

退休生活有乐趣 (悉尼市)

善用社区资源，社交+锻炼，保持活力

政府资助的高龄服务

如果您已经在使用澳洲政府资助的高龄服务，可咨询您的服务提供商，在您居住的区域中有哪些社交活动组可以参加。如希望申请高龄服务，可致电CASS (02) 9789 4587。

社区长者活动

- 欧田模社区中心 Ultimo Community Centre 开设华裔长者活动组（每周二上午）、国画班（普通话）、电子设备疑难排解（英语和广东话）、长者英文班等多种免费课程。咨询详情可致电 (02) 9298 3103。
- 澳洲乔青社 Chinese Youth League of Australia 开设文化舞蹈、乒乓球、太极、粤剧卡拉OK等适宜华裔长者的活动。咨询详情可致电 (02) 9267 3166。

社区探访和电话关怀服务

不方便外出的长者可使用社区探访和电话关怀服务，会有义工定期到您家里探望、或致电与您谈天，助您保持社交。咨询详情可致电CASS (02) 9789 4587。

诉心事热线

中文非危机热线，当您感到焦虑或不开心时，可以找我们的讲普通话和广东话的义工聊聊天，舒缓心情。每周一和周四10am至2pm提供服务，号码 (02) 9063 8888。



Enjoy Your Retirement (Sydney)

MAKE GOOD USE OF COMMUNITY RESOURCES TO STAY CONNECTED AND ACTIVE

Aged Care Services

If you're approved for the government subsidised aged care services, please ask your service provider what social support groups are available in your area. If you wish to learn more about applying for aged care services, please call CASS on (02) 9789 4587.

Community Activities for Seniors

- Ultimo Community Centre
Social group for Chinese-speaking seniors (every Tuesday morning), Chinese painting (in Mandarin), IT Troubleshooting (in English and Cantonese) and English class for seniors etc. For more details please call (02) 9298 3103.
- Chinese Youth League of Australia
Offering suitable social activities for Chinese seniors e.g. cultural Dance, Ping Pong, Tai Chi and Cantonese Opera Karaoke. For more details please call (02) 9267 3166.

Aged Care Volunteer Visitors Scheme and Connect Call

Seniors who are less mobile can make use of the services of Aged Care Volunteer Visitors Scheme and Connect Call. A matching volunteer who can speak the same language as yours will visit or call you on regular basis. For more details please call CASS on (02) 9789 4587.

H-Line Non-Crisis Hotline

A Chinese non-crisis hotline for Chinese-speaking community. Everyone is welcome to call and talk to our Mandarin and Cantonese speaking volunteers between 10am and 2pm on every Monday and Thursday. H-Line number is (02) 9063 8888.

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