

2014 康健樂頤年 長者無憂日

日期：2014年7月17日(星期四)

時間：上午十時到下午兩時

地點：諾斯柯特市政廳

(Northcote Town Hall)

189 High Street, Northcote 3070

(後頁附有地圖)



免費午餐
和抽獎

如何可以無憂無慮地享受退休後的生活？除了身體健康，精神健康也不可忽視。為了讓大家在澳洲能樂享晚年，我們針對長者的精神健康安排此次講座，跟大家分享如何用積極正面的心態去規劃退休生活，並且向大家介紹不同的放鬆方法。

報名方法：致電博士山辦公室(03)9898 1965, 名額有限

報名從速 (7月10日報名截止)

如有查詢，請連絡徐先生或者朱先生(03) 9898 1965

講座主題：

- ❖ 正面思考
開心老年
- ❖ 退而無憂
老而不痴
- ❖ 歲月長河
黃金記憶
- ❖ 從容準備
優雅迎老
- ❖ 開懷運動、
音樂療法、
香薰按摩、
放鬆技巧

普通話 / 廣東話

華人社區服務中心

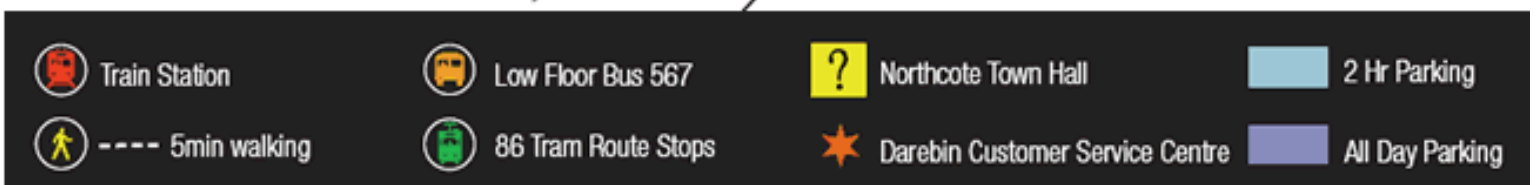
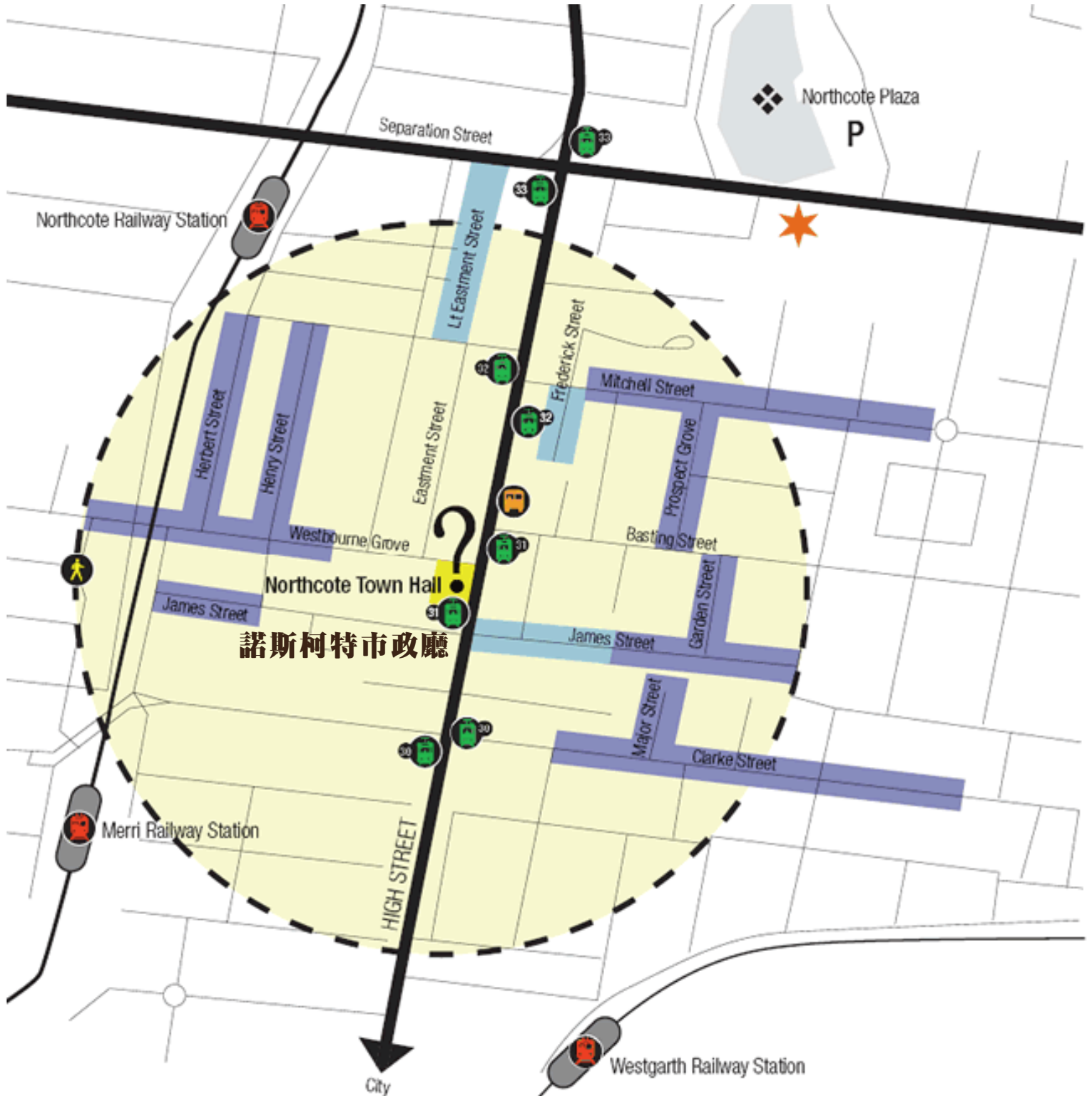


Sponsored by: Australian Government Department of Social Services

National Australia Bank

前往方法：

1. 乘 86 號電車，在 31 號站下車
2. 乘 567 號巴士，在 Northcote station 下車
3. 乘火車，在 Northcote Railway station 下車，再步行 5 分鐘



CHINESE SENIORS HAPPY AGEING DAY 2014

Date: 17th July, 2014

Time: 10:00am – 2:00pm

Venue: Northcote Town Hall

(189 High Street, Northcote 3070)

(A map is attached at the back)

Language: Mandarin & Cantonese



Get any questions towards your mental wellbeing when you are entering to ageing? Worrying about your retirement life? The 2014 Chinese Seniors Happy Ageing Day provides you with information on how to age positively and various relaxation techniques.

RSVP: Box Hill Office or phone (03) 9898 1965

(Limited places)

If you have any enquiries, please contact Jason Xu or William Chu on (03) 9898 1965

Workshops:

- ❖ Depression & Dementia
- ❖ Reminiscing Golden Memories
- ❖ Positive Thinking & Ageing
- ❖ Preparing Retirement
- ❖ Relaxation Techniques

CHINESE COMMUNITY
SOCIAL SERVICES CENTRE
INC.



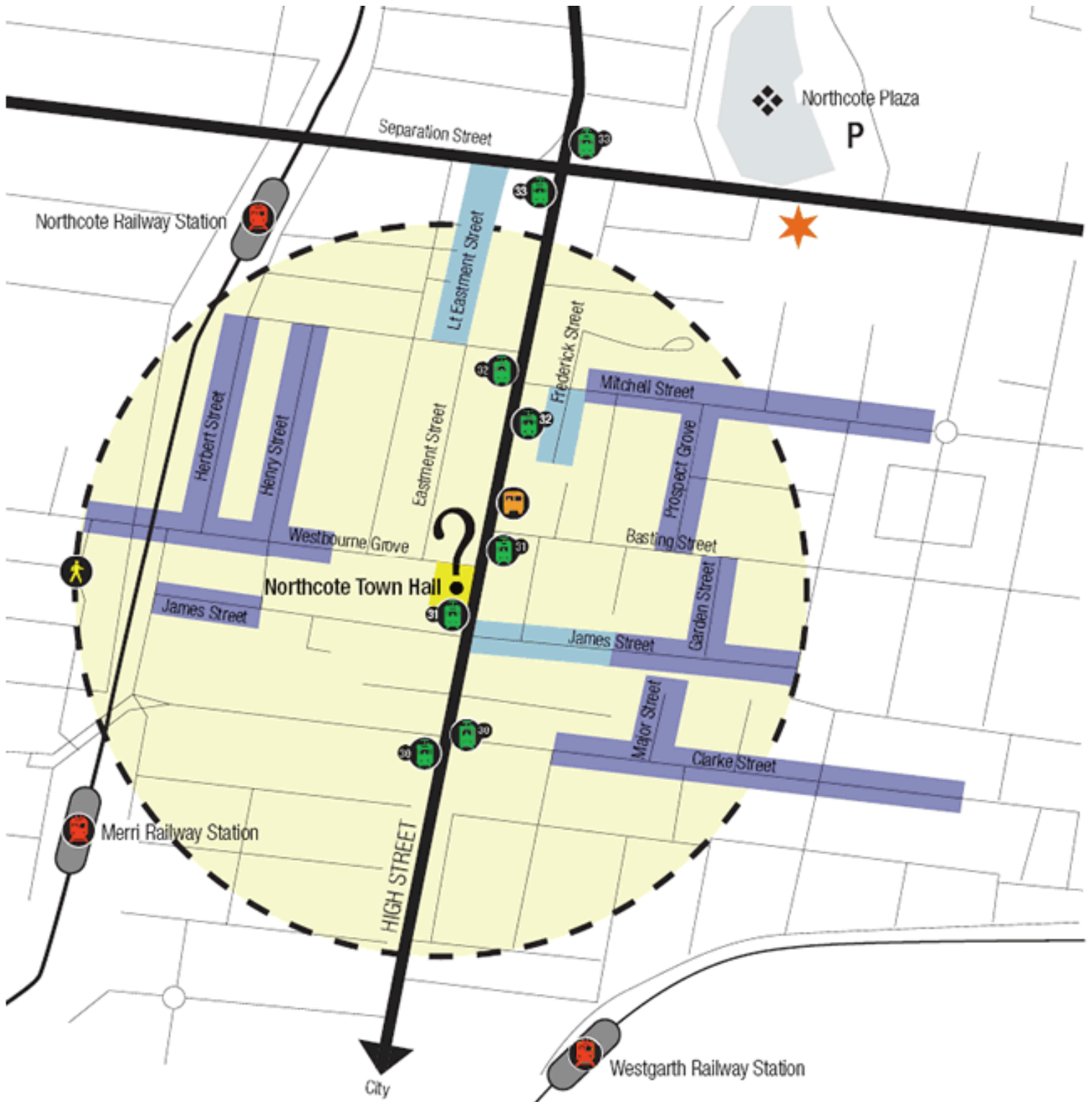
華人社區服務中心




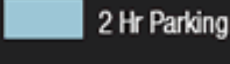



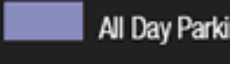
Chinese Community Social Services Centre Inc.

**Sponsored by: Australian Government Department of Social Services and
National Australia Bank**

Public Transport

1. 86 Tram – Get off at 31 Station
2. Bus 567 – Get off at Northcote Station
3. Train – Get off at Northcote Railway Station, followed by a 5-minute walk



 Train Station	 Low Floor Bus 567	 Northcote Town Hall	 2 Hr Parking
 - - - - 5min walking	 86 Tram Route Stops	 Darebin Customer Service Centre	 All Day Parking