



INDOCHINESE AGED CARE SERVICES

印支高齡服務中心

2025 ISSUE I



FROM THE EDITORS

簡介

Dear readers,

Happy New Year 2025!

Thank you for your support over the past year, welcome to the new year, and wish you all the best! In this quarterly newsletter, let's look back at interesting things that happened over the past three months.

各位讀者們，

2025新年快樂！

感謝過去一年的支持，歡迎來到新的一年，敬祝大家一切順利！本期季度時事通訊，讓我們來回顧過去三個月發生的趣事。

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Happy
New Year

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Related Recommendation 相關推薦



Source: [National Dementia Action Plan 2024-2034 | Australian Government Department of Health and Aged Care](#)

The National Dementia Action Plan 2024–2034 is Australia’s national dementia policy framework. It aims to improve the lives and care of people living with dementia, their carers and families over the next 10 years.

2024至2034年國家癡呆症行動計畫是澳洲的國家癡呆症政策框架。它的目標是在未來10年內改善癡呆症患者、他們的照護者和家人的生活和照護。

Upcoming 節目預告

January 一月份	February 二月份	March 三月份
New Year 元旦	Ancestor Memory Day 清明節	Senior Week 敬老周
Chinese New Year 農曆新年	Valentine's Day 情人節	Women's Day 妇女节
Australia Day 澳洲國慶日		

Birthday Party 生日會



Wish you all the best !
恭祝福壽天齊，慶賀生辰快樂



Resident Christmas Party 院友聖誕慶祝會




Merry
CHRISTMAS



Staff Christmas Party 員工聖誕慶祝會



Certificate
Issuance
頒發證書

Lucky
Draw
抽獎



Singing
Perfor-
mance
唱歌表演

Celebrate
碰杯



Melbourne Cup 墨爾本杯



The annual Melbourne Cup here again, guess who was the biggest winner in the facility of this year?

又到了一年一度的墨爾本杯，猜猜誰成爲今年院舍的最大贏家？



Craft Class 手工



Food Preparation 烹飪班



Exercise 運動



Gentle Exercise in the daily life
堅持每天輕量運動有益於身心健康

I ♥ Exercise



Health Talk 健康講座



Picnic and Game

野餐和遊戲



FUN & GAMES



Outing 戶外活動



Yum-cha at Jumbo Seafood restaurant in October

十月在珍寶酒家喝茶



Lunch at Mounties Vietnamese restaurant in December and shopping after lunch

十二月在 Mounties 越南餐廳吃午餐，然後去購物



十一月戶外活動豐富
 在Club Marconi
 享用午時自助餐並進
 行餐後購物。



November is filled
 with outdoor activities,
 lunch buffet at Club
 Marconi and shopping.



Community Group Visit 義工團到訪



Jun & Lin singing group

Joy's singing group



Lee & Lisa singing group



Mikki Lim singing group



鄭美玲 singing group





Sydney musical Tang

HAPPY HOUR



S.H.LK Chinese Opera



Polly Performing Act



Hymn singing



Regina singing group





Residents were delighted to watch the singing and dancing performance

載歌載舞，院友們看得十分開心

Sydney Love Dancing



UNI TIME group



Spiritual Support 心靈關懷



Buddhist chanting group



Sydwest Church group



Beverly Hill Church Group



Chinese Christian church group



Grace's Bible study group



St John Anglican Church Parramatta

Group Activity 小組活動



Leisure Time 休閒時光



Beading 串珠

Colouring
上顏色

Folding 整理



Sorting Colour
顏色分類



Beans sorting
豆類分選



Ping-pong Game
乒乓球遊戲



Quoits Game
拋圈圈





Watching YouTube
看視頻



Hairdressing
剪頭髮



Reading 閱讀



Pick bean sprouts
摘豆芽



Doll Therapy 娃娃



Pick bean sprouts
摘豆芽



Reading Newspaper
讀報紙

Sensory Game
觸感遊戲



Ball Exercise
球類運動





Chinese New Year Riddles

春節猜謎語

1. 謎面：小小個，橙黃皮，春節買，圖吉利（打一水果）
2. 謎面：身穿綠衣裳，肚裡水汪汪，生得子兒多，個個黑臉膛（打一水果）
3. 謎面：脫了紅袍子，是個白胖子，去了白胖子，剩個黑丸子（打一水果）
4. 謎面：紅紅小小軟又軟，吃來酸酸又甜甜，頭上戴著綠帽子，全身長滿青春痘（打一水果）
5. 謎面：紅紅黃黃甜又甜，狀似愛心軟綿綿，皮膚軟薄又多汁，入口即化難忘懷（打一水果）
6. 謎面：黃金布裡包銀條，中間彎彎兩頭翹（打一水果）
7. 謎面：紅紅臉，圓又圓，親一口，脆又甜（打一水果）
8. 謎面：沒有耳朵地上爬，舌頭很長吃青蛙（打一動物）
9. 謎面：比貓大隻，比熊可愛，愛吃竹子，兼做外賣（打一動物）
10. 謎面：說馬不像馬，路上沒有牠。若用牠做藥，要到海中抓（打一動物）

Next

Answers are on the next page
謎底在下一頁



- 謎底** 1. 金桔 2. 西瓜 3. 荔枝
4. 草莓 5. 水蜜桃 6. 香蕉 7. 香蕉
8. 蛇 9. 熊貓 10. 海馬



Indochinese Aged Care Services wish everyone happy new year of snake with all the best luck and health!

印支高齡服務中心恭祝大家農曆新年快樂
身體健康、龍馬精神、蛇年大吉大利！

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。