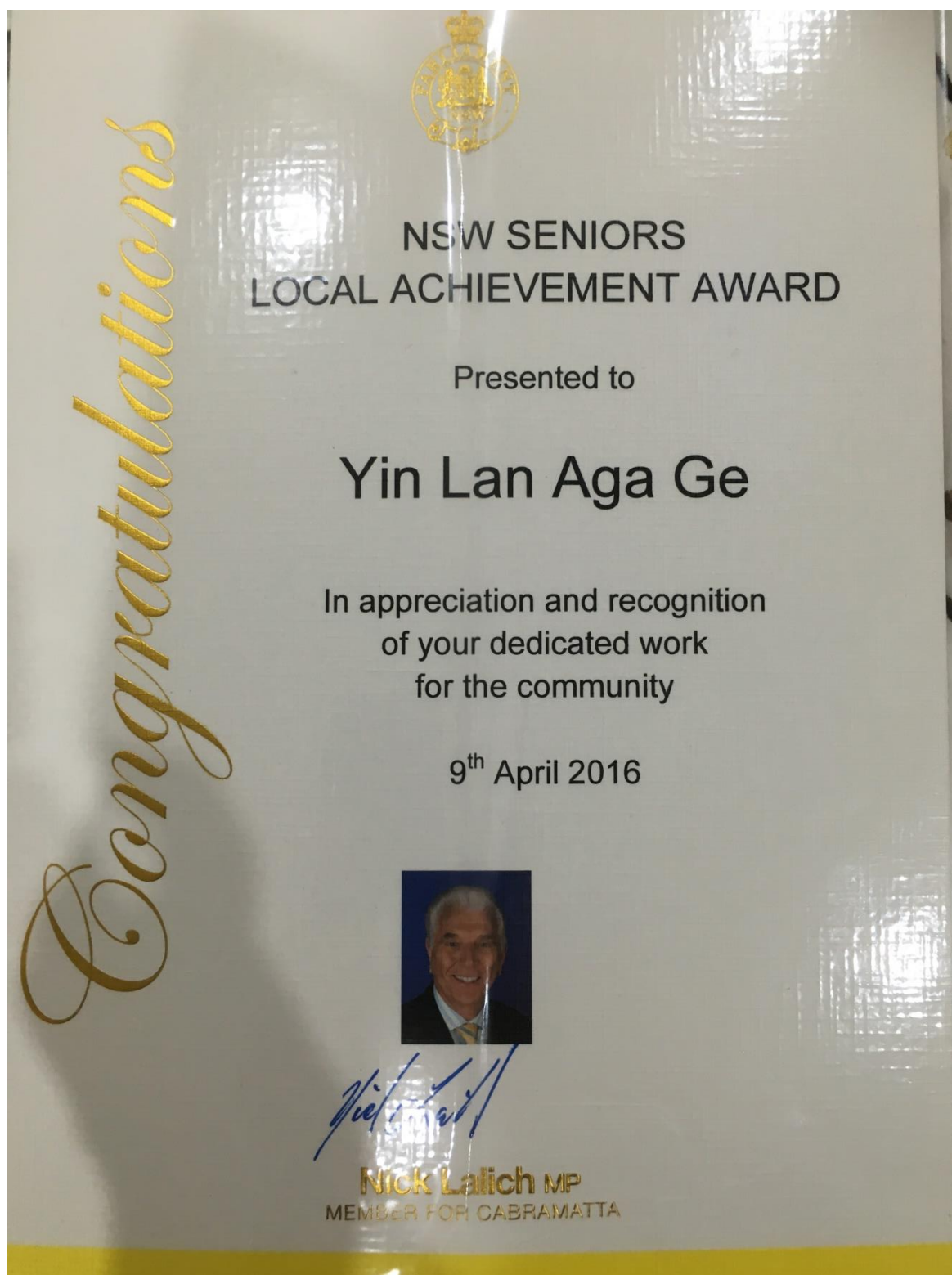
葛英蘭会长荣获 2016 年奥本市老年周优秀首领奖:



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Peter 秘书(Secretary): 0469 821 919

葛英蘭会长荣获 2016 年卡市老年人成就奖:



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# 新南威爾士州各民族中老年聯友會 NSW MULTICULTURAL SENIORS ASSOCIATION INC

## Introduction of NSW Multicultural Seniors Association

In order to help new immigrations and Australian families to solve elder issues, NSW MSA activities as:

- 1 Amy St, Regents Park NSW 2143. Regents Park Community Centre has regular HealthCare & Regimen Group. The activity time is scheduled on every Tuesday Healthcare & Regimen.  
Mrs. JIN is in Charge Mob: 0412 206 553.
- 22 Church St Burwood NSW 2134. The scheduled activity is Elderly Social Dancing on every Monday morning from 10.15am to 1.15pm.  
Mr.Lv is in Charge Mob: 0411 612 698.
- 99 Reserve Rd Artarmon NSW 2064. We organise Cantonese Opera on every Friday morning start from 11am to 6pm.  
Mrs.HU is in Charge Mob: 0423 929 919.
- 29-53 Hugo Street, Redfern NSW 2016. Redfern Community Centre has senior social dancing on every Friday from 9:30am to 12:30pm.  
Mr. Shang is in charge Mob: 0423 152 666.
- 98-104 Woodburn Rd Berala NSW 2141. Berala Community Centre runs senior social dancing on every Thursday from 10:30am to 1:30pm, Community Meeting which helps senior people to make an appointment with the local G.P, help elderly fill out a form, and Justices of the Peace service on every Wednesday 1:00pm to 4:00 pm, Social Games which include table tennis and Chess and Mahjong on every Friday 9:30am to 11:30am. Chinese Language for Australian runs on every Friday 6:30pm to 8: 30pm.  
Mary is in charge. Mob: 0469 822 590.
- 303 Marrickville Rd Marrickville Town Hall start has senior social dancing on every Tuesday from 9:30am to 1:00pm.  
Mr. Dou is in charge Mob: 0424 479 383.
- Corner Railway Parade and McBurney Road, Cabramatta NSW 2166. Cabramatta Community Hall start has senior social dancing on every Tuesday from 9:30am to 12:30pm.  
Mr.Lv is in Charge Mob: 0411 612 698.

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为了帮助新移民和澳洲的中老年人问题，NSW MSA 举办以下活动：

1) 1 Amy St Regents Park NSW 2143, 每周二 下午一点到四点举办养生保健。

Auburn 负责人：金老师 电话：0412 206 553

2) 22 Church St Burwood NSW 2134, 每周一上午十点十五到下午一点十五 举办中老年人社交舞会。

Burwood 负责人：吕先生 电话：0411 612 698.

3) 99 Reserve Rd Artarmon NSW 2064 每周五上午十一点到下午六点参加广东粤剧。

Artarmon 负责人：胡女士 电话：0423 929 919

4) 29-53 Hugo Street, Redfern NSW 2016. 每周五，上午九点三十到十二点三十为中老年人社交舞会。

负责人：尚老师 电话：0423 152 666

5) 98-104 Woodburn Rd Berala NSW 2141. 每周四上午十点三十到一点三十中老年社交舞会。\*新南威尔士州中老年联友会安排社区服务会在每周三下午 1:00-4:00 为会员翻译信件，\*安排医生预约以及 JP 签字及帮助老年人填各种表格。社交游戏在每周五上午九点三十到十一点三十包括乒乓球、象棋、和麻将。中文学习班在每周五下午六点半到晚上八点半。

负责人：Mary 电话：0469 822 590

6) 303 Marrickville Rd Marrickville Town Hall 自本年七月五日起每周二上午九点三十至下午一点举办中老年人社交舞。

负责人：窦先生，联系电话：0424 479 383.

7) Corner Railway Parade and McBurney Road, Cabramatta NSW 2166, Cabramatta Community Hall 每周二上午九点三十至下午十二点三十举办中老年人社交舞会。

负责人：吕先生 电话：0411 612 698.



NSW Multicultural Seniors Association started in 2013 of 1 activity center and 10 members, and now has been developed to 7 activity center and more than 200 members. This achievement is dedicated by those people who in charge of each activity center. Their responsible work attitude and spirit of hard work are inseparable. We hope that in future work, we stand united in our efforts to bring all ethnic groups. We hope our NSW Multicultural Seniors Association more prosperous. We hope seniors and all ethnic groups have more place to be, more sense of belonging more sense of worthiness. Let the elderly to better integrate into Australian society

新南威尔士州各民族中老年联友会从 2013 年的一个活动中心 10 名会员开始，一直发展到如今的七个活动中心 200 多名会员，这个成就与我们各个活动中心理事的认真负责的工作态度，任劳任怨的工作精神是分不开的。希望我们在今后的工作中，大家团结一致，共同努力，把我们新南威尔士州各民族中老年联友会搞得更好，更红火，让新南威尔士州各民族的中老年人有更多的活动平台，真正做到让老年人老有所思，老有所做，老有所想，老有所为。让中老年人更好的融入澳洲社会。



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## 2016 Berala Activity Centre Annual Report

The Association started its Berala Activity Centre when the new Berala Community Centre building opened in July 2015. Since starting, we now have the following activities:

- A ballroom dancing social group started immediately after the new centre was opened. It is a continuing success with an average of 30 members turning up each week. Since May 2016, the group has benefited greatly from the help of dancing teacher Mr Sheng. Considerable physical work and organisational effort is required from Mary Zheng each week. The members themselves help with the physical work and this helps them to bond as a community.
- A weekly karaoke session was started by Mary Zheng in March 2016. Since May 2016, this has been most ably run by Mr Lu.
- A weekly Chinese language evening class - run by Mary Zheng - commenced in Feb 2016 and is successfully continuing up to the time of this report.
- A weekly games activity was started - also in Feb 2016 - and it also continues successfully.
- A weekly JP and general advice session was made available by Aga Ge and Peter Lander. The total number of clients has been quite low, but those who have used the service have benefited greatly.

The Association has been greatly helped by the centre's staff.

### **Berala 活动中心2016 (2015 July - 2016 June) 活动总结报告**

Berala 活动中心自2015年新 Berala 社区中心成立不久开始开展活动。

- 社交舞组自社区中心成立不久开始活动。每周平均参与人数大约为30人。自从5月在舞蹈老师沈先生的协助下此活动进展很好。社交舞组由 Mary 郑负责。会员们通过大家一起布置场地，一起参与活动，本活动中心起到了把大家团结成一个社团的纽带的作用。
- 从2016年3月起每周一次的卡拉 OK 组开始活动。由 Mary 郑负责。5月起由 Mr 吕接替。此活动颇受群众欢迎。
- 由 Mary 郑任教的中文班于2016年2月开课，一直持续至今。
- 每周还开设棋牌活动(2016年3月开始)。进展顺利。
- 每周 JP 及普通咨询活动由 Aga Ge 和 Peter Lander 负责。虽说顾客不多。但其于民极为有用。

本活动中心各项活动均得到 Berala 社区中心的大力协助。



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## 2016 Redfern Activity Centre Annual Report

The Association started its Redfern Activity Centre since 2<sup>nd</sup> October 2015. We now have the following activity:

- A ballroom dancing social group is a continuing success with an average of 50 members turning up each week. Since October 2015, the group has benefited greatly by the person in charge Mr. Shang. The members themselves help with the physical work and this helps them to bond as a community.
- Since October 2015, we had 35 weeks of activity; total number of participants is more than 1,000 people.

The Association has been greatly helped by the centre's staff.

### Redfern 活动中心2016 (2015 October - 2016 June) 活动总结报告

Redfern 活动中心自2015年10月2号开展活动。

- 社交舞组每周平均参与人数大约为50人。自从10月在负责人尚宝义先生的领导下此活动进展很好。会员们通过大家一起布置场地，一起参与活动，本活动中心起到了把大家团结成一个社团的纽带的作用。
- 从2015年10月起共活动35周，共计参与人数2000多人次。

本活动中心各项活动均得到 Redfern 社区中心的大力协助。



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## **2016 Burwood Activity Centre Annual Report**

The Association started its Burwood Activity Centre since 23<sup>rd</sup> March 2015. We now have the following activity:

- A ballroom dancing social group is a continuing success with an average of 35 members turning up each week. Since March 2015, the group has benefited greatly by the person in charge Mr. Lv. The members themselves help with the physical work and this helps them to bond as a community.
- Since July 2015, we had 52 weeks of activity; total number of participants is nearly 2,000 people.

The Association has been greatly helped by the centre's staff.

### **Burwood 活动中心2016 (2015 July - 2016 June) 活动总结报告**

Burwood 活动中心自2015年3月23号开展活动。

- 社交舞组每周平均参与人数大约为35人。自从3月在负责人吕伟先生的领导下此活动进展很好。会员们通过大家一起布置场地，一起参与活动，本活动中心起到了把大家团结成一个社团的纽带的作用。
- 从2015年7月起共活动52周，共计参与人数近2000人次。

本活动中心各项活动均得到 Burwood 社区中心的大力协助。



## 2016 Artarmon Activity Centre Annual Report

My name is Feng Zhen Hu, and I am the in charge of Artarmon activity centre which is a member of NSW Multicultural Seniors Association INC. Our activity centre has been established over one year and half, and during this period we have steady members participate our scheduled activity on every Friday. Meanwhile, there are some professional music performers accompany us with traditional Cantonese instruments when around twenty members regularly attend the Cantonese Opera activity. We have a volunteer Cantonese Opera mentor who trains our member with basic Cantonese Opera skills which include singing skills and dancing postures on every Saturday. We also have a Healthcare class on every Sunday. The trainer teaches the members about the general knowledge of the Healthcare.

### 新南威尔士州各民族中老年联友会阿塔門市活动中心

#### 2016年活动总结报告:

本人胡鳳貞，乃阿塔門分会的會長，自本分会成立以來，至今已有1年半，在這期間，我們有定期的活動，逢星期五，我們有一棚面活動，我們有一班音樂師傅為我們一班粵劇粵曲愛好者拍和唱歌，每次都有大約二十人參加，逢星期六，有一粵曲班和基本功班，有一義務導師教授入門粵曲及身段基本功，逢星期天有一保健班，導師會帶領學員一般的保健知識及保健的基本功。



(Artarmon Cantonese Opera Group)



(Cantonese Opera Performance Poster)

## **2016 Marrickville Activity Centre Annual Report**

The Association started its Marrickville Activity Centre on 12<sup>th</sup> July 2016.

### **Marrickville 活动中心2016 (2015 July - 2016 June)活动总结报告**

Marrickville 活动中心自2016年7月12号开展活动。



## **2016 Cabramatta Activity Centre Annual Report**

The Association started its Cabramatta Activity Centre on 19<sup>th</sup> July 2016.

### **Cabramatta 活动中心2016 (2015 July - 2016 June)活动总结报告**

Cabramatta 活动中心自2016年7月19号开展活动。



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