



CASS WELLNESS AGEING CENTRE

Social Support Group & Centre-based Respite



CASS WeChat

CASS HOME AGEING SERVICES








-  (02) 9718 7305 (Intake direct line)
-  (02) 9789 4587 (Extension 2115)
-  cass@cass.org.au
-  www.cass.org.au
-  www.facebook.com/cass.oz
-  www.weibo.com/5619245620
-  WhatsApp 0419 696 425
-  華人服務社CASS悉尼華助中心
-  44-50 Sixth Avenue, Campsie NSW 2194



CASS WELLNESS AGEING CENTRE

Social Support Group Centre-based Respite

Stay healthy and happy —
Our Wellness Ageing Centres will help you stay active and connected with your local community. Our Centres are located at:

-  Campsie
-  Hurstville
-  Kogarah
-  Meadowbank
-  Peakhurst
-  West Ryde
-  Wollongong



WHAT WE DO

- Make new friends
- Regular online meetings
- Physical exercise
- Learning new things like art work
- News reading
- Games & activities
- Morning tea
- Lunch, afternoon tea



IF YOU ARE

- Aged 65 or above
- Wish to remain independent
- Assessed and approved by Regional Assessment Service Team under Social Support Group or Centre-based Respite



SERVICE DAY

Campsie	Monday & Friday
Hurstville	Thursday & Friday
Kogarah	Friday
Meadowbank	Thursday
Peakhurst	Tuesday
West Ryde	Thursday
Wollongong	Wednesday



FEE

- Small amount of fee may apply, depending on the service you use
- Discretion may consider for those in financial hardship



*CASS Wellness Ageing Centres - Social Support Group and Centre-based respite are funded by the Australian Government through the Commonwealth Home Support Programme (CHSP)



華人服務社樂年中心

CASS Wellness Ageing Centre



CASS 微信公眾號

華人服務社家居高齡服務



(02) 9718 7305

(家居高齡服務部直綫, 服務登記處)

(02) 9789 4587 (轉內綫2115)



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華人服務社樂年中心

社交小組 (Social Support Group)
暫息中心 (Centre-based Respite)

華人服務社樂年中心是爲了協助華裔高齡人士, 保持活躍的狀態, 在社區內享受黃金歲月。

我們的樂年中心位于悉尼不同地區

- 📍 Campsie
- 📍 Hurstville
- 📍 Kogarah
- 📍 Meadowbank
- 📍 Peakhurst
- 📍 West Ryde
- 📍 Wollongong



中心活動內容

- 認識新朋友
- 定期視頻連線
- 熱身伸展運動
- 學習新事物 (例如國畫)
- 新聞討論
- 小組遊戲
- 簡單早點
- 午餐、上下午茶



合資格人士

- 年齡六十五或以上
- 渴望在社區內保持活躍
- 經地區評估隊伍評估及批准使用社交小組或暫息中心服務



中心活動日期

Campsie	周一及周五
Hurstville	周四及周五
Kogarah	周五
Meadowbank	周四
Peakhurst	周二
West Ryde	周四
Wollongong	周三



收費

- 活動收費按照不同的服務來定, 我們會向服務使用者收取少量費用。
- 經濟上有困難者, 我們會按個別情況酌情減免費用。



*華人服務社樂年中心—社交小組及暫息中心是由澳洲政府通過聯邦政府家居支援服務 (CHSP) 資助。