

## Tom Foster Community Centre Chinese Seniors Group

### 湯福斯特社區中心華人高齡組

湯福斯特社區華人高齡活動組是馬力圍市政府專為居住在區內的華人高齡人士而設。該中心提供一連串有益身心的文娛康樂活動給高齡人士，用以促進其健康及快樂的生活，並融入本地社區。

活動詳情如下：

日期：每月的第一，三及四的星期一早上。

時間：早上十時至下午一時三十分。

內容：社會福利/養生健康講座，茶聚，賓果遊戲，卡拉

**OK**，慶生會，自娛娛人的鋼琴演奏，手工藝制作，日常英語會話，經驗分享，健康操，健康舞，郊遊及參觀拜訪等。

中心地址：**11-13 Darley Street, Newtown**

查詢請週一電 **9335 2153**

**Marrickville Council  
Tom Foster Community Care Centre  
Chinese Seniors Group**

The Tom Foster Community Centre is a Marrickville Council facility, which provides services and activities for elderly Chinese residents living in the local government area. We aim to encourage a healthy and happy lifestyle and belonging to the local community.

We arrange activities such as information sessions on changes in Centre link and other government policies, health talks, bingo, karaoke, monthly birthday celebrations, piano playing, crafts, basic English, experience sharing, gentle exercise, healthy dancing, leisure outings and agency visits.

Group Activities run on the 1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Monday of each month from 10am – 1:30 pm at 11-13 Darley Street, Newtown

**Any enquires please ring (02) 9335 2153 on Mondays.**

**Tom Foster Community Care Centre Service includes**  
湯福斯特社區中心服務包括:

- 1. Seniors Activity Groups**  
各高齡人士活動組
- 2. Meals on Wheels**  
送飯到府服務
- 3. Home Visiting Service**  
探訪家居老人服務

**For further information, please ring (02) 9335 2153**

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## **Tom Foster Community Care Centre Chinese Seniors Group**



**Welcome Chinese Seniors 歡迎各華人高齡人士參加**  
**Centre Address 中心地址: 11-13 Darley Street, Newtown**