



# INDOCHINESE AGED CARE SERVICES

印支高齡服務中心

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2024年 季刊

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## From the editors 簡介

Hi readers,

welcome to our newsletter!

Hope everyone stay safe and wish you all the best! In this quarterly issue, let's review the interesting things that happened in the past three months.

各位讀者們，

歡迎閱讀我們的季度時事通訊！

希望大家注意安全並祝大家一切順利！本期季刊，我們來回顧過去三個月發生的趣事。

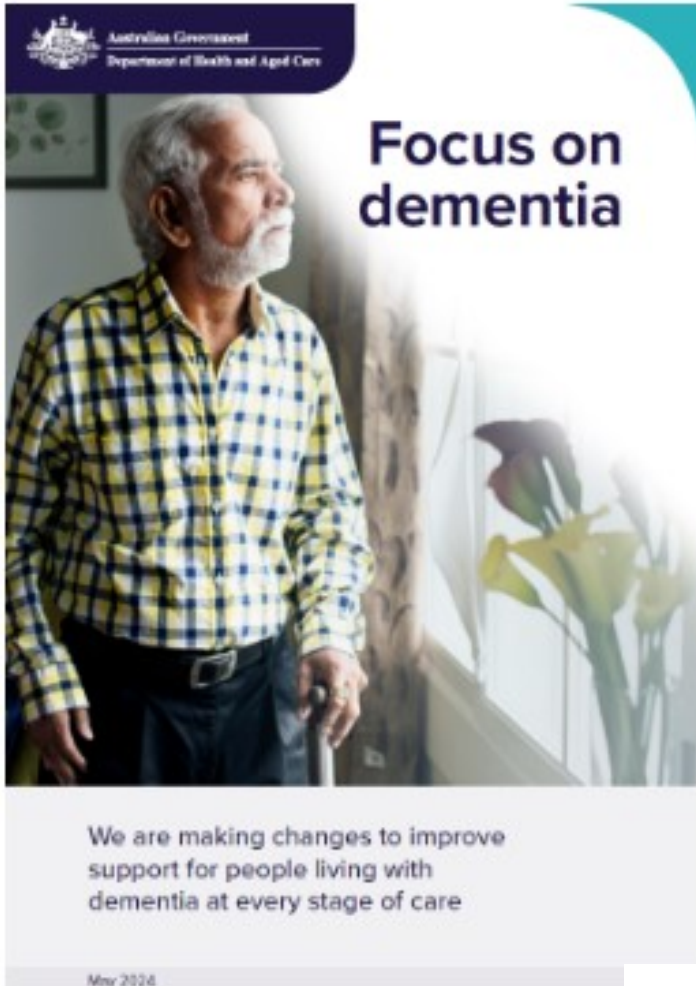
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## Related Recommendation 相關推薦



This booklet provides an overview of the Department of Health and Aged Care's initiatives and programs to support people living with dementia, their carers and families.

本小冊子概述了衛生和老年護理部為支持癡呆症患者及其照護者和家人而採取的舉措和計劃。

Source:  
<https://www.health.gov.au/resources/publications/focus-on-dementia-may-2024-booklet?language=en>



## Upcoming 節目預告

July 七月份	August 八月份	September 九月份
Christmas in July 七月聖誕	Hungry Ghost Festival 盂蘭節	Father's Day 父親節 Mid-Autumn Festival 中秋節 Double Ninth Festival 重陽節

## Facility Announcements 院舍公告

- The repainted of the deck outside the fish pond had completed in June 2024.
- 魚池外的甲板于2024年6月完成重新粉刷已於。
- Regarding Rapid Antigen Testing, starting from Monday, 24/06/2024, visitors will be required to present their rapid test results within 72 hours (3 days). We will no longer offer rapid tests on-site. Visitors are encouraged to conduct the test at home, take a photo of the result, and show it to our reception.
- 關於快速抗原檢測，從2024年6月24日星期一開始，訪客將被要求**在72小時（3天）**內出示快速檢測結果。我們將不再提供現場快速測試。我們鼓勵訪客在家中進行測試，拍攝結果照片並將

其展示給我們的接待處。



# Birthday Party 生日會



Happy Birthday to the residents!

祝各位壽星生日快樂，龍馬精神！



*Best Wishes*



# Happy Easter 復活節快樂



## Qing Ming

清明拜神



## Mother's Day Celebration 慶祝母親節



## Birthday of Buddhist 佛誕日



# Dragon Boat Festival worship Buddha

端午節拜神



# Dragon Boat Festival Art craft

端午節手工

On this festival, residents were happy to participate in the worship Buddha and art craft folding activities, they also enjoyed the delicious Zongzi.

院友們在這個節日參加了拜神儀式和手工活動，并且享用了美味的粽子。



# HEALTH TALK

## Health Talk 健康講座

The residents actively participated in the health talk given by manager and staff and benefited a lot.

由經理和員工講解的健康講座，各位院友積極參與，獲益良多



## Gentle Exercise 輕量運動



30 minutes of gentle exercise every day is very beneficial to physical and mental health.

每天堅持30分鐘輕量運動，十分有益於身心健康。





## Food Preparation 烹飪班



Our residents are skilled cooks, making wontons, crispy puff, and sticky rice zongzi are all a breeze.

我們的院友都是廚藝巧手，包雲吞、包酥角、包粽子，統統不在話下。



## Outing 戶外活動



Bus outing to Nantian Temple in April. The weather is fine and there is delicious vegetarian food for lunch.

All the participants were very happy.

4月份戶外活動去南天寺，風和日麗，有美味齋菜，各位參加者十分開心。



## Outing 戶外活動

Bus outing to Mingyue Lay Temple in May, worship Guanyin, burn incense and eat vegetarian food.

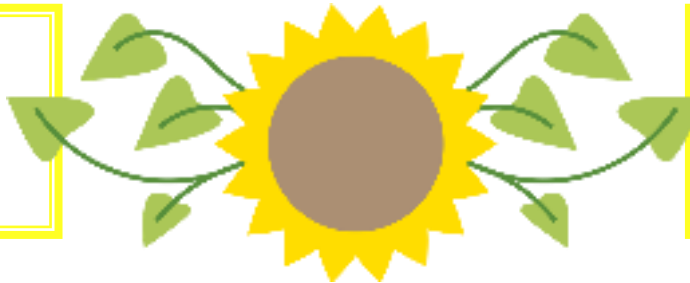
5月份戶外活動去明月居士林，拜觀音，上香和吃齋飯。



## Outing 戶外活動



Abundant lunch  
at Choi Fook res-  
taurant in June.



6月份戶外活動齊齊  
去彩福餐館吃大餐！



## Garden Leisure

曬太陽



## Community Group Visit 義工團到訪



S.H.LK Chinese Opera



Joy's singing group



Jun & Lin singing group



Mikki Lim singing group



Lee & Lisa singing group



# Community Group Visit 義工團到訪



Sky Melody



Polly Performing Art



鄭美玲 singing group



Sydney Love Dancing



# Sydney Lions' Club visit

悉尼獅子會到訪



Making  
donation  
捐款儀式



Singing  
Perfor-  
mance  
歌唱表演

# Spiritual Support 心靈關懷

## Buddhist chanting group



## Bible group



## Beverly Hill Church group





## Group Activity 小組活動



Let's have fun together!  
邀請各位院友一起動起來



## Group Activity 小組活動



# Leisure Time 休閒時光



Beading 串珠



Doll Therapy 娃娃



Colour Caps sorting  
顏色蓋分選



Ball Aiming 投籃遊戲



Beans sorting  
豆類分選



Exercise  
腳部運動



Colouring  
上顏色



## Leisure Time 休閒時光

Folding 整理東西



Reading Newspaper  
讀報紙



Watching YouTube  
看視頻

Sorting Colour 顏色分類



Puzzle 拼圖



Exercise with Physio  
戶外運動



Play Chess 下棋

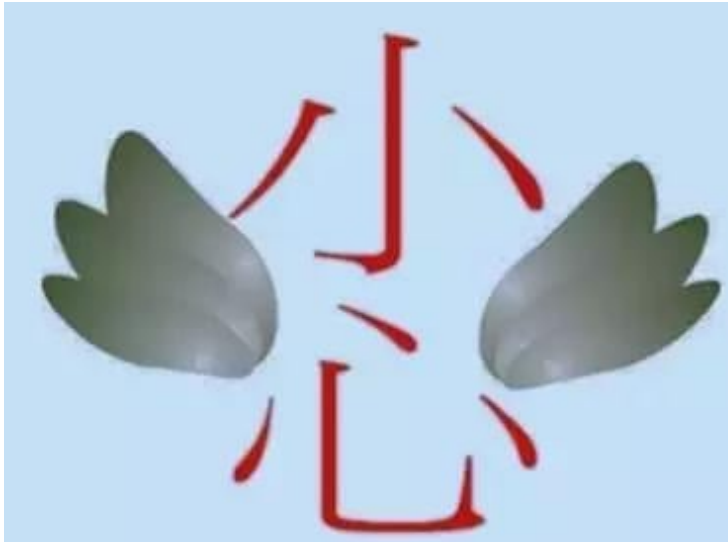


Beauty Therapy  
指甲油

At the end, let's exercise our brains

- Guess the idiom based on picture prompts and explanations!

最後，讓我們一起來動動腦筋-根據圖片提示和解釋猜成語！



- 原指恭敬謹慎，現代漢語中多用於形容十分謹慎，一點也不敢疏忽



- 意思是用片面的觀點看待整體問題；片面地根據局部現象來推論整體，得出錯誤的結論



- 原指形勢如同劈竹子一樣，劈開上頭幾節，下面各節就順着刀口裂開了。後比喻節節勝利，毫無阻礙



- 意思是憤怒得好像耳目口鼻都要冒出煙來；形容氣憤到極點

Let us reveal the answer to the idiom guessing riddle on the previous page and see if everyone has guessed the answer correctly.

讓我們揭曉上頁的猜成語謎底，看看大家是否都猜對了答案。

謎底： 小心翼翼      以偏概全      勢如破竹      七竅生烟

## We Welcome Your Feedback

Our service is committed to providing quality safe services and meeting your needs. We value feedback and encourage you to share your thoughts to help us improve our services.

我們歡迎您的回饋

我們的院舍致力於提供優質安全的服務並滿足您的需求。我們重視回饋並鼓勵您分享您的想法，以幫助我們改善服務。



Let's keep  
in touch!

**Thank you readers for your  
patience until the end. See you in  
the next issue.**

感謝各位讀者耐心看到最後，我們下期再見。

