

年终工作总结 Annual Report

MULTICULTURAL SENIORS
ASSOCIATION Inc



30/06/2024 - 01/07/2025

各民族中老年联友会 2024 年 7 月 1 日至 2025 年 6 月 30 日工



Email: Yinlange60@hotmail.com

Website: <http://nswmas.org.au>

秘书 Secretary:

葛英蘭会长 President: 0416 824 699

Tracy Wu: 0416 196 362

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1. 会长寄语 | Presidents Message

亲爱的会员朋友们：2025 年是我们共同努力、收获满满的一年。感谢大家一路陪伴，联友会越走越稳，越走越远。

Dear members and friends, 2025 has been a fruitful year full of dedication and joy. Thank you for walking this journey with us and making the MSA stronger than ever.

2. 联友会简介 About the Association

《各民族中老年联友会》在 2024 年 7 月至 2025 年 6 月期间开展了丰富多彩的各项活动，主要聚焦于中老年人的健康娱乐、文化交流、居家养老服务以及社区互动等方面。以下是该年度的工作总结：

Multicultural Seniors Association Inc from July 1, 2024 to June 30, 2025 from July

Summary of the work of the Multicultural Seniors Association Inc from July 1, 2024 to June 30, 2025
from July, the Multicultural Seniors Association Inc been carried out a variety of activities, mainly focusing on health and entertainment, cultural exchanges, home Care Package services and community interaction among the middle-aged and elderly. The following is a summary of the year's work.

3. 主要活动回顾 Highlights of the Year

舞会与舞蹈培训

a. Granville 大舞场:

每周一、四、五上午 9:30- 11:30 对外开放, 深受中老年朋友喜爱, 窦会长和于晓丽副会长亲自参与音乐风格调整, 不断提升舞友们的体验, 颜文广副会长带领义工团队提供优质服务。

b. Auburn Town Hall 舞厅:

每周二下午 1pm-3pm 和周三上午 9:30-12pm 开放, 宫廷舞培训班在 JJ 老师的带领下, 学员们的舞技提升非常显著。

c. Pennant Hills Community Centre:

新增舞场, 吸引更多中老年人的参与。

Prom and dance training

Granville Grand Ballroom:

Open every Monday, Thursday and Friday from 9:30 to 11:30AM, It is remaining a favorite among senior members. President Dou an Vice President Xiaoli YU personally curated the music style to ensure an enjoyable experience for all attendees.

Auburn Town Hall Ballroom:

Open every Tuesday from 1pm to 3pm and Wednesday from 9:30am to 12pm, the court dance class is led by JJ, and the students' dance skills have improved significantly.

Pennant Hills Community Centre:

A new dance hall was added to attract more middle-aged and elderly people to participate.

户外休闲与旅游活动

- a. 2025 年 5 月 16 日至 18 日，葛会长和宴会长组织 40 多位会员前往“水云间度假村”休闲度假，提供健康舒适的户外休闲体验。
- b. 2024 年 3 月，于晓丽副会长组织 Auburn 居家养老群人员前往 Moree 泡温泉，促进健康交流。

Outdoor recreation and tourism activities

From May 16 to 18, 2025, President Ge and President Dou organized more than 40 members to go to the "Shuiyunjian Resort" for leisure and vacation, providing a healthy and comfortable outdoor leisure experience.

In March 2024, Vice President Yu XiaoLi organized the Auburn elderly care group to go to Moree Hot Spring to promote health exchanges.

居家养老服务

- a. Auburn 居家养老服务中心：经理 Brenda 提供注册申请和注册后的电话跟踪服务，帮助英文不好的老人办理翻译服务。
- b. 居家养老活动中心：Auburn 居家养老人员定时参加活动。

Home care services

Auburn Home Care Service Center: Manager Brenda, provides registration application and post-registration telephone follow-up services, and helps the elderly who are not good at English to handle translation services.

Home Care Activity Center: Auburn home care staff regularly participate in activities.

4. 艺术团体风采 Artistic Groups Showcase

- a. 庆功宴：2025 年 5 月 27 日，为“中俄后裔舞蹈团”荣获 Fairfield 老年周舞蹈比赛第二名举办庆功宴，由兰兰老师主持的会上，现场气氛热烈。
- b. 养老院慰问演出：2025 年 5 月 29 日，葛会长带队在 Heiden Park Lodge 养老院演出，丰富老年人精神文化生活。
- c. 舞蹈大赛筹备：2025 年 5 月 25 日，在 Lidcombe 俄罗斯俱乐部召开“再塑芳华”舞蹈大赛报名及团长见面会，雨田老师详细介绍比赛流程。

Cultural performances and competitions

- a. Celebration Banquet: On May 27, 2025, a celebration banquet was held for the "Sino-Russian Dance Troupe" to win the second place in the Fairfield Senior Week, Dance Competition. At the meeting presided over by Teacher Lan Lan, the atmosphere was warm.
- b. Nursing Home Condolence Performance: On May 29, 2025, President Ge led a team to perform at Heiden Park Lodge Nursing Home to enrich the spiritual and cultural life of the elderly.
- c. Preparation for the Dance Competition: On May 25, 2025, the registration and head meeting of the "Reshaping Fanghua" Dance Competition will be held at the Lidcombe Russian Club, and Mrs. Yutian will introduce the competition process in detail.

社区互动与节日活动

- a. 2025 年 3 月 11 日, 组织居家养老人员参加 Fairfield 政府举办的老年周活动, 舞蹈团表演“喀秋莎”获二等奖。

On March 11, 2025, Multicultural Seniors Association Inc, care personnel participated in the Fairfield government's senior week activities, and the dance troupe's performance "Katyusha" won the second prize.



- b. 义工与幕后支持 Volunteers & Support Team

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2025 年 3 月 23 日张秀梅副会长带领 70 名会员和义工参加澳中爱而思协会张三丰会长举办的黄帝大典文化传承活动.

On March 23, 2025, Vice President Xiumei Zhang, led 70 members and Volunteer of Multicultural Seniors Association Inc to participate in the cultural inheritance activity of the Yellow Emperor Ceremony held by President Sanfeng Zhang of the Australia-China Aersi Association.



a. 活动期间我们演出了 3 个节目, 由蓝花楹团队进行隆重的 “腰鼓舞” 开场,

During the event, we performed 3 programs, and the jacaranda team performed a grand "waist inspiration" opening



b. 茉莉花团队表演舞蹈 “千古一醉”

Jasmine Team Performs Dance "Drunk Through the Ages"



c. 圆梦艺术团表演舞蹈 “水墨中国”

Dream Art Troupe Performs Dance "Ink China"



6. 荣誉与表彰

葛英蘭会长于 2025 年 1 月 26 日澳大利亚国庆日获优秀社区奖。

Honors & Recognitions

President Agathia Yin Lan Ge received the Outstanding Community Award on Australia Day on January 26, 2025.



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a. 葛英蘭会长于 2025 年 2 月 16 日获金袋鼠影视奖。



President Agathia Yin Lan Ge received the Outstanding Community Award on Australia Day on January 26, 2025.



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在中国历史文献的永久纪实纪录片中，我们多元文化团队取得了令人欣喜的成绩。

应中国驻俄罗斯大使馆的正式邀请，我们前往莫斯科进行参观与文化交流。

演出结束后，受到中国驻俄罗斯大使的亲切接见，这是一次意义非凡的荣誉时刻。



In the permanent historical documentary archives of China, our multicultural

team achieved remarkable recognition. At the official invitation of the Chinese Embassy in Russia, we traveled to Moscow for cultural exchange and sightseeing. After the performance, we were warmly received by the Chinese Ambassador to Russia—an unforgettable and honorable moment.

2025年6月15日，我们应邀参加了由中国驻悉尼总领馆主办的“各民族联欢会”活动。活动现场气氛热

烈，充满了中华文化的多元魅力。我们有幸与中国驻悉尼总领事**王愚阁下（大使衔）**亲切合影，留下了珍贵的纪念瞬间。



On June 15, 2025, we were honored to be invited to the Multicultural Friendship Gathering hosted by the Chinese

Consulate-General in Sydney. The event was vibrant and rich in the spirit of Chinese cultural diversity.

We had the privilege of taking a commemorative photo with Mr. Wang Yu, the Consul General of China in Sydney (Ambassador rank), marking a meaningful and memorable occasion.



总结

在过去一年中，《各民族中老年联友会》通过舞会、旅游、居家养老、文艺演出等多种形式，为中老年人提供了丰富的娱乐和社交平台，增强了社区凝聚力，提升了生活质量。未来，联友会将继续在葛会长和窦会长的带领下，推动更多有益于中老年人的活动。

Summary

In the past year Multicultural Seniors Association Inc, all Nationalities has provided a rich entertainment and social platform for the middle-aged and elderly through various forms such as dance parties, tourism, home care Package Services for the elderly, and theatrical performances, which has enhanced community cohesion and improved the quality of life. In the future, under the leadership of President Ge and Executive President Dou, the Association will continue to promote more activities that are beneficial to the middle-aged and elderly.

COMMITTEE OF NSW MSA



会长：葛英蘭（太平绅士）

PRESIDENT: Mrs Yin Lan Ge (Agathia) J.P



执行会长：窦兴家

Acting President: XinJia Dou



副执行会长：于晓丽

Vice Executive President : Xiao Li YU



副执行会长：张秀梅

Vice President : Xiu Mei ZHANG



副会长：颜文广

Vice President : WenGuang
YAN



秘书长：江秀萍

Secretary General: Xiu Ping JIANG



财务总监：张淑荣

Financial Director: Shu Rong ZHANG



后勤总监：陈玉茹

Logistics Director:
Yu Ru CHEN



张少芬:舞厅总经理

General Manager of the Dance Hall:
Shaofen Zhang



雨田 舞厅总监

Ballroom Director: YuTianjin

Email: Yinlange60@hotmail.com

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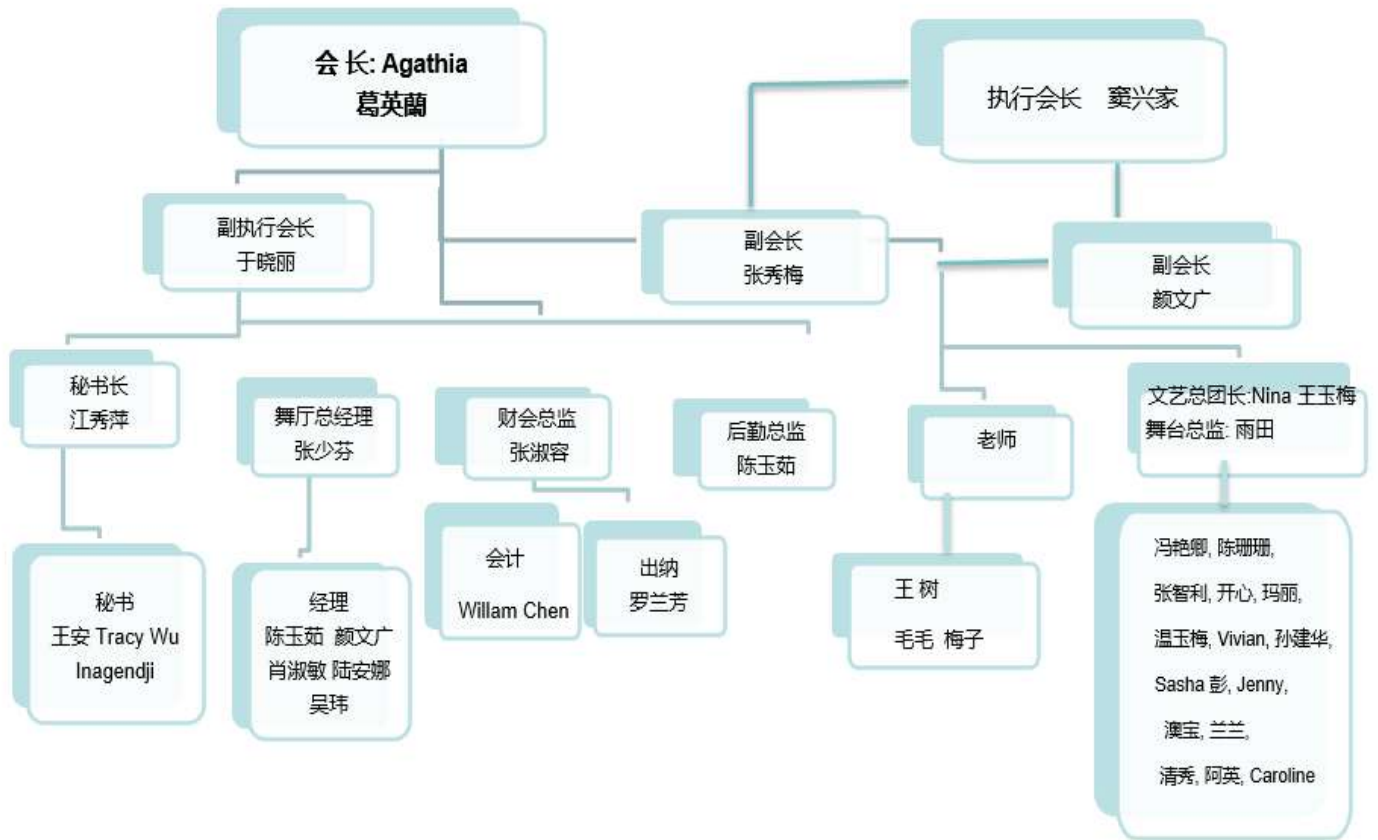


Multicultural Seniors Association Inc

各民族中老年联谊会

03/07/2025

行政管理示意图



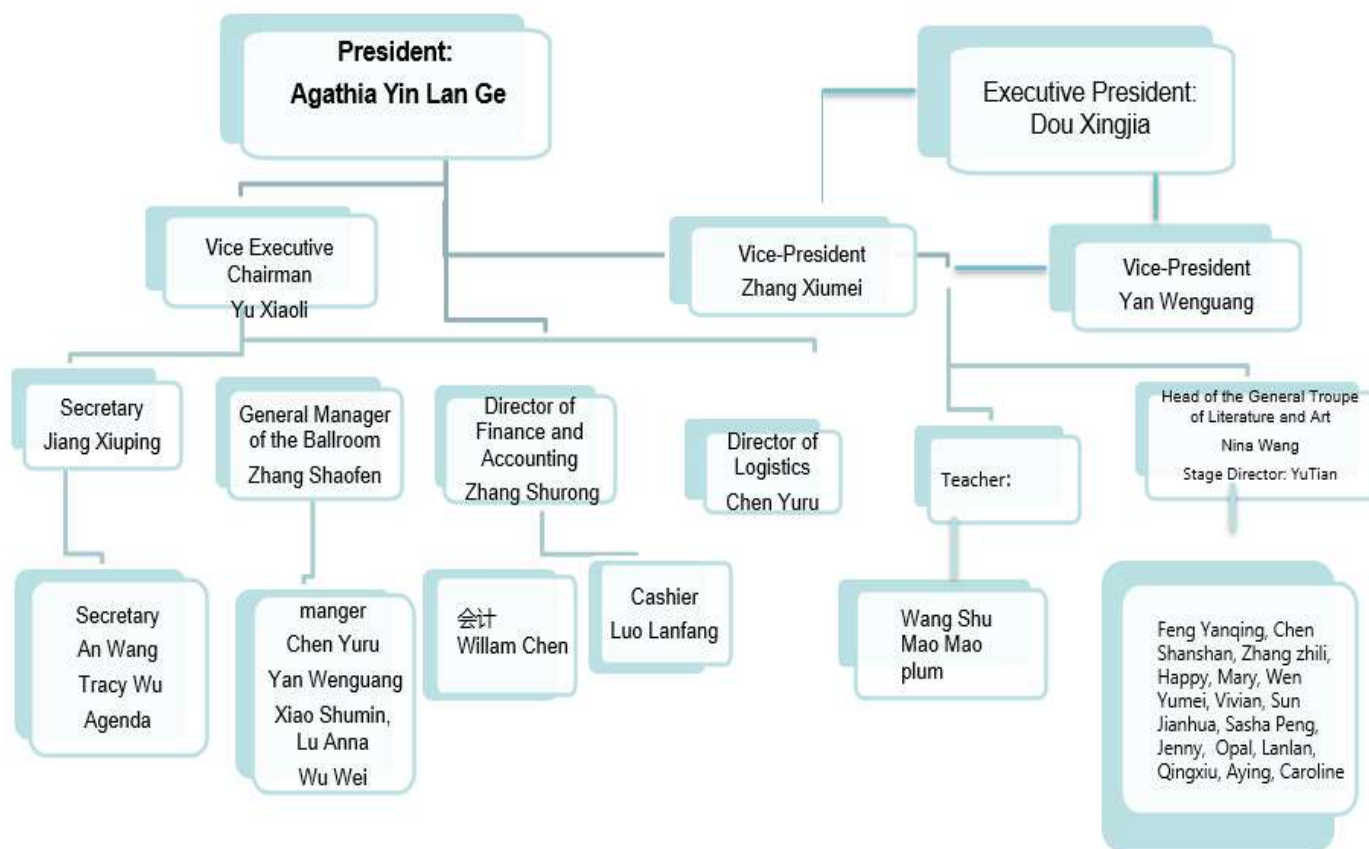


Multicultural Seniors Association Inc

各民族中老年联谊会

03/07/2025

Schematic diagram of administrative management



窦兴家先生是《各民族中老年联谊会》执行会长。他为人忠厚，做事认真。近十年的老年工作中，一直做义工，为大家无私奉献！他不但把联谊会的各项工作安排的井井有条，而且还自己编拍舞场舞曲，经常工作到半夜。他今年已经79岁了，但还是精神飒爽，精力充沛。

Mr. Dou XinJia is the executive chairman of the "Multicultural Seniors Association Inc". He was loyal and serious. In the past ten years of work for the elderly, I have been volunteering and selflessly contributing to everyone! He not only arranged the work of the Association in an orderly manner, but also choreographed his own dance music on the dance floor, often working until midnight. He is 75 years old this year, but he is still refreshed and energetic.



于晓丽副执行会长十几年来始终如一日，默默奉献，尽职尽责，是联友会不可或缺的中坚力量。她不仅统筹义工工作，还亲自编排舞曲，组织活动，为大家带来欢乐。 Vive Executive President Ms. Xiaoli YU has been a steadfast pillar of the Association for over a decade. tireless and dedicated, she manages volunteer coordination, choreographs performances, and leads cultural outings, always putting the community first.



张秀梅副会长，自 2014 年参加联友会以来，在联友会艺术团体的工作中起到顶梁柱的作用。她捐款捐物，为人忠诚可靠，正能量的发展了艺术团队！2020 年因某些原因，她带领的水兵舞团队一度停止了活动与排练。在 2022 年张秀梅副会长回澳后又在短短的一年半时间内重组团队。目前已经发展成为一个 30 人左右的联友会艺术团体。而且非常精彩的演出了新颖的节目！

Vice President Zhang Xiumei, the Sailor Dance Team once stopped activities and rehearsals. After returning to Australia in 2022, Vice President Xiumei Zhang , reorganized the group in just one and a half years, starting with one person, and now it has developed into a friendly art group of about 30 people! And it performed very exciting and novel programs!



颜文广副会长，自参加联友会做义工以来，工作勤勤恳恳，任劳任怨，他担任着舞厅经理工作。每逢值班负责时，他早早的到舞场把所有准备工作做好摆好桌椅。然后他就会服务于中老年舞友中，给大家端茶倒水和递纸巾并热情迎送舞友。

除此之外，他还服务于卡市居家养老的老年人做午餐，每周一他离开舞场后立即去市场购买第二天午餐食材。然后每周二上午 8:00 他会准时不误的来到卡市居家养老活动中心准备午餐，他做的午餐美味可口，大家赞不绝口，许多老年人都慕名而来。是他的美味佳肴和无私奉献使得老年会员们有着温馨家庭的感受，

Vice President Wenguang Yan, since joining the Russian & Chines Friendship Association Inc as a volunteer, he has worked diligently and hard-working, and he works as a dance hall manager. When he was on duty, he went to the dance venue early to make all the preparations and set up the tables and chairs. Then he will serve the middle-aged and elderly dancers, serving tea and water to everyone, handing tissues and welcoming the dancers warmly. In addition, he also serves the elderly in Cabramatta activities Centre to make lunches, and every Monday he leaves the dance hall and immediately goes to the market to

buy ingredients for the next day's lunch. Then every Tuesday at 8:00 a.m., he will come to the Cabramatta activities Centre Home Care Activity Center on time to prepare lunch, the lunch he makes is delicious and everyone praises, and many elderly people come to visit. It is his delicious food and selfless dedication that make the senior members feel like a warm family.



江秀萍秘书长，文武双全非常能干，正能量的女士。每次理事会会议一结束，她的会议记录已经完整无缺的记载的清楚，详细层次分明，主次有序。每次大型活动一结束，她的现场报道已经转发到各群。会里大事小情，只要秘书长在，什么事情都会变的有条有理。大家都亲切的称她江姐。

General Ssecretary XiuPing Jiang a very capable and positive lady. As soon as each council meeting ended, her minutes of the meetings were clearly documented, with clear levels of detail and orderliness. As soon as each major event ended, her live reports were forwarded to the various groups. As long as the Secretary-General is there, everything will become orderly and reasonable. Everyone affectionately called her Sister Jiang.



张淑荣财务总监，自管理财务工作以来，工作认真负责，几年如一日，把财会工作做的账目清晰，进出账目明了。

Since Ms. ShuRong Zhang managed the financial work, she has worked conscientiously and responsibly, and for several years, she has made the accounts of the financial and accounting work clear and the accounts clear.



陈玉茹是我们会里最年轻的义工，她聪明伶俐，无论做什么看一眼就能上手做，而且不做便罢，一做就做的非常好！陈玉茹目前是担任舞厅经理和后勤总监工作，她管理舞厅收款从来都不差钱。她管理后勤工作一直是亲力亲为，无论是在舞场还是搞大型活动，她都能把美味的食品分配给参加大型活动的 200 多个人享用！

YuRu Chen is the youngest volunteer in our organization . She is very skilful. She can do any job after just one look. She would rather not do it than not do it. Once she does it, she does it very well! YuRu Chen is currently the manager of the dance hall and the director of logistics! She manages the dance hall and never lacks money for collecting money! She has always been very hands-on in managing logistics. Whether it is at the dance hall or

at a large event, she can always share the best food with more than 200 people!



雨田老师，为联友会 25/10/2025 舞蹈大赛主要负责人，她明确舞蹈大赛职责范围,整体策划, 团队协调,现场执行,宣传与沟通工作. 预祝她组织大赛活动成功!

Ms. Yutian is the main person in charge of the 25/10/2025 Dance Competition of the United Friends Association, she clarifies the scope of responsibilities of the dance competition, overall planning, team coordination, on-site execution, publicity and communication. I wish her success in organizing the competition!



王树老师是专业国标教练！他训练的团队，舞蹈动作标准，舞蹈姿势优美，他无私奉献，每次训练都会早来晚归！不厌其烦的帮助每个学员，他的身教胜于言教，他的学员们都努力训练，他们在国标表演赛上获得非好好的成绩！

Teacher Wang Shu is a professional national standard dance coach! The team he trains has standard dance moves and beautiful dance postures. He is selfless and dedicated. He comes early and leaves late every time he trains! He helps every student tirelessly. His example speaks louder than words. His students all work hard to train, and they get very good results in the national standard dance performance competition!



张少芬联友会舞厅总经理，见多识广，舞厅的带头人，是各种舞蹈的专家，她和丈夫在联友会各个舞场带领大家学习舞蹈，把每个舞场的工作都做的很好。

Zhang Shaofen, the general manager of the dance hall of the United Friends Association, is well-informed, is the dance leader of the dance hall, she is an expert in various dances, she and her husband will help everyone learn dance in the dance halls of the United Friends Association, and do a good job in each dance hall.



王玉梅联友会艺术团总团长, 自 2014 年加入各民族中老年联友会以来, 忠心耿耿的为联友会的艺术团做着无私奉献! 她是上海艺术学院毕业的高材生, 无论是舞台经验还是舞台形象经 Nina 表演出来别有风情.

祝贺 Nina 成功的当选为: 各民族中老年联友会艺术团总团长一职, 相信凭她的实力和能力, 一定会把联友会艺术团的各项工作推向更高水准.

在此希望联友会各艺术团的团长们能紧紧团结在 Nina 王玉梅总团长的周围, 为联友会艺术工作做出贡献!

Nina, Director Wang Yumei has been loyal to the art troupe of the Multicultural Seniors Association Inc since 2014 and has made selfless contributions! She is a top student who graduated from Shanghai Academy of Arts. Whether it is stage experience or stage image, Nina's performance is very graceful! Congratulations to Nina on her successful election as the Multicultural Seniors Association Inc! I believe

that with your strength and ability, you will definitely push the work of the Friendship Association Art Troupe to a higher level! I also hope that

the heads of the various art troupes of the Friendship Association can unite closely around Director Nina Wang Yumei and contribute to the art work of the Multicultural Seniors Association Inc.



姗姗是联友会《蓝花楹》合唱团团长, 她不但精通英语, 还是教唱歌的老师。她为《蓝花楹》合唱团付出了很多贡献。

Shanshan is the head of the "Jacaranda" choir of the United Friends Association, and is the third on the right side of the photo. Shanshan is not only proficient in English, but also teaches singing. She put a lot of manpower and material resources into the "Jacaranda" choir



冯艳卿联友会《茉莉花》艺术团团长, 在 2019 年联友会举办的舞蹈大赛中荣获冠军队称号。她领导的团队纪律严谨, 团结一致是她们的宗旨, 演出成绩优秀是她们的优势. 团队的演出服装都由她自己制作并自己出钱出力带领大家演出! 联友会为我们有这么优秀的团队点赞!

Director Yanqing is a member of the Lianyou Art Troupe. The team she leads is strict in discipline. Team unity is their pursuit! The outstanding performance of the team is their advantage! Director Yanqing made her own costumes, paid for it herself and led everyone to participate in the performance! Thumbs up for us to have such an excellent team!



开心团长，加入各民族中老年联友会的 2 年时间里，她对组织贡献很多，团队经常出外演出，并与外团关系友好往来，在民族舞方面多彩多姿得到观众热烈赞扬和掌声！团队演艺技能好！

Happy troupe leader, in the 2 years she joined the Association of Middle-aged and Elderly Friends of All Nationalities, she has made a lot of contributions to the organization, the team often goes out to perform, and has a friendly relationship with the foreign troupe, and has been warmly praised and applauded by the audience in terms of folk dance! Good team acting skills!



玛丽，翩翩起舞舞蹈艺术团团长：她对团队的身高、体态、颜值都有较高要求，是一个高标准艺术团会“她们的表演和活动能极大提升联友会的艺术氛围和公众形象，吸引更多优秀人才（尤其是年轻、有才华、形象好的人士）关注和加入联友会。成为联友会对外展示、交流、联谊的一张闪亮名片。

Mary, head of the Dance Art Troupe: She has high requirements for the height, posture and appearance of the team, and is a high-standard art troupe "Their performances and activities can greatly enhance the artistic atmosphere and public image of the Association, and attract more outstanding talents (especially young, talented, and people with a good image) to pay attention to and join the Association." It has become a shining business card for the association's external display, communication and friendship.



在悉尼，有一个由酷爱音乐、热爱和声的音乐爱好者自发组成的声乐组合。由于他们第一次排练的歌曲是《传奇》，便将自己命名为“传奇组合”。自 2022 年 5 月成立以来，他们以极大的热情刻苦排练了多首经典混声小合唱作品，并多次应邀参加大型文艺演出。优美的和声与精湛的演艺赢得了各界专家与观众的赞誉，已逐渐成为悉尼文艺舞台上一支知名的音乐组合。

In Sydney, a passionate vocal group called the "Legend Ensemble" was formed by music lovers devoted to harmonies and performance. The group's name was inspired by the first song they rehearsed together—"Legend". Since its establishment in May 2022, the ensemble has devotedly practiced numerous classic mixed-voice choir pieces. Their beautiful harmonies and exquisite performances have earned praise from both professionals and audiences, making them a well-recognized musical group in Sydney's cultural scene.



圆梦艺术团团长**温玉梅**：在过去十多年中，积极参与由澳洲悉尼市政府主办的各类多元文化社区活动，并应邀担任友谊团队的舞蹈指导老师。

2016 年，她接受了市电视台的专题采访，并作为伴舞参与了由葛英兰会长主办的“一带一路”成果展示活动，精彩地展现了中华文化的魅力。自 2015 年至 2018 年，她连续参与了五届在 Burwood 举办的大型文艺演出，并荣获 2018 年“最佳形象大使奖”（包括奖杯与奖状），表彰她在推广多元文化方面做出的积极贡献。

从 2015 年起至 2024 年 9 月，温老师持续以舞蹈教师身份在友谊团队任教，培养出多位学员，推动团队不断发展壮大。自 2024 年 10 月起，她担任圆梦艺术团团长兼舞蹈老师，继续在联友会葛会长的领导下，活跃于本地多元文化社区，致力于促进文化交流与社会融合。

Over the past decade, Ms. Yu-Mei Wen has actively participated in a wide range of multicultural community events organized by the Sydney City Council. She has also been invited to serve as the dance instructor for the Friendship Team.

In 2016, she was interviewed by the local television station and performed as a background dancer in President Yinglan Ge's "Belt and Road" cultural presentation, showcasing the beauty and spirit of Chinese culture.

From 2015 to 2018, she took part in five consecutive annual large-scale cultural performances held in Burwood, and in 2018, she was awarded the "Best Image Ambassador Award", including a trophy and certificate, in recognition of her outstanding contribution to promoting multiculturalism.

Between 2015 and September 2024, Ms. Wen consistently taught dance in the Friendship Team, training numerous students and playing a vital role in the growth of the team.

Since October 2024, she has served as both the Director and Dance Instructor of the Dream Art Troupe, continuing to actively engage in local multicultural events under the leadership of President Yinglan Ge, and dedicated to fostering cultural exchange and community integration.



Jenny 周，绽放时尚艺术团团长。

该艺术团于 2023 年底正式加入联友会，倍感荣幸成为联友会温暖大家庭中的一员。

在葛英兰会长的引领下，在梅子老师的悉心指导下，团队多次受邀参加各类文艺演出，收获了观众们热烈的掌声与肯定。

Jenny 团长做事认真负责，任劳任怨，为人低调谦和，是一位深受团员爱戴的领导者。

团队秉持的宗旨是：团结友爱、互帮互学；以舞蹈传递快乐，让每一位队员都能在节奏与律动中绽放属于自己的光芒。

我们由衷感谢葛会长、窦会长以及联友会各位领导的鼓励与支持。
期待与众姐妹团队携手共进，以舞为桥，弘扬中华文化，为联友会增光添彩！

Ms. Jenny Zhou is the director of the Fashion Blossom Art Troupe.
The troupe officially joined the Multicultural Seniors Association (MSA) at the end of 2023 and is honored to become a member of such a warm and vibrant family.

Under the leadership of President Yinglan Ge and the guidance of teacher Mei, the team has been invited to perform at numerous cultural events, receiving enthusiastic applause and heartfelt recognition from audiences.
Director Jenny is known for her dedication, humility, and responsible spirit. She leads with grace and is deeply respected by all members.

The mission of the troupe is:
"Unity and friendship, mutual support and learning; spreading joy through dance, and helping every member discover their own brilliance through rhythm and movement."

We sincerely thank President Ge, President Dou, and all the leaders of MSA for their continued encouragement and support.
We look forward to working hand in hand with our sister troupes to promote Chinese culture through dance, and to bring pride and honor to the MSA!



阿英，花样年华艺术团团长。
本艺术团于 2023 年底正式加入联友会，倍感荣幸能够融入这个温暖有爱的大家庭。

在葛英兰会长的关怀带领下，在梅子老师的悉心指导下，团队多次活跃于悉尼各类大小舞台，赢得了观众的喜爱与良好的口碑。

阿英团长性格开朗、热心助人，在团队的建设与发展中付出了大量心血，作出了突出的贡献。

花样年华艺术团的宗旨是：

让每一位队员的晚年生活充满品位与质感，活出自我、活出自信；在走秀中展现优雅的仪态与健康的体魄，永远保持年轻的心态与美丽的笑容！

Ms. A-Ying is the director of the Splendid Years Art Troupe.
The troupe officially joined the Multicultural Seniors Association (MSA) at the end of 2023 and is deeply honored to be part of this warm and vibrant family.

Under the leadership of President Yinglan Ge and the guidance of teacher Mei, the team has actively performed on various cultural stages across Sydney, earning a strong reputation and warm applause from audiences.

Director A-Ying is cheerful, enthusiastic, and always ready to lend a helping hand. Her dedication has played a vital role in strengthening the team and nurturing its development.

The mission of the Splendid Years Art Troupe is:

To enrich every member's later life with grace and quality; to embrace confidence and individuality; to express elegance and vitality through catwalk and performance, and to stay forever young at heart—with poise, health, and radiant smiles.



澳宝: 乐队队长, 任务是将一支新晋乐队短期内培养成为舞会伴奏的成熟团队, 希望他快速摸清乐队成员的技术水平、擅长的风格、短板、用排练时间、学习能力、团队协作情况找出与目标要求之间的核心差距。深入理解舞会需求, 掌握标准曲目, 努力工作, 带领乐队早日在联友会舞场的舞台上奏响成功的第一章! 加油! 期待你们乐队在舞会上大放异彩!

Opal: The task of the band leader is to train a new band to become a mature team of dance accompanists in a short period of time, hoping that he will quickly find out the technical level, style and shortcomings of the band members, and use rehearsal time, learning ability, and teamwork to find the core gap between the target requirements. Deeply understand the needs of the ball, master the standard repertoire, work hard, and lead the band to play the first chapter of success on the stage of the club dance hall as soon as possible! Come on! We look forward to seeing your bands shine at the prom!



兰兰老师, 在异国的土地上, 音乐是无需翻译的母语。当兰兰老师按下第一个琴键, 她不仅唤醒了旋律, 更在陌生土壤里种下了温暖的坐标——每个音符都是向新生活伸展的根须, 而银发学员们的笑容, 将成为浇灌她梦想的晨露。这份事业的开端或许微小, 但音乐的力量和社区的温暖会像澳洲的阳光一样, 让她的梦想逐渐茁壮成长。祝兰兰老师在澳洲的音乐教学之路顺利、充实、充满快乐!

Teacher LanLan, in a foreign land, music is a native language that does not need to be translated. When Ms. LanLan pressed the first key, she not only woke up the melody, but also planted warm coordinates in the unfamiliar soil - every note is a root stretching to a new life, and the smiles of the silver-haired students will become the morning dew that watered her dreams. The beginning of this career may be small, but the power of music and the warmth of the community will make her dream grow like the sunshine in Australia. I wish Ms. Lanlan a smooth, fulfilling and happy music teaching journey in Australia!



杨娜, 联友会大型活动支持人: 有着丰富的主持经验, 大型活动的流程和节奏把控精准, 并将嘉宾英语发言得心应手准确翻译。她拥有强大的临场应变能力冷静、机智地处理现场可能出现的各种突发状况。在不同的活动环节(开场、串场、互动、高潮、结尾)调动气氛, 她的谈吐、举止和待人接物会自然流露出良好的修养和气质, 赢得了观众和嘉宾的尊重与好感。她是活动成功的重要保障!

Yang Na, Supporter of Large-scale Events of the United Friends Association: She has rich experience in hosting large-scale events, accurately controls the process and rhythm of large-scale events, and accurately translates the English speeches of the guests. She has a strong on-the-spot adaptability to deal with various emergencies that may arise on the scene calmly and tactfully. In different activities (opening, stringing, interaction, climax, ending) to mobilize the atmosphere, her conversation, manners and treatment will naturally reveal a good cultivation and temperament, winning the respect and goodwill of the audience and guests. She is an important guarantee for the success of the event!

2024 年 7 月 10 日, 联友会应 Strathfield Council 邀请参加十年创景设计工作计划

On July 10, 2024, the Association was invited by the Strathfield Council to participate in the 10-year Landscape Design Work Plan.



中秋节联欢会现场报道 🌸

在这春暖花开的季节，9月11日上午10:00~下午2:00《各民族中老年联友会》《中俄后裔友谊会》在Granville Town Hall 举办隆重的“中秋节联欢会”会员们欢聚一堂 🎉 葛会长向参加者致以节日的问候！并祝女士们美丽动人 🌹 男士们阳刚帅气 🍀 所有人身体健康！

首先：各艺术团队节目响亮登台，用歌声与舞蹈庆祝传统的中秋佳节。今天的文艺演出，安排紧凑，整体素质在提升，各团队实力在增强，内容新颖，编排多样化，拉丁舞，国标舞团队的表演 🎭 见证了中老年人溶入社区活动后的精神风貌和健康指数的提升，优雅的气质，翩翩起舞的英姿，表演者的激情，带给我们无限的快乐 🌸

其次：在宴会会长亲自组织带领下，义工们为活动忙碌二天，布置会场，采购新鲜食品，丰盛的午餐，来自义工们的手艺，美味可口有特色，特殊的月饼 🥮 象征着中秋节的团圆礼物 🎁 感谢义工们的辛勤付出[抱拳]

午餐后的舞会把庆祝活动推向高潮，通过“庆祝中秋活动”我们用热情和努力，创造属于中老年人的健康生活的精彩人生[玫瑰]

最后非常感谢“二会”领导组织安排这场活动，感谢主持人，摄影师，音响师以及会员们的参与，让中老年华人们享受到异国他乡的中秋节浓厚氛围 🌸 祝贺“中秋联欢会”圆满成功[烟花]



Mid-Autumn Festival Party Live coverage

🌸 On September 11, 10:00 a.m. ~ 2:00 p.m., the "Friendship Association of Middle-aged and Elderly People of All Nationalities" and the "Friendship Association of Chinese and Russian Descendants" held a grand "Mid-Autumn Festival Party" in Granville Town Hall. 🎉 And I wish the ladies beautiful and moving, 🌹 the men masculine and handsome, and 🍀 all of them in good health!

Email: Yinlange60@hotmail.com

葛英蘭会长 President: 0416 824 699

Website: <http://nswmas.org.au>

秘书 Secretary:

Tracy Wu: 0416 196 362

First of all: the artistic teams took the stage loudly. Celebrate the traditional Mid-Autumn Festival with singing and dancing. Today's theatrical performance. Compact arrangement. The overall quality is improving. The strength of each team is increasing. The content is novel. Diversity of choreography. Latin Dance. The performance 🎭 of the ballroom dance team witnessed the improvement of the mental outlook and health index of the middle-aged and elderly after integrating into community activities. Elegant temperament. Dancing heroically. The passion of the performer. It brings us infinite joy 🥰

Secondly: under the personal organization and leadership of President Dou. The volunteers were busy for two days. Set up the venue. Sourcing fresh food. Hearty lunch. Craftsmanship from volunteers. Delicious and distinctive. The special mooncake 🥮 symbolizes the reunion gift 🎁 of the Mid-Autumn Festival, thanks to the hard work of the volunteers [hug the fist] The festivities culminated in a dance party after lunch. Through the "Celebration of Mid-Autumn Festival" we use enthusiasm and hard work. Create a wonderful life for the healthy life of middle-aged and elderly people [Rose]

Finally, thank you very much for organizing and arranging this event. Thanks to the moderator. Photographer. Participation of sound engineers and members. Let the middle-aged and elderly Chinese enjoy the strong atmosphere 🙌 of the Mid-Autumn Festival in a foreign country and congratulate the "Mid-Autumn Festival" on the complete success [fireworks]

2024 年 12 月份综合简报

12 月 1 日~ 12 月 31 日, 《各民族中老年联友会》各舞厅总共举办舞会 33 场/次. 其中大舞厅 11 场/次. 宫廷舞教学 5 场/次. 国标舞教学 5 场/次. 拉丁舞教学 4 场/次. Auburn Town hall 舞厅 5 场/次. Kingsgrove 舞厅 3 场/次.

December 2024 General Briefing

On December 1st ~ December 31st, a total of 33 balls were held in each dance hall of the " Multicultural Seniors Association Inc ". Among them, the Grand Ballroom has 11 shows/times. Court dance teaching 5 times/time. Ballroom dance teaching 5 times/time. Latin dance teaching 4 times/time. Auburn Town hall 5 performances. Kingsgrove Ballroom 3 shows/time.

Granville 大舞厅一直是舞友们的最爱. 领导亲临现场. 联友会所有信息都能第一时间在大舞厅屏幕上预告. 还可欣赏到著名舞者的精彩舞姿. 给舞厅带来欢乐和感动的氛围. 义工们热情周到的服务. 使得舞厅成为了中老年群体. 休闲. 娱乐的最佳场所.

The Granville Grand Ballroom has always been a favorite among dancers. Leaders came to the scene. All the information of the Multicultural Seniors Association Inc can be announced on the screen of the big ballroom for the first time. You can also enjoy the wonderful dance of famous dancers. Bring a joyful and touching atmosphere to the ballroom. Volunteers are warm and thoughtful in their service. This makes the dance hall a middle-aged and elderly group. Leisure. The best place for entertainment.



Auburn Town Hall 舞场在许多华人回国旅行的情况下, 进行了音乐的调整. 在圣诞节开放期间出现了更加可喜的局面, 非常感谢义工们放弃圣诞休息贴心的为中老年人服务.

12/25
THE MOMENT



The Auburn Town Hall dance hall has undergone musical adjustments in the face of many Chinese returning to China. During the Christmas opening period, there was a more gratifying



situation, and I am

very grateful to the volunteers who gave up their Christmas break to serve the middle-aged and elderly people.



Kingsgrove 舞场在张少芬经理的带领下舞场人员一直保持稳定。义工们笑脸相迎舞友的光临并与他们深情交谈, 互帮互学, 建立起深厚的友谊和良好的朋友关系。

The Kingsgrove dance hall has been stable under the leadership of manager Zhang Shaofen. The volunteers greeted the dancers with smiles and talked with them affectionately, helping each other to learn from each other, and establishing a deep friendship and good friendship.



葛英蘭会长 12/2024 参加兄弟协会庆典活动并致辞

President Agathia Yin Lan Ge attended the celebration of the fraternity association on 12/2024 and delivered a speech



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秘书 Secretary:

Tracy Wu: 0416 196 362

葛英蘭会长 President: 0416 824 699



再
见
了



2024 年! 新的一年祝愿我们大家健康平安! 快乐幸福! 岁岁年年喜乐!

Goodbye 2024 Year! I wish us all health and safety in the new year happy and happiness! Rejoice every year!

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6. 获奖与荣誉 Achievements & Recognition

2025 年 1 月 1 日~31

日份月报

Monthly report for

January 1~31, 2025

首先热烈祝贺葛英蘭会

长被诚聘为亚太国际非

遗武术委员会名誉顾问!

First of all, I would like
to congratulate

President Yinglan

Agathia Ge on being

appointed as the

honorary advisor of the

Asia-Pacific

International Intangible

Cultural Heritage!

APPOINTMENT LETTER

聘书



尊敬的葛英兰女士:

Dear Mrs. Agathia Yin Lan Ge,



特此诚聘您荣任亚太国际非遗武术委员会荣誉顾问。

We are pleased to formally appoint you as Honorary Advisor of the APCIICH Martial Arts Committee.

聘期自2025年1月至2030年1月。

Your term of office will commence from January 2025 and conclude in January 2030.

我们相信, 凭借您在文化领域的深厚积淀与贡献, 您将为国际非物质文化遗产的推广事业作出积极而深远的贡献。

We believe that with your profound expertise and contributions in the cultural field, you will make a positive and significant contribution to the promotion of international intangible cultural heritage.

亚太国际非遗武术委员会

APCIICH Martial Arts Committee

日期: 2025年1月

Date: January 2025



APCIICH Martial Arts Committee



1 月份为庆祝中国春节. 联友会分别举办了三场大型的庆祝活动:

Is the celebration of the Chinese New Year. Multicultural Seniors Association Inc on held three large-scale celebrations:

1 月 7 日晚在卡市活动中心举办庆祝中国农历新年联欢活动由《中俄后裔友谊会》与《情系歌缘声乐沙龙艺术团》共同办的春节好活动拉开第一场序幕

On the evening of January 7, a celebration of the Chinese New Year was held at the Kashi Activity Center, and the first Spring Festival event jointly organized by the "Sino-Russian Friendship Association" and the "Love Singing Vocal Salon Art Troupe" kicked off the first prelude

2025 年 1 月 7 日下午 6:00-8:00, 情系歌缘声乐沙龙艺术团在杨娜老师的带领下, 全团 20 多人来到 Crn of Railway Pde & McBurney Rd Cabramatta Community Hall 参加中老年联友会和中俄后裔友谊会联合举办的迎新春联欢晚会, 晚会由杨娜老师主持. 她用那甜美的微笑, 激情澎湃温和亲切的声音, 鼓舞着观众. 葛会长致欢迎词, 愿所有参加演出的演员把自己优美的舞姿和美丽动听的歌喉展现在今天的舞台上, 并预祝联欢晚会圆满成功! 祝大家以崭新的面貌迎接新年, 在新的一年里健康幸福安康!

Cabramatta 舞蹈团的喀秋莎开场舞以热情奔放的舞姿展现出了俄罗斯姑娘的激情四溢, 刘老师的独唱歌声优美, 赢得了全场的热烈掌声, 艳卿团队的舞蹈舞姿优雅大方, 惟妙惟肖. 杨娜老师团队的小合唱歌声动人心弦, 真神老师团的故事会动听感人. 所有节目各有千秋, 使得观众沉浸在欢歌笑语之中.

晚会在全体大合唱: 今日无眠的响亮歌声中进入了尾声, 集体合影留念!

晚会大家与朋友们相聚一堂, 幸福愉快而充实度过了美好的夜晚. 感谢杨娜老师发起的这场热情洋溢的艺术演出, 感谢音响师们的辛勤付出, 感谢所有舞蹈团长的支持与参与, 感谢卡市义工所有辛勤的工作! 祝大家新年快乐! 幸福吉祥! 心想事成! 万事如意! 联欢晚会圆满结束.

From 6:00 p.m. to 8:00 p.m. on January 7, 2025, under the leadership of Ms. Yang Na, more than 20



people from the Crn of Railway Pde & McBurney Rd Cabramatta Community Hall came to the Crn of Railway Pde & McBurney Rd Cabramatta Community Hall to participate in the New Year Gala jointly organized by Multicultural Seniors Association Inc and Russian & Chinese Friendship Association Inc. She inspired the audience with her sweet smile, passionate

and gentle voice. President Ge delivered a welcome speech, wishing all the actors who participated in the performance to show their beautiful dancing and beautiful singing voices on today's stage,

and wished the gala a complete success! I wish you all a new look to welcome the New Year and be healthy, happy and healthy in the new year!

The opening dance of the Katyusha of the Cabramatta Dance Troupe showed the passion of the Russian girl with an enthusiastic and unrestrained dance posture, and the beautiful solo singing voice of Teacher Liu won the warm applause of the audience. The chorus singing of Teacher Yang Na's team is touching, and the story of the True God Teacher Group will be beautiful and touching. All the shows have their own merits, so that the audience is immersed in singing and laughing. The party came to an end in the chorus: Today's sleepless loud singing, and the group photo was taken!

At the party, everyone and friends gathered together and spent a happy and fulfilling night. Thank you to Teacher Yang Na for this enthusiastic art performance, thank you for the hard work of the sound engineers, thank you for the support and participation of all the dance troupe leaders, and thank you for all the hard work of the volunteers in Kashi! Happy New Year to all! Happiness and auspiciousness! All wishes come true! Good luck! The gala ended successfully.







1月14日下午1:00~4:00《各民族中老年联友会》宫廷舞培训班在Auburn Town hall为迎接中国农历新年成功举办隆重的“跨年度盛装舞会”宫廷舞培训班开场表演了Rumba. Tango. 优美的舞姿展现出优雅的气质. 水兵舞艺术团队英姿飒爽. 风采助兴活动中还高唱一曲“友谊天长地久”用歌声传递着深厚的友谊, 五彩缤纷的节日盛装. 在庆祝活动的场所舞动自如. 在这欢乐的海洋里. 大家带着幸福的微笑, 为共同的目标. 健康而欢乐, 谢谢J & J老师组织并辛勤付出。

January 14th, 1:00~4:00 p.m., the court dance training class of the "Multicultural Seniors Association Inc" was successfully held in Auburn Town hall to welcome the Chinese New Year. Dance freely at the place of

the festivities. In this sea of joy. Everyone with happy smiles, for a common goal. Healthy and happy, thank you J & J teachers for organizing and working har





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各民族中老年联友会是非盈利，慈善机构。我们有 3000 多会员，但不收大家会费，我们有十几个场地和澳洲各级政府有直接联系合作。主要任务是服务于悉尼各区中老年人。我们有十几个艺术团体，有教各种舞蹈的专业老师。这是宫廷舞学习班多年教学成果，J&老师从零基础培养一批又一批学员。这场舞会是她经多年努力打造的宫廷舞的平台希望我们能为更多中老年服务。圣诞节庆祝活动中 Cumberland Councilor 致辞说，这些中老年人通过各种活动不但精神面貌得到良好改善而切身体健康状况得到显著改变，他们不用看医生给国家节省很多经费！

Multicultural Seniors Association Inc is a non-profit, charitable organization. We have more than 3,000 members, but we do not charge dues, and we have more than a dozen venues that have direct contact and cooperation with Australian governments at all levels. The main mission is to serve the middle-aged

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and elderly people in all suburbs of Sydney. We have more than a dozen art groups and professional teachers who teach all kinds of dances. This is the result of many years of teaching in the court dance class, and Mr. J& has trained batches of students from scratch. This ball is a platform for the court dance that she has worked hard to build for many years, and I hope we can serve more middle-aged and elderly people. During the Christmas celebrations, Cumberland Councilor said that these middle-aged and elderly people have not only improved their mental outlook but also significantly changed their physical health through various activities, and they do not need to see a doctor, saving the country a lot of money.

再一次感谢各位舞友，各位同学们的厚爱和大力支持，使今天的舞会圆满成功。

Once again, I would like to thank all the dancers and students for their love and strong support to make today's dance a complete success.

再一次感谢窦会长、文广副会长、张秀梅副会长、张少芬总经理夫妇、吴伟经理兼音响师，以及各位领导给予我们大家相聚一堂，欢声笑语庆祝新年的机会感谢你们特意为舞会安排了专业摄影师留下美好的回忆，也感谢大热天你们能送来这么多西瓜心，糕点、糖果多，不但为增加节日气氛，也为舞友们送来降温解暑的温暖，在此呈上我们的衷心感谢人。

Once again, I would like to thank President Dou, Vice President Wenguang, Vice President Zhang Xiumei, General Manager Zhang Shaofen and his wife, Manager Wu Wei and sound engineer, and all the leaders for giving us the opportunity to gather together and celebrate the New Year with laughter and laughter.

还有，我代表所有舞友、所有同学们向所有的义工送上一份感恩之心，今天人这么多，气象台预报又是 32 度高温：但从头到尾你们都在默默无闻地忙碌切西瓜，忙得不可开交，但自己都没时间吃，好感动，在此也必须送上一份真挚的感谢人。

Also, on behalf of all the dancers and all the students, I would like to send a heart of gratitude to all the volunteers, there are so many people today, and the forecast of the meteorological observatory is 32 degrees Celsius: But from the beginning to the end, you are busy cutting watermelons in obscurity, so busy, but you don't have time to eat, so touched, I must also send a sincere thank you.







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各民族中老年联友会迎春万事如意年年好舞宴各位亲爱的家人大家好!今天是我们各民族中老年联友会的部分会员，团聚在一起迎新年的好日子!在此我代表联友会全体常务理事，理事舞场经理，艺术团团长，向所有家人拜个早年!大家多年好!祝所有家人蛇运冲天，福气旺旺来!新春福蛇送吉祥金蛇进家富满堂!同时祝所有家人蛇年幸福快乐安康!以更充沛的旺盛精力迎接新年的一年的到来!让联友会在蛇年更上一层楼!借此机会告诉大家 2 个好消息

1)我们《联友会之声合唱团》正式成立，我们的刘朝兰老师是毕业于中国音乐学院歌剧系，三峡杯青年歌手大赛一等奖，培养了多名学生考入中央音乐学院、天津音乐学院等高等音乐学府。具有二十年声乐教学经验，喜欢唱歌的歌友们来报名吧!兰兰老师会用最先进的歌唱方法辅导您一起放飞梦想唱出欢乐!唱出健康!唱出未来!联友会之声，音乐工作室诚挚邀请您报名加入!

2)我们联友会慈善机构的全部手续已经办理完毕,从即日起,我们就可以运用慈善机构,收取合理捐款,来为大家提供更优质丰富多样化服务!让更多中老年人享受生活乐趣!最后让我们大家团结起来共同维护自己合法权益更好的享受这个大家庭的温暖幸福生活!谢谢大家!再一次祝蛇年大吉!!!

Multicultural Seniors Association Inc welcomes the Spring Festival, all the best, the dance banquet every year, dear family, hello! Today is a good day for some members of our Multicultural Seniors Association Inc and Elderly Friends of All Nationalities to get together to welcome the New Year! Here, on behalf of all the executive directors of the United Friends Association, the director of the dance hall manager, and the head of the art troupe, I would like to greet all the family members for their early years! Hello everyone! I wish all the family members good luck and good luck! The New Year Blessing Snake sends the auspicious golden snake into the house! At the same time, I wish all the family a happy and healthy Year of the Snake! Greet the arrival of the new year with more abundant energy! Take the Year of the Snake to the next level! I would like to take this opportunity to tell you 2 pieces of good news

1) Our "Voice Choir of the United Friends Association" was officially established, and our teacher Liu Chaolan graduated from the Opera Department of the China Conservatory of Music, the first prize of the Three Gorges Cup Young Singer Competition, and trained many students to be admitted to the Central Conservatory of Music, Tianjin Conservatory of Music and other higher music institutions. With 20 years of vocal music teaching experience, singers who like to sing should sign up! Teacher Lan Lan will use the most advanced singing methods to guide you to fly your dreams and sing happily together! Sing Out Health! Sing the future! The Voice of the Association, the music studio sincerely invites you to sign up!

2) All the procedures of our charity have been completed, and from now on, we can use the charity to collect reasonable donations to provide you with better and richer services! Let more middle-aged and elderly people enjoy the joy of life! Finally, let us all unite to jointly safeguard our legitimate rights and interests, and better enjoy the warm and happy life of this big family! Thank you! Once again, I wish you a blessed Year of the Snake!!

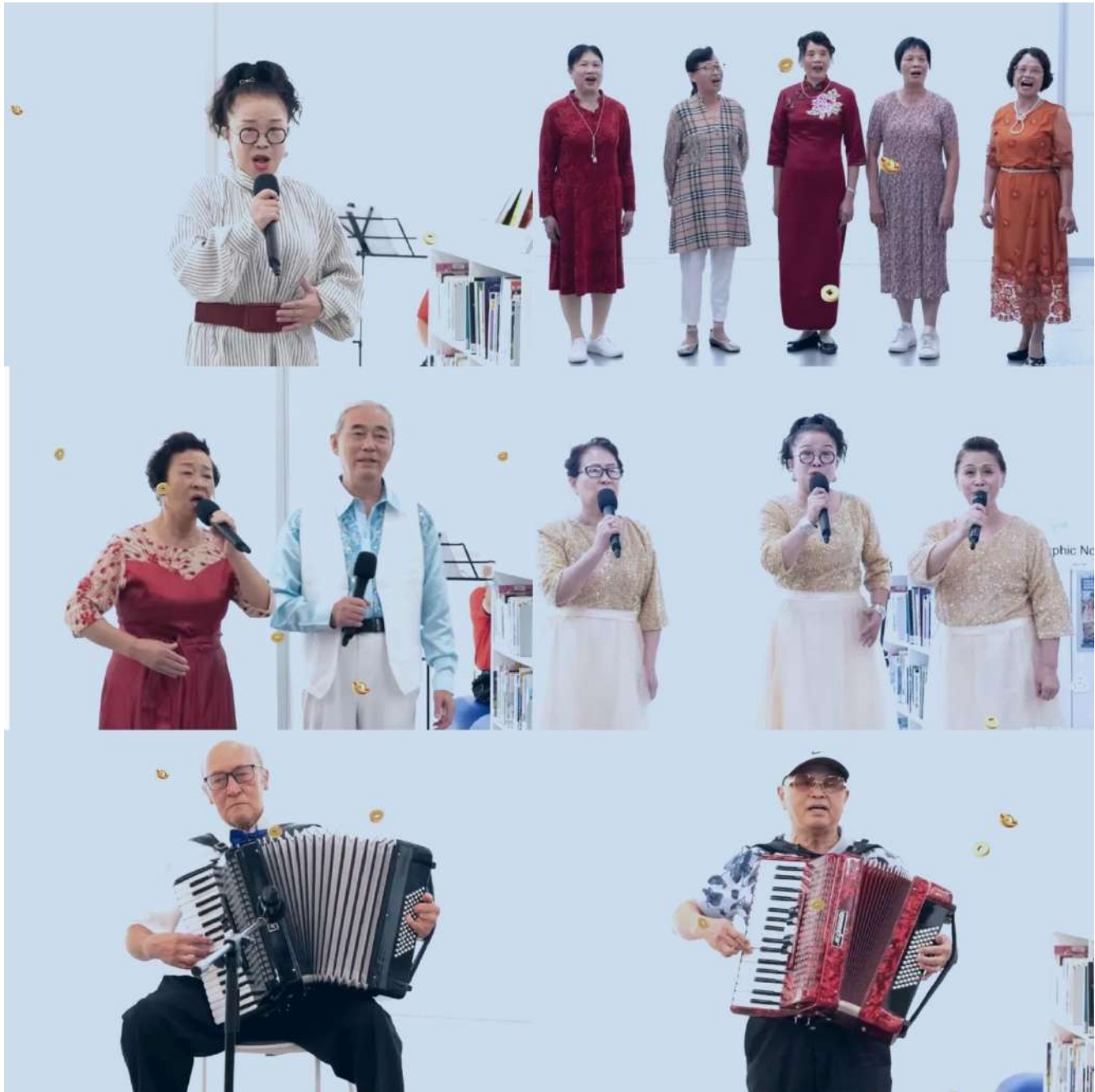
2025年1月30日上午,由悉尼 Strathfield Council 邀请,【各民族中老年联友会】参与的小型春节联欢活动在 Strathfield 图书馆举办。该市的蔡定杰副市长,有关的政府工作人员和警务人员参加了活动。活动以歌唱为主,表达了侨居海外的华人和华侨对祖国和亲人的思念。并遥祝祖国繁荣昌盛,人民幸福安康!

On the morning of January 30, 2025, a small Spring Festival celebration was held at the Strathfield Library at the invitation of the Strathfield Council of Sydney and participated by the [Multicultural Seniors Association Inc]. The event's event, as well as the city's deputy mayor Cai Dingjie, relevant government workers and police officers. The event was mainly based on singing, expressing the longing of the Chinese and overseas Chinese living abroad for the motherland and their relatives. And I wish the motherland prosperity and the people's happiness and health!









龙去蛇来添好运,健康快乐进家园. 我们的活动充满色彩和活力. 满满的祝福送给所有中老年朋友们. 感谢二位会长辛勤的耕耘, 提供健康平台.

The dragon goes to the snake to add good luck, health and happiness into the home. Our events are full of color and energy. Full blessings to all middle-aged and elderly friends. Thanks to the two presidents for their hard work and providing a healthy platform.

2024 年 8 月 3 日周六上午 8 点,《各民族中老年联友会》《澳洲中俄后裔友谊会》组织去猎人谷一日游活动,在葛会长的亲自带领下,在副会长的参与帮助下,52 位中老年人乘大巴,从 Lidcombe 俄罗斯俱乐部出发前往猎人谷。约二个多小时的车程,很快到达了目的地。大家下车后先一起去喝早茶,然后每人买彩票通过抽奖形式来支援残疾人,为残疾人捐款!

接下来组织去葡萄酒庄品酒,一共品尝了三家葡萄园的葡萄酒,大家分别购买了自己喜欢的葡萄酒、橄榄油、橄榄等,并在最后的葡萄园里吃到了美味佳肴,满载而归!

通过此次活动,大家结识了不少新朋友,很多俄罗斯人能讲中文,彼此之间可以用中文、俄语、英语三种语言沟通,玩得特别开心!期待以后能多组织这样的活动!

At 8 a.m. on Saturday, August 3, 2024, the " Multicultural Seniors Association Inc " and the " Russian & Chinese Friendship Association Inc " organized a day trip to the Hunter Valley. It took about two hours to drive and quickly arrived at the destination. After everyone got off the bus, they went to drink morning tea together, and then each person bought a lottery ticket to support the disabled through a lottery and donate money for the disabled! Next, we went to the winery to taste the wines, tasted the wines of the three vineyards, and everyone bought their favored wines, olive oil, olives, etc. and ate delicious food in the last vineyard, and returned with a full load! Through this activity, everyone made a lot of new friends, many Russians can speak Chinese, and they can communicate with each other in Chinese, Russian, and English, which is very fun! I look forward to organizing more events like this in the future!





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我们“联友会”、“友谊会”、“联合会”的领导人葛会长，是受大家尊敬和爱戴的领导人，她领导的团队积极进取、团结友爱，为社区中老年朋友提供各种服务、解决各种困难，作出了很大的贡献！现在我们的各项工作，在悉尼社团里都排在前列，我们的网站和各种广告等，都有中英文翻译同时进行。我们的财务会计、出纳，从原来的手抄登记转为电脑管理，与时俱进，加强了工作的效益，几位财务管理人员对工作认真负责，兢兢业业，一丝不苟，得到了有关部门的称赞！

President Ge, the leader of our " Multicultural Seniors Association Inc ", " Russian & Chinese Friendship Association Inc " and "Federation", is a leader respected and loved by everyone, and the team she leads is proactive, united and friendly, providing various services and solving various difficulties for middle-aged and elderly friends in the community, and has made great contributions! Now all our work is in the forefront of the Sydney community, and our website and various advertisements are translated into Chinese and English at the same time. Our financial accounting, cashier, from the original hand-copied registration to computer management, advancing with the times, strengthening the efficiency of the work, several financial management personnel to the work of serious and responsible, conscientious, meticulous, has been praised by the relevant departments!



2024年8月23日，在联友会葛会长的亲自带领下，在艺术团总团长 Nina Wang 的安排下，我们联友会的艺术团队，也报名参加了“澳大利亚东方歌舞团第五届（东方杯）国际舞蹈、模特大赛”的演出，其中龙凤飞舞艺术团获得了银奖，在众多优秀的节目中能脱颖而出，获此殊荣！值得我们大家为她们骄傲和自豪！真的可喜可贺！

On August 23, 2024, under the personal leadership of President Ge of the Multicultural Seniors Association Inc, and under the arrangement of Nina Wang, the head of the art troupe, the art team of our United Friends Association also signed up to participate in the performance of the "Australian Oriental Song and Dance



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Troupe's 5th (Oriental Cup) International Dance and Model Competition", among which the Dragon and Phoenix Flying Dance Art Troupe won the silver award, and stood out among many excellent programs and won this award! They are all worthy of our pride and pride! Really gratifying!



2024 年 8 月 23 日晚上,在好事围大剧场举行中秋晚会, 我们联友会在葛会长的安排下, 在 Nina 总团的带领下, 龙飞凤舞艺术团参加了表演, 她们的节目是模特走秀《最美是你》, 从服装到动作韵味十足, 神形兼备, 美轮美奂, 得到了观众一片掌声!

另一个是联友会 Momo 国标舞团队, 他们的舞步轻快流畅、舒展大方, 舞姿优美翩翩, 让人陶醉! 同样得到了观众的一致好评!

希望我们联友会各舞蹈团队都能经常走出去参加表演, 多排练出高质量的节目!

On the evening of August 23, 2024, the Multicultural Seniors Association Inc Gala was held at the Good Things Wai Grand Theater, under the arrangement of President Ge, under the leadership of the Nina General Troupe, the Dragon Feifeng Dance Art Troupe participated in the performance. The other is the Momo ballroom dance team of the United Friends Association, their dance steps are light and smooth, stretching and generous, and the dance posture is graceful and intoxicating! It has also received unanimous praise from the audience!

I hope that all the dance teams of our association can often go out to participate in performances and rehearse more high-quality programs!



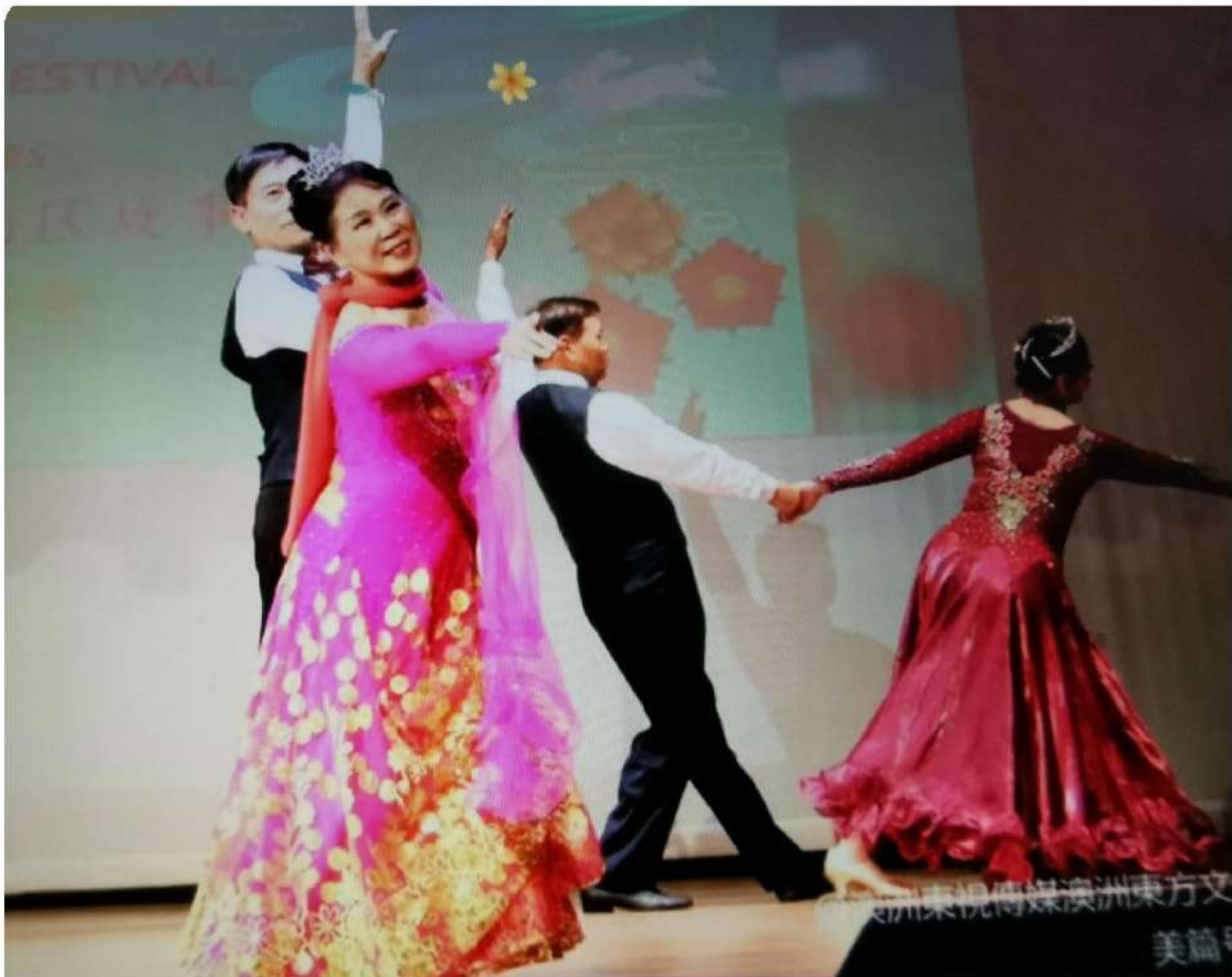
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春风序曲奏响，邀您共赏八月风华。8月25日，一场精心筹备的活动在 Arnott's Reserve, Allen St 举行。在 Trace 秘书、Nina 总团的带领下，大家如期到达了活动会场。参加了由世界和平联合会举办 Universal Peace Federation: 为支持韩国与朝鲜的和平统一，举行友情艺术交流演出。

首先由一曲悠扬动听的奥运会主题曲《手拉手》旋律响起，演出正式启幕。

节目开始首先由珊珊团队演唱《澳洲国歌》，随着激昂的歌声，观众席给出了热烈的掌声，现场气氛瞬间点燃。接着我们“联友会”所有的参演者都一一参加了艺术表演。

开心团队“蒙古舞”，把蒙古舞的热情奔放、稳健有力、挺拔豪迈的舞姿毫无保留地展现给了观众，现场发出了阵阵掌声。艳清团队的“新疆舞”，把维吾尔族含蓄、沉稳、姿态优雅优美，展现的淋漓尽致。她们的舞蹈 🏵️ 同样得到了热烈地欢迎及掌声！还有许多其它团队的表演目不暇接。

这次活动与韩国人民有了一次不同文化的交流与融合，深刻诠释了不同民族团结“一家亲”的主题，也展示出民族文化一体的底蕴和团结精神。

最后大家一同享受了美味的午餐。

感恩葛会长的安排，感谢 Tracy 秘书、Nina 总团为这次活动成功的所有付出，以及极强的责任心，还有各位团长团结一致为“联友会”争光彩的精神。谢谢各位团友的精彩纷呈地表演。感谢你们现场出色的报导。

The spring breeze overture is playing, inviting you to enjoy the elegance of August. On August 25th, a well-prepared event took place at Arnott's Reserve, Allen St. Under the leadership of Secretary Trace and Nina, everyone arrived at the event venue as scheduled. Participated in the Universal Peace Federation organized by the World Peace Federation: Friendship and art exchange performances in support of the peaceful reunification of South Korea and North Korea.

First of all, the melody of the melodious Olympic theme song "Hand in Hand" sounded, and the performance officially began. At the beginning of the program, the Shanshan team sang the "Australian National Anthem", and with the passionate singing, the audience gave warm applause, and the atmosphere was instantly ignited. Then all the participants of our "Friendship Association" participated in the art performance one by one.

The happy team "Mongolian Dance" showed the enthusiasm, steady and powerful, upright and heroic dance of Mongolian dance to the audience without reservation, and the scene gave a round of applause. The "Xinjiang Dance" of the Yanqing team shows the Uygur people's subtle, calm, elegant and graceful posture to the fullest. Their dance 🏵️ was also warmly welcomed and applauded! There are many other teams that will be dizzying.

This event had an exchange and integration of different cultures with the Korean people, profoundly interpreted the theme of "one family" of different ethnic groups, and also showed the heritage and unity spirit of national culture. Finally, everyone enjoyed a delicious lunch together.

I would like to thank President Ge for the arrangement, Secretary Tracy and Nina for all their efforts to make this event a success, as well as their strong sense of responsibility, as well as the spirit of unity and unity for the "United Friends Association". Thank you for your wonderful performance. Thank you for your excellent coverage on the spot.





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8月25日，在Strathfield火车站广场，举办了为华人议员助选活动。我们联友会有"花样年华艺术团"和"绽放时尚艺术团"，参加了这次活动。在联友会葛会长的领导下，各个艺术团参加义演热情高涨，在团长Jenny Zhou和Millie的带领下，在老师Melissa的亲自指挥下，大家积极参与社区义演，演出非常成功！

On August 25, an election event for Chinese parliamentarians was held at Strathfield Railway Station Square. Our Multicultural Seniors Association Inc "In the Mood for Love Art Troupe" and "Blooming Fashion Art Troupe" participated in this event. Under the leadership of President Ge of the United Friends Association, the enthusiasm of the art troupes to participate in the charity performance was high, and under the leadership of the troupe leaders Jenny Zhou and Millie, under the personal command of the teacher Melissa, everyone actively participated in the community charity performance, and the performance was very successful!





下面给大家介绍二个艺术团队活动情况：“龙飞凤舞艺术团”、“开心快乐艺术团”。

following is an introduction to the activities of two art teams: "Dragon Flying Phoenix Dance Art Troupe" and "Happy and Happy Art Troupe".

龙飞凤舞艺术团，在 Nina Wang 总团长的带领下，学员们怀着对舞蹈的热爱，克服种种困难，她们都从各个社区，赶到 Berala Community Centre 参加排练，当优美的音乐响起，伴着动感的节拍，她们犹如年轻的姑娘尽情的跳舞，充满了灵动和韵律，身姿轻盈优美，让人感到欢快和愉悦！她们还积极参与社区义演，只要那个社区需要演出，总团长 Nina 都会亲自带领大家积极投入，得到社区领导和观众的一致好评！这次参加东方歌舞团第五届国际舞蹈、模特大赛，还得了银奖，为她们演出成功点赞！

Dragon Flying Phoenix Dance Art Troupe, under the leadership of Nina Wang, the students have a love for dance, overcome all kinds of difficulties, they are from various communities, rushed to Berala Community Centre to participate in rehearsals, when the beautiful music sounds, accompanied by dynamic beats, they are like young girls dancing to their heart's content, full of agility and rhythm, light and graceful, making people feel cheerful and happy! They also actively participate in community charity performances, as long as the community needs to perform, the head of the troupe Nina will personally lead everyone to actively participate, which has been well received by community leaders and audiences! This time, they participated in the 5th International Dance and Model Contest of the Oriental Song and Dance Troupe, and also won the silver award, praising their successful performance!



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开心快乐艺术团，在团长开心的带领下，在舞蹈老师 Brenda 的亲自示范指导下，学员们学跳各种民族舞的积极性很高，团长开心不但自己每次很早到 Granville Town Hall 排练场，还非常关心下面的学员们，每次为大家准备各种小点心和水果，让大家安心排练！

她们无论学跳什么民族舞，都能通过身体的律动和把对音乐的理解，有规律地表现出来，构成舞蹈独有的情味和意味。她们还积极参与社区义演。观众反应非常好！值得发扬光大！

Happy Happy Art Troupe, under the leadership of the head of the troupe, under the personal demonstration and guidance of the dance teacher Brenda, the students are very enthusiastic about learning to dance various ethnic dances, and the head of the troupe is happy not only to go to the Granville Town Hall rehearsal hall very early every time, but also cares very much about the students below, and prepares various snacks and fruits for everyone every time, so that everyone can rehearse with peace of mind!

No matter what folk dance they learn, they can express it regularly through the rhythm of their bodies and their understanding of music, which constitutes the unique flavor and meaning of dance. They also actively participate in community performances. The response from the audience was very good! It's worth carrying forward!





我们联友会在葛会长和窦会长的领导下，通过全体义工们的努力，以及各舞蹈艺术团在团长们的带领下，大家步调一致，协同奋进！明天一定会更美好！

We Multicultural Seniors Association Inc of President Ge and President Dou, through the efforts of all the volunteers, and under the leadership of the **leaders** of the dance art troupes, everyone is in step and forges ahead together! Tomorrow will be better!

Cumberland Council 社区资助项目，我们让本区管辖范围内的全体成员都收获颇丰：大家可以通过我们的网站看到：

今年，我们有：

- 1) 英语学习班，52 周，450 人次。
- 2) 手机学习班，50 周，600 人次。
- 3) 初级舞蹈班，52 周，14006 人次。
- 4) 交谊舞班，52 周，13020 人次。
- 5) 艺术团体排练，50 周，2566 人次
- 6) 联友会新成立艺术团体排练 5920 人次
- 7) 新成立唱歌班 1990 人次
- 8) 新成立乐队 1000 人次

我们中老年联友会，澳洲中俄后裔友谊会的会员们，通过参与各种活动对身心健康、社交生活、认知能力等方面都有了显著的提高。他们增强了记忆，延缓了衰老，同时也找到新的生活乐趣，实现了“老有所乐、老有所为”。

- a. 通过学习英语，很多老人可以简单的与各个国家朋友打招呼和交流，在商场购物时知道简单的生活用品购买。
- b. 通过手机课的学习，中老年会员们学会了使用 AI 智能功能，AI 游戏，手机拍照，小视频制作，网上购物，上网搜索自己生活所需要的知识。
- c. 我们开展初级舞蹈班，通过舞蹈班的学习，提升了生活的兴趣，促进了身体的健康，丰富了社交活动，很多 80 岁以上的老人还在跳舞，舞蹈给他们的生活增添了乐趣！
- d. 交际舞班，为了方便各个区域的中老年会员们能顺利地融入澳洲社会，参加各区的各项活动，我们在悉尼各个区域向各个 Council 租用了活动的场地，成立了义工团体为会员们服务，使得中老年会员们有了结交朋友的平台。
- e. 艺术团体的排练，他们经常义务无赏的到老人院和各个区域社区表演，丰富了当地的文化生活。
- f. 新成立艺术团体为今年 10 月份的舞蹈大赛练出更加精湛的艺术作品，为社区文化准备添加精彩的舞蹈来丰富社区的文化生活。
- g. 唱歌班，中老年人们找到了自己的组织团体，并融入了澳洲的社会，他们发挥自己的爱好，通过唱歌放松情绪，舒展在他乡的情怀，促进人际互动，防止老年痴呆。
- h. 乐队学习，他们通过音乐学习和理解乐谱，培养情感的表达，拓宽视野，广交朋友，增加了成就感，增强了记忆，锻炼了大脑和手指。

通过以上开展的多种多样的业余文化生活，中老年会员们有了健康的体魄，神采奕奕的生活状态，即为国家减轻了负担，减少了医药费、又减轻了子女们的精神负担，给家庭和社会带来了和谐及幸福快乐！给自己带来了生命质量的尊严！！！！

详细地址	仅一年的汇报	具体活动时间	每次参加活动具体人数	全年活动次数	各场地活动具体内容
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	04/11/2024 03/11/2025	每周一: 从下午 1:30 点至下午 2:30 点	49 周*12=588 人次	全年活动: 49 周	中级班: 巫兰香老师教授舞蹈
1 Memorial Drive Granville NSW 2166 Granville Community Centre	04/11/2024 03/11/2025	每周一: 从上午 9:30 点至 11:30 点	51 周*75=3825 人次	全年活动: 52 周	中老年人 交际舞会
10 Carton St Granville Town Hall	05/11/2024 04/11/2025	每周二: 从上午 9:30 点至 11:30 点	52 周*20=1040 人次	全年活动: 52 周	中级班国标舞: 王树老师教授
1 Susan St Auburn NSW 2144	05/11/2024 04/11/2025	每周二: 下午 1:00 点至 3:30 点	49 周*32=1568 人次	全年活动: 49 周	老师教授
10 Carton St Granville Town Hall	05/11/2024 04/11/2025	每周二: 从上午 9:30 点至下午 12:00 点	49 周*20=980 人次	全年活动: 49 周	蓝花楹合唱团 排练
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	05/11/2024 04/11/2025	每周二: 从上午 9:30 点至下午 12:00 点	48 周*12=576 人次	全年活动: 48 周	联友会水兵舞团 排练
1 Susan St Auburn NSW 2144	06/11/2024 05/11/2025	每周三, 从上午 9:30 点至下午 12:00 点	48 周*22=1056 人次	全年活动: 48 周	联友会交际舞会
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	每周三: 从上午 9:30 点至下午 12:00 点	52 周*=1352 人次	全年活动: 52 周	联友会艺术团 排练
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	06/11/2024 05/11/2025	每周三: 从上午 9:30 点至下午 12:00 点	52 周*=642 人次	全年活动: 52 周	联友会茉莉花团 排练
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	每周三: 从上午 9:30 点至下午 12:00 点	50 周*=450 人次	全年活动 50 周	英语班: 中老年人学习
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	每周三: 从上午 9:30 点至下午 12:00 点	50 周*=600 人次	全年活动 50 周	手机应用班: 中老年人学习
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	每周三: 从下午 12:00 点至下午 2:00 点	50 周*=600 人次	全年活动 50 周	联友会开心艺术团 排练
98-104 Woodburn Rd Berala NSW2141,	07/11/2024 06/11/2025	每周四:	52 周*=572 人次	全年活动 52 周	联友会艺术团 排练

Berala Community Centre		从上午 11:00 点至下午 1:00 点			
10 Carton St Granville Town Hall	07/11/2024 06/11/2025	每周四: 从上午 9:30 点至下午 12:00	52 周*=936 人次	全年活动 52 周	联友会花样年华艺术团排练
1 Memorial Drive Granville NSW 2166 Granville Community Centre	07/11/2024 06/11/2025	每周四: 从上午 9:30 点至 11:30 点	52 周*=4569 人次	全年活动 52 周	中老年人交际舞会
1 Memorial Drive Granville NSW 2166 Granville Community Centre	08/11/2024 07/11/2025	每周五: 从上午 9:30 点至 11:30 点	50 周*=3959 人次	全年活动 52 周	中老年人交际舞会
1 Memorial Drive Granville NSW 2166 Granville Community Centre	08/11/2024 07/11/2025	每周五: 从晚 7:30 点至晚 10:00 点	49 周*=1862 人次	全年活动 49 周	联友会舞蹈培训班
303 Mauriceville Town Hall NSW	05/11/2024 04/11/2025	每周二: 上午 9:30 点至晚 5:30 点	49 周*=560 人次	全年活动 49 周	联友会花样年华艺术团排练
165 Homebush Rd Strathfield NSW 2134	06/11/2024 05/11/2025	每周五 上午 9:30 点至 11:30 点	49 周*=560 人次	全年活动 49 周	艺术团排练
Crn of Railway Pde & McBurney Rd Cabramatta Community Centre NSW 2166	05/11/2024 04/11/2025	每周二: 从上午 9:30 点至下午 12:00 点	50 周*=600 人次	全年活动 50 周	联友会居家养老服务活动中心活动, 有接送老人, 午餐及麻将棋类活动等等
1a bates St Homebush	05/05/2025 07/05/2025	每周一: 从上午 10 点至下午 12 点	9 周*=90 人次	2 个月活动 9 周	花样年华艺术团
Pennant hills community centre: Ramsay Rd, Pennant Hills NSW 2120	07/05/2025 02/07/2025	每周三: 从上午 11:30 点至下午 1:30 点	8 周*=160 人次	2 个月活动 8 周	联友会舞会

303 Marrickville Town Hall	07/01/2025 06/01/2026	每周二: 从上午 10:00 点至下午 12:00 点	48 周*15 =720 人次	全年活动 48 周	联友会花样年华艺术团排练
107Crystal St Petersham NSW 2204	09/01/2025 08/01/2026	每周四: 从上午 9:30 点至 11:30 点	49 周*10 =490 人次	全年活动 49 周	联友会蓝花楹艺术团排练
303 Marrickville Town Hall	14/01/2025 13/01/2026	每周二: 从上午 10:00 点至下午 12:00 点	50 周*20 =1000 人次	全年活动 50 周	联友会乐队排练
Beecroft Community Centre	16/01/2025 15/01/2026	每周四: 从上午 10:00 点至 12:00 点	49 周*20 =980 人次	全年活动 49 周	联友会幻想曲艺术团排练
Beecroft Community Centre	23/01/2025 22/01/2026	每周四: 从上午 10:00 点至 12:00 点	50 周*20 =1000 人次	全年活动 50 周	联友会舞厅舞会

1-3 William St Lidcombe	03/06/2024 02/06/2025	每周一: 上午 9:30 点至下午 12:30 点	48 周*15 =720 人次	全年活动 48 周	联友会舞蹈艺术团排练
1-3 William St Lidcombe	04/06/2024 03/06/2025	每周二: 从上午 9:30 点至下午 12:30 点	50 周*10 =500 人次	全年活动 50 周	联友会学唱歌班
1-3 William St Lidcombe	03/06/2024 02/06/2025	每周一: 下午 1:00 点至下午 3:00 点	40 周*10 =400 人次	全年活动 40 周	联友会学唱歌班
1-3 William St Lidcombe	03/06/2024 02/06/2025	每周一: 晚上 6:00 点至 8:00 点	50 周*20 =1000 人次	全年活动 50 周	联友会青思歌亲合艺术团学唱歌班
1-3 William St Lidcombe	07/06/2024 06/06/2025	每周五: 从上午 9:30 点至 12:30 点	48 周*15 =720 人次	全年活动 48 周	联友会舞蹈艺术团排练
Pennant Hill Community Centre	01/01/2025 31/12/2025	每周三: 从下午 12:30 点至下午 3:00 点	51 周*30 =1530 人次	全年活动 51 周	联友会舞蹈艺术团排练
Beecroft Community Centre	06/01/2025 05/01/2026	每周一: 上午 10:00 点至下午 12:00 点	49 周*20 =980 人次	全年活动 49 周	联友会舞蹈艺术团排练
Auburn Community Centre	06/01/2025 05/01/2026	每周一: 下午 2:00 点至下午 4:00 点	51 周*10 =510 人次	全年活动 51 周	联友会蓝花楹艺术团排练

Cumberland Council's community funding program has benefited all members within our jurisdiction: everyone can see on our website that this year we have:

- 1) English learning classes, 52 weeks, 450 participants.
- 2) Mobile learning classes, 50 weeks, 600 participants.
- 3) Beginner dance classes, 52 weeks, 14,006 participants.
- 4) Social dance classes, 52 weeks, 13,020 participants.
- 5) Art group rehearsals, 50 weeks, 2,566 participants.
- 6) New art group rehearsals by the Friendship Association, 5,920 participants.
- 7) New singing class, 1,990 participants.
- 8) New band, 1,000 participants. Through learning the English language, many elderly people no longer rely on their children's help when shopping in stores!

Multicultural Seniors Association Inc & Australian Russian & Chinese Friendship Association Inc, have significantly improved their physical and mental health, social lives, and cognitive abilities through various activities. They have enhanced their memory, slowed down aging, found new sources of enjoyment in life, and achieved the goals of 'enjoying one's later years' and 'making contributions in one's later years'.

By learning English, many elderly people can greet and communicate with friends from various countries, and know how to buy simple daily necessities when shopping at malls. Through mobile phone lessons, middle-aged and elderly members learned to use AI smart functions, AI games, mobile photography, short video production, online shopping, and internet searches for knowledge needed in their daily lives. We offer beginner dance classes; through these classes, they have enhanced their interest in life, promoted physical health, enriched social activities, and many seniors over 80 years old are still dancing, adding joy to their lives! For the convenience of middle-aged and elderly members from different areas smoothly integrating into Australian society and participating in various activities in each district, we rented activity venues from various councils in Sydney's different regions and established volunteer groups to serve the members, providing them with a platform to make friends.

Rehearsals by art groups, who often perform for free at nursing homes and various community areas,

Address	Start to end	Training time	Number of Attendance	Number of activities per week	Activity content
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	04/11/2024 03/11/2025	EVERY Monday From 1:30 pm to 2:30 pm	588 People	49weeks	Dancing Class's
1 Memorial Drive Granville NSW 2166 Granville Community Centre	04/11/2024 03/11/2025	EVERY Monday From 9:30 am To 11:30 am	3825 people	52weeks	Ballroom dancing
10 Carton St Granville Town Hall	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 11:30 am	832 people	52 weeks	Dancing Class's
1 Susan St Auburn NSW 2144	05/11/2024 04/11/2025	Every Tuesday From 1:00 pm to 3:30 pm	1568 people	49 Weeks	Dancing Class's for Beginner
10 Carton St Granville Town Hall	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 12:00 pm	980 people	49Weeks	Senior Citizens Choir
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 12:00 pm	576 People	48 Weeks	Dancing Class's for Beginner
1 Susan St Auburn NSW 2144	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	1056 people	48 Weeks	Ballroom dancing for elderly
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	1352 people	52 Weeks	Art troupe rehearsal
3 Bridge St Lidcombe NSW 2141 Lidcombe Community Centre	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	642 People	52 Weeks	Art troupe rehearsal
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	450 People	50 Weeks	English Class's
10 Carton St Granville Town Hall	06/11/2024 05/11/2025	Every Wednesday From 9:30 am to 12:00 pm	600 People	50 Weeks	How to use mobile class For Elderly

10 Carton St Granville Town Hall	06/11/2024 05/11/2025	Every Wednesday: From 12:00pm to 2:00pm	600 People	50 weeks	Happy Art Troupe rehearsal
98-104 Woodburn Rd Berala NSW2141, Berala Community Centre	07/11/2024 06/11/2025	Every Thursday From 11:00 am to 1:00 pm	572 People	52 Weeks	Art troupe rehearsal
10 Carton St Granville Town Hall	07/11/2024 06/11/2025	Every Thursday From 9:30 am to 12:00 pm	936 People	52 Weeks	Art troupe rehearsal
1 Memorial Drive Granville NSW 2166 Granville Community Centre	07/11/2024 06/11/2025	Every Thursday From 9:30 am to 11:30 pm	4569 People	52 Weeks	Ballroom dancing for elderly
1 Memorial Drive Granville NSW 2166 Granville Community Centre	08/11/2024 07/11/2025	Every Friday From 9:30 am to 11:30 pm	3959 People	52 Weeks	Ballroom dancing for elderly
1 Memorial Drive Granville NSW 2166 Granville Community Centre	08/11/2024 07/11/2025	Every Friday From 7:30 pm To 10:00 pm	1862 People	49 Weeks	Dancing Class's for Beginner
303 Mauriceville Town Hall NSW	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 5:30 pm	560 People	49 Weeks	Art troupe rehearsal
165 Homebush Rd Strathfield NSW 2134	06/11/2024 05/11/2025	Every Friday From 9:30 pm To 11:30 pm	560 People	49 Weeks	Art troupe rehearsal
Crn of Railway Pde & McBurney Rd Cabramatta Community Centre	05/11/2024 04/11/2025	Every Tuesday From 9:30 am to 12:30 pm	600 People	50 Weeks	Home Care Package for Elderly Activities pick up & takes them to their home.
1a bates St Homebush	05/05/2025 07/07/2025	Every Monday from 10 am to 12 pm	90 People	2 months active for 9 weeks	In the Mood for Love Art Troupe
Pennant hills community centre: Ramsay Rd, Pennant Hills NSW 2120	07/05/2025 02/07/2025	Every Wednesday: From 11:30am to 1:30pm	160 people	2 months active for 8 weeks	Multicultural seniors' association

1-3 William St Lidcombe	03/06/2024 02/06/2025	Monday from 9:30 am to 12:30 pm	720 People Attend	48weeks	Multicultural Seniors Association's Dance Art Troupe is rehearsing.
1-3 William St Lidcombe	04/06/2024 03/06/2025	Tuesday from 9:30 am to 12:30 pm	500 People Learn to sing	50weeks	Multicultural Seniors Association's study class is in session
1-3 William St Lidcombe	03/06/2024 02/06/2025	Monday from 1:00 pm to 3:00 pm	490 People Learn to sing	49weeks	Multicultural Seniors Association's Voice Learning Class is in session
1-3 William St Lidcombe	03/06/2024 02/06/2024	Monday form 6:00 pm to 8:00 pm	1000 People practice singing songs.	50 weeks	Multicultural Seniors Association's The Qingsi Song Affinity Art Troupe is rehearsing.
1-3 William St Lidcombe	07/06/2024 06/06/2025	Friday from 9:30 am to 12:30 pm	720 people attended the rehearsal.	48 weeks	Multicultural Seniors Association's Rehearsal for the Dance Art Troupe
Pennant Hill Community Centre	01/01/2025 31/12/2025	Wednesday form 12:30 pm to 3:00 pm	1530 People	51 weeks	Multicultural Seniors Association's Senior social dance event
Beecroft Community Centre	06/01/2025 05/01/2026	Monday from 10:00 am 12:00 noon	980 People	49 weeks	Multicultural Seniors Association's Senior social dance event
Auburn Community Centre	06/01/2025 05/01/2026	Monday from 2:00 pm to 4:00 pm	510 People	51 weeks	Multicultural Seniors Association's The middle-aged and elderly jacaranda art troupe is rehearsing

303 Marrickville Town Hall	07/01/2025 06/01/2026	Tuesday from 10:00 am to 12:00 noon	720 People	48 weeks	Multicultural Seniors Association's The Zhonglao Hua Yang Nian Hua Art Troupe is rehearsing
107 Crystal St Petersham NSW 2204	09/01/2025 08/01/2026	Thursday From 9:30 am To 11:30 am	490 People	49 weeks	Multicultural Seniors Association's Jacaranda Art Troupe rehearsal
303 Marrickville Town Hall	14/01/2025 13/01/2026	Tuesday from 10:00 am to 12:00 noon	1000 People	50 weeks	Multicultural Seniors Association's band is rehearsing.
Beecroft Community Centre	16/01/2025 15/01/2026	Thursday from 10:00 am to 12:00 noon	980 People	49 weeks	Multicultural Seniors Association's Rehearsal for the Fantasia Art Troupe
Beecroft Community Centre	23/01/2025 22/01/2026	Thursday from 10:00 am to 12:00 noon	1000 People	50 weeks	Multicultural Seniors Association's Ballroom dance party



12月19日，一场温馨而隆重的圣诞联欢会在联友会和中俄后裔会的共同主办下隆重举行。这次盛会邀请了市政要员和部分社团领导，使得活动更加具有社会影响力。

在会议期间，市长感慨地表示，这是他到目前为止见到的最 **COLOURFUL PARTY**。这个由葛会长领导的联友会和中俄后裔会领导团队策划的圣诞联欢会为整个社区注入了一股温暖和喜庆的氛围。

活动以澳洲国歌奏响拉开序幕，随后各艺术团的歌唱和舞蹈表演隆重上演，将整个联欢会气氛推向高潮。这些表演不仅展示了华人社区的艺术才华，更是澳洲华人热爱澳洲和多元文化真挚的表达。各民族中老年联友会和中俄后裔友谊会在异国他乡成为中老年华人温馨的家园，为他们提供了各种文化交流辅导，参与澳洲社会起到了重要帮助与支持作用。

特别感谢葛会长联友会和中俄后裔会的众多组织者以及志愿者们辛勤付出！他们为这次活动的成功举办提供了坚实有力的支持。他们的不懈努力不仅在表演和组织上有目共睹，更在传递社区温暖、凝聚华人力量上起到了重要作用。

展望未来，我们期待明年的联友会能够更上一层楼，继续成为在澳中老年华人共度欢乐时光的重要平台。通过每年多次各项的联欢活动，将澳洲的中老年华人更加紧密团结在一起，传承中华文化，热爱澳洲多元化生活，为更美好的未来共同努力。

On December 19, a festive Christmas celebration was organized through the collaborative efforts of the Multicultural Seniors Association Inc & Russian Chinese Friendship Association Inc Dignitaries from the

municipal administration and Cumberland City Council Mayor Lisa Clr, graced the occasion, amplifying its societal impact.

The mayor, visibly moved, described the event as the most vibrant he had witnessed. The meticulous planning of the Christmas party by the Multicultural Seniors Association Inc & Russian Chinese Friendship Association Inc, under the guidance of President Agathia Ge, infused a warm and jubilant spirit throughout the community.

The event commenced with the rendition of the Australian national anthem, followed by captivating song and dance performances by various art troupes, culminating in an electrifying atmosphere. These presentations not only showcased the artistic prowess of the Chinese community but also expressed the genuine affection of Australian Chinese for Australia and its multicultural ethos. The Multicultural Seniors Association Inc & Russian Chinese Friendship Association Inc and Elderly People of All Nationalities have evolved into nurturing havens for middle-aged and elderly Chinese residents in this foreign land, providing them with diverse cultural exchange programs and playing a pivotal role in assisting and fostering their integration into Australian society.

Multicultural Seniors Association Inc & Russian Chinese Friendship Association Inc

Our heartfelt gratitude extends to the organizers and volunteers of President Ge's for their unwavering dedication. Their concerted efforts not only shone through in the flawless execution and coordination of the event but also served as a conduit for community warmth and a unifying force for the Chinese populace.

Looking ahead, we aspire for the forthcoming Friendship Association to ascend to greater heights and continue serving as a pivotal platform for fostering the camaraderie of middle-aged and elderly Chinese residents in Australia. Through a myriad of annual events and diverse initiatives, the middle-aged and elderly Chinese residents in Australia. Through a myriad of annual events and diverse initiatives, the middle-aged and elderly Chinese community in Australia will forge stronger bonds, uphold the legacy of Chinese culture, embrace the diverse tapestry of Australian life, and collaborate towards a brighter future.



联友会在 2024 年春节期间, **STRATHFIELD COUNCIL MAYA CLR KAREN** 在庆祝春节联欢会上致辞, 说我们社团为社会和华人团体做出了巨大的贡献.

2024 Chinese New Year, Strathfield Council Maya CLR Karen delivered a speech at the celebration of the Chinese New Year, saying that our MSA has made great contributions to the society and the Chinese community



联友会在成立 10 周年庆典期间, CITY OF SYDNEY DEPUTY MAYOR – JESSICA D ARIENZO (LABOR) 致辞, 称赞我们有悉尼顶级的艺术团体.

During the 10th anniversary celebration of the Multicultural Seniors Association Inc, City of Sydney Deputy Mayor – Jessica D Arienzo (labor) Speech, praising us for having Sydney's top arts group.

澳大利亚华人华侨暨友好人士热烈庆祝 中澳友好三喜宴会 中国国庆75周年 澳华协会50周年 中秋佳节



这是华协会 2024 年九月份庆祝三喜宴会活动各个社团全体首领合影.

This is a group photo of all the leaders of each of the Chinese Association in September 2024 to celebrate the Sanxi Activities



2024 年 9 月联友会庆祝中秋节活动, 由各个艺术团体的精彩节目表演和义工们精心制作的美味佳肴, 这是实况照片的一角。

In September 2024, the Multicultural Seniors Association Inc celebrated the Mid-Autumn Festival, with wonderful performances by various art groups and delicious dishes prepared by volunteers, which is a corner of the live photos.



2024 年联友会庆祝中秋佳节, 全体理事, 艺术团长和老师合影留念。

In 2024, the WSA Association celebrates the Mid-Autumn Festival, and all the directors, art troupe leaders and teachers took a group photo.



这是东方歌舞团郑丽莉团长第五届东方杯国际舞蹈旗袍大赛颁奖典礼，联友会葛会长被邀请参加剪彩并致辞。

This is the award ceremony of the 5th Oriental Cup International Dance Cheongsam Competition by Zheng Lili, the head of the Oriental Song and Dance Troupe. Multicultural Seniors Association Inc President Ge was invited to attend the ribbon-cutting and deliver a speech.



2024 年 5 月 2 日星期四 Cumberland Council 活动咨询委员会会议参加人员合影
Events Advisory Committee Meeting Thursday, 2 May 2024 Cumberland Council Group
photo of participants at the event advisory committee meeting

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Tracy Wu: 0416 196 362

葛英蘭会长 President: 0416 824 699



2024 年联友会参加 Strathfield Council 文艺演出, 由 Nina 团队, 开心团队和花样年华团队参加并与 Karen 市长合影留念.

In 2024, the Multicultural Seniors Association Inc participated in the Strathfield Council theatrical performance, which was attended by Team Nina, Team Happy and Fantasia Team and took a photo with Mayor Karen.

感言与致谢 | Acknowledgments

2025 年，是联友会砥砺前行、精彩纷呈的一年。我们深深感谢每一位参与、支持、奉献的朋友。正是因为有了你们的辛勤努力、热情投入与默默付出，才让我们的活动如此温馨、动人、圆满。

特别感谢葛英蘭会长的卓越领导、各位团长的辛苦组织，以及义工们无私的服务；也感谢每一位舞台上发光的演员和背后默默耕耘的支持者。

因为有你，联友会更美好。让我们带着热爱，继续携手前行！

The year 2025 has been one of growth, joy, and cultural brilliance for MSA. We extend our heartfelt thanks to everyone who participated, supported, and contributed their time, talent, and passion.

We are especially grateful to President Yinglan Ge for her visionary leadership, to all troupe directors for their tireless dedication, and to every volunteer, performer, and silent supporter behind the scenes.

It is because of you that our journey shines so brightly. Let us move forward together—with love, with purpose, with pride.

以上是各民族中老年联友会 2024 年 6 月 30 号到 2025 年 7 月 1 号的工作总结, 在这里感谢一年里所有义工们的辛勤付出, 所有老师们的辛勤耕耘, 所有艺术团体辛苦排练后的精彩表演, 所有舞厅经理的管理付出, 感谢大家庭会员们共同团结携手前进. 使得我们的团队在悉尼各个 Council 市政府有着非同凡响的优异成绩. 我们总结一年的工作经验, 发扬光大好的方面, 克服不足之处. 让我们在即将到来新的 2005 年工作中做得更好更加完善, 谢谢!!!

The above is a summary of the work of the Multicultural Seniors Association Inc from June 30, 2024 to July 1, 2025, and I would like to thank all the volunteers for their hard work in the past year, all the teachers for their hard work, all the wonderful performances after the hard rehearsal of all art groups, the management and dedication of all the dance hall managers, and thank the members of the big family for uniting and moving forward together. This has enabled our team to have an outstanding track record in various council councils in Sydney. We summarize the work experience of the year, carry forward the good aspects, and overcome the shortcomings. Let us do **better** and better in the new year 2005, thank you!!!

封底寄语 | Closing Words

年度回顾是一种致敬, 是对努力的铭记, 是对未来的展望。愿我们每一次携手, 都成为彼此生命中闪亮的片段。——联友会 2025

A year-end report is not just a summary—It is a tribute to our journey and a vision for the future. May every moment we share continue to light the path ahead. —MSA 2025