

INDOCHINESE AGED CARE SERVICES

印支高齡服務中心



FROM THE EDITORS

簡介

Dear readers,

Welcome to our 2025 Newsletter issue 3!

As Spring is already upon us and Summer will be approaching soon, please take care of yourself during this hay fever season. In this quarterly newsletter, let's look back at interesting things that happened over the past three months.

親愛的讀者們：

歡迎閱讀我們的2025年通訊刊第3期！

春季到了，夏季即將來臨，在這個花粉症季節，請照顧好自己。

在本季通訊中，讓我們回顧一下過去三個月發生的有趣的事情。

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News and updates 新聞和更新

General announcements

May 2025

The new Aged Care Act will put older people's rights first

From 1 November, this year, the new Aged Care Act will ensure the rights of older people are at the centre of aged care. It will make the system safer, fairer and more respectful for older people accessing aged care services.



[Read more](#)

Source: <https://www.myagedcare.gov.au/news-and-updates/new-aged-care-act-will-put-older-peoples-rights-first>

自今年11月1日起，新的《老年照護法》將確保老年人的權利成為老年照護的核心。這將使老年護理體系更加安全、公平，並為老年人獲得老年護理服務提供更尊重的保障。



Upcoming 節目預告

July 七月份

Christmas July

七月聖誕

NAIDOC Week

August 八月份

Hungry Ghost Festival

盂蘭節

September 九月份

Father's Day

父親節

R U OK ? Day

Birthday Party 生日會



Happy Birthday to
the residents !
Wishing everyone full
of happiness, love
and care.



祝各位住客生日快樂！
祝大家幸福快樂，
身邊充滿愛與關懷。



Easter Craft 復活節手工



During festival, RAO team will organize corresponding activities to spend the wonderful time with the residents.

每到節日，活動組員工組織相應活動與住客共度。

Ching Ming Festival 清明節





Dragon Boat Festival

端午節



Dragon Boat Festival is here again, and residents are worshipping the gods. This year, our facility purchased a minibus, which will allow the RAO team to take residents out shopping and dining more often. The abbot of Nan Tien Temple came to our facility to hold an event on the Buddha Day. The residents all bathed the Buddha sincerely and prayed for everything to go well.

又到了一年一度的端午節，住客進行拜神活動。今年我們機構購入了一臺迷你巴士，之後就可以常常帶住客們出門購物和進餐。南天寺住持在佛誕日來本院舉辦活動，住客們虔誠浴佛，祈求一切順利。

Buddha Day 浴佛節



Exercise 輕量運動



Garden Leisure 花園活動



Shopping Day 購物日



Shopping Day is a popular activities for residents, who come prepared with change to buy what they need.

購物日是最受住客們歡迎的一個活動，他們準備好零錢來購買他們需要的商品。

Happy Hour
開心時刻



Cooking Class 烹飪課堂



Cooking class hosted by volunteers, residents were so enjoy to make dumpling and zongzi for special celebration.

在義工舉辦的烹飪課上，住客們很享受製作餃子和粽子來慶祝特別的節日。



Craft Class 手工課堂



Health Talk 健康講座



Let's Talk
HEALTH

Monthly Health Talk
hosted by Physio
team and manager

物理治療團隊和經理每
月主持一次健康講座



Lion Club Group Visit to celebrate
Dragon Boat Festival

獅子會團來訪共慶端午節



Outing 戶外活動



The monthly outing activity is also one of those very popular activities among our residents. In April, they went to Fred fruit shop and Club Marconi.

In May, the group attended the senior charity week event at the Juniors Kingsford, Wintle Theatre.

每月的外出活動深受住客們的喜愛。
四月住客們去Fred水果店進行購物在
Club Marconi進餐。

五月，住客們參加了在
Juniors Kingsford和Wintle劇院
舉辦的老年慈善週活動。





There are many outing activities in June, including shopping, enjoying Vietnamese food and Yum-cha.

六月外出節目豐富，去購物，享用越南美食和飲茶。



Community Group Visit

義工團到訪



Jun & Lin singing group



Lee & Lisa singing group



Mikki Lim singing group



佳韻音樂事工



鄭美玲 singing group



Polly Performing Act



Sky Melody singing group



Sydney musical Tang

Loves' dancing group



S.H.LK Chinese Opera



Spiritual Support

心靈關懷



Buddhist chanting group



Paramatta Church group



Bible group

Group Activity 小組活動



Group activities allow residents to increase interaction and build good relationships.

小組活動讓住客增加互動，建立良好的關係。



Leisure Time 休閒時光



Folding 整理



Beading 串珠



Colouring
上顏色



Beans sorting
豆類分選



Sorting Colour
顏色分類



Ping-pong Game
乒乓球遊戲



Quoits Game
拋圈圈





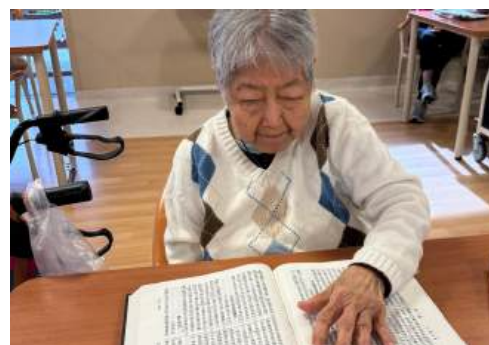
Watching YouTube
看視頻



Puzzle 拼圖



Doll Therapy
娃娃



Reading 閱讀



Mahjong Cleaning
清潔麻將



Sing Along
唱歌



Pick bean sprouts
摘豆芽



Ball Exercise
球類運動



The Mid-Autumn Festival is coming soon, let's guess some lantern riddles in advance.

中秋節又快到啦，讓我們提前來猜一猜燈謎。



1. 謎面：麻屋子紅帳子，裡面一個白胖子 （打一水果）
2. 謎面：身穿紅袍，頭戴綠帽 （打一水果）
3. 謎面：青布包白布，白布包梳子，梳子包米（打一水果）
4. 謎面：兩姐妹，一樣長，酸甜苦辣，她先嘗（打一物品）
5. 謎面：樓台接樓台，一層一層接起來，上面冒白氣，下面水開花 （打一物品）

謎底 1. 花生 2. 紅蘿蔔 3. 柚子 4. 筷子 5. 蒸籠

Thank you for staying to 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。



Stay in touch!