

Active & Fulfilling Ageing  
有退無休



“Active & Fulfilling Ageing” is a new project funded by Australian Government Department of Social Services, and organised by Chinese Community Social Services Centre Inc.

Major objectives of this project are:

1. to promote social inclusion for Chinese-speaking seniors, encourage them to contribute to the community with their skills, to make friends, to learn new knowledge, and to be more confident.
2. to enhance their capacity and independency to cope with ageing, to stay active and socially connected, and lead an active and fulfilling retirement life.

The program is composed of 3 parts: Active Learning, Life Coaching, and Championship Program.

## Active Learning

Curriculum and courses are designed for retirees from Chinese-speaking backgrounds to address their different needs and discover their potential to achieve personal self-worth.

Through continued learning, participants can stay mentally stimulated and active, get achievement and satisfaction, maintain their independence, learn new things, obtain information to make informed decision.

## “Life Coaching”

Life coaching aims to help older Chinese-speaking immigrants to be more confident, flexible and capable to cope with and manage changes because of ageing.

Participants will be helped to identify their strengths and weaknesses, and ascertain what they want to be for their retirement life. They will be assisted to identify a need for change and set achievable goals and establish workable strategies. The life coaches will provide support and share their experience alongside the process.

## Championship Program

The Championship program gives recognition to older adults who have reached an outstanding achievement, made a successful breakthrough etc.

Any Chinese seniors can enroll in this program or be nominated by others. The champions will be presented with awards in a ceremony. They will be a role model to deliver positive messages of ageing among the Chinese seniors and as well in the wider community.

### Any inquiries, please contact us:

Jason (English/Mandarin)

Working on Monday to Friday

Maggie (English/Mandarin/Cantonese)

Working on Monday, Wednesday to Friday

Dolly (English/Mandarin) Working on Tuesday to Thursday

Telephone : (03) 9898 1965

地址：華人社區服務中心博士山辦公室

Suite 11, Professional Suites, Box Hill Central,



Australian Government

Department of Social Services

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『有退無休』是由聯邦政府社會服務部資助，華人社區服務中心主辦的一項新計劃。活動的主要目的是：

1. 協助華人長者融入社區，增長見識，以己之長，奉獻大眾，結識朋友，增強自信。
2. 鼓勵更多長者能積極地生活，突破自己、挑戰自我，活出更精彩豐富的退休生活。

活動內容共有三個部分：『樂學坊』、『良師益友』、『人生錦標賽』。

## 樂學坊

由義工或工作人員，提供配合長者興趣而設計的多元化課程，包括木工、現代資訊、科技、音樂、藝術、表演、運動等等。

長者可根據個人的需要與愛好，參與學習新知識及新技能，既能從中陶冶情操，認識新朋友，也可以把自己所學回饋社會，發揮『老有所學 老有所為』的精神。

## 『良師益友』

想在澳洲擁有更充實、豐富的退休生活，但卻不知道該怎麼做嗎？生活中有一些困難，但不知該如何突破嗎？

『良師益友』將陪同華人長者，一起計畫退休目標、規劃老年生活，並訂定短期計劃，在過程中『良師益友』將給予支持與建議，陪伴長者活出精彩的退休生活。

## 人生錦標賽

『人生錦標賽』將報導積極學習有成或突破生活困難的華人長者故事。

每位華人長者都可以自由報名或由別人提名參與，得獎者將會在公開典禮中授獎。透過此活動，鼓勵更多長者能積極地生活，活出更精彩豐富的退休生活。

有關『有退無休』計畫，請聯絡工作人員  
徐嘉 (Jason) 普通話 週一至週五  
黃綺屏 (Maggie) 普/廣 週一、週三至週五  
黃筱芸 (Dolly) 普通話 週二至週四

連絡電話：(03) 9898 1965

地址：華人社區服務中心博士山辦公室  
Suite 11, Professional Suites, Box Hill  
Central, 17 Market Street, Box Hill VIC 3128



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