

2022.01.20 第9期附刊

Winnipeg Chinese Senior Association

Newsletter

WCSA 2021年公益活动大事记 Memorabilia of WCSA Activities

编制: 杨素萍 Compiled by Suping Yang

一月 JAN

- 1. 冬季健身班和兴趣班开学
- 2. 2. 1.4《后院蝴蝶花园及帝王蝶知识》讲座
- 3. 1.11 华协八段锦班开课
- 4. 1.23《后院种植》讲座
- 5. 1.30春节"年夜饭"云端宴展示活动
- Winter term fitness exercise and recreation classes started 1.
 - January 4, "Backyard Butterfly Garden and Monarch Butterfly" workshop
- 3. January 11, Baduanjin exercise started
- January 23, "Planting in Backyard" workshop 4.
- 5. January 30, "Chinese New Year's Eve Dinner" culinary show

二月 FEB

- 1. 2.1 华协月报《桑榆之光》编辑部成立
- 2. 2.7 华协与RBC合作讲座《我的退休计划》
- 3. 2.10 "2021, 我的期盼"征文活动收官
- 4. 2.12 云端春节联欢晚会
- 5. 2.19 和 Canadian Red Cross 合作项目 "Emergency Community Support"完成
- 6. 2.20《新冠疫苗的知与未知》健康讲座
- 7. 2.22 原华协副会长Victor Mah去世
- 8. 2.27《怎样育出常见蔬菜的健壮苗》讲座
- 9. 2月份华协为社区老人义务递送免费食品和 防疫用品

- 1. February 2, WCSA newsletter editorial team formed
- 2. February 7, RBC "My Pre-retirement Plan: Introduction to RRSP" workshop
- 3. February 10, completion of "2021, My expectations" essay writing event
- 4. February 12, WCSA 2021 Chinese New Year Gala
- 5. February 19, completion of "Emergency Community Support" project cooperated with Canadian Red Cross
- 6. February 20, "Known and Unknown of Covid-19 Vaccine" workshop
- 7. February 22, former vice president Victor Mah passed away
- 8. February 27, "how to breed healthy seedlings" workshop
- 9. February, purchase and distribution of food and sanitize materials to community elders at no cost



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三月 MAR

- 1. 3.4 推出"天天练"云端健身平台, 启动由省 政府赞助的"Safe at Home"项目
- 2. 3.4 华协排舞班开课
- 3. 3.7 素描/彩绘班及庆"三八"彩绘之夜公开课
- 4. 3.14《手工制作公开课 圆你一个时装设计 师之梦》活动
- 5. 3.17 《税务问题公益知识讲座》公开课
- 6. 3.19《酒艺文化》公开课
- 7. 3.20《食品雕刻》经验交流会
- 8. 3.26《口腔保健常识》公开课
- 9. 3.28 "太极之夜"文娱晚会
- 10. 3.31《徜徉南北-秘鲁马丘比丘和曼尼托巴 丘吉尔之旅途见闻》讲座。
- 11. 3.31 "Safe at Home"项目完成
- 12. 3月份开展了自制防疫爱心口罩活动

- 1. March 4, fitness platform of WCSA was launched
- 2. March 4, Line Dance exercise started
- 3. March 7, "Watercolor Painting Night" workshop
- 4. March 14, "Fashion Design Making Your Dreams Come True as a Fashion Designer" workshop
- 5. March 17, "Tax Return Question and Answer" workshop
- 6. March 19, "Wine Culture" workshop
- 7. March 20, "Food Sculpture" workshop
- 8. March 26, "Oral Health Care" workshop
- 9. March 28, "Tai Chi Night" gala
- 10. March 31, "Journey of Machu Picchu in Peru and Churchill in Manitoba" workshop
- 11. March 31, completion of "Safe at Home" project supported by Manitoba Government
- 12. March, WCSA Anti-epidemic Mask Sewing program launched

四月 APR

- 1. 春季健身班和兴趣班开学
- 2. 4.3《折纸手工》公开课
- 3. 4.10《家庭室外盆桶蔬菜种植》讲座
- 4. 4.11《手工针织袜底》公开课
- 5. 4.17《遗产规划与继承》讲座
- 6. 4.17 姜彦会长做客 CJNU93.7FM 电 台,参与"Partnership with CJNU"项目
- 7. 4.18《彩绘抱枕》公开课
- 8. 4.24《用圣诞节装饰球快速繁育庭院 果树》讲座
- 9. 4.25《专业美甲》公开课
- 10. 4.30《手工盆景制作》公开课
- 11. 4.30 完成了"Winnipeg Wellness Grant"资助项目

- 1. Spring term fitness exercise and recreation classes started.
- 2. April 3, "Origami" workshop
- 3. April 10, "Potted Vegetable Planting" workshop
- 4. April 11, "Knitting Socks" workshop
- 5. April 17, "Inheritance Planning and Inheritance" workshop
- 6. April 17, president Yan Jiang attended the CJNU93.7FM radio studio for "Partnership with CJNU"
- 7. April 18, "Painting Cushion" workshop
- 8. April 24, "Rapidly Breeding Garden Fruit Trees with Christmas Decoration Balls" workshop
- 9. April 25, "Nail Art" workshop
- 10. April 30, "Handmade Bonsai "workshop
- 11. April 30, completion of "Winnipeg Wellness Grant" project



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五月 MAY

- 5.15 初夏夜综艺晚会 1.
- 5.20 《桑榆之光》第1期出版 2.
- 5.29 钓鱼讲座 3.

- May 15, "The Early Summer Night" gala 1.
- 2. May 20, WCSA Newsletter 1st Issue published
- May 29, "Fishing" workshop 3.

六月 JUN

- 1. 6.12 《粽情端午-包粽子》专题讲座
- 2. 6.16 Protect MB 疫苗接种首次抽奖活动
- 3. 6.19《父亲节朗读》活动
- 4. 6.20《桑榆之光》第2期出版
- 5. 6.26《中老年膳食营养知识》讲座
- 6. 6.29 华协获曼省"疫苗接种社区拓展和 激励活动"资助
- 7. 6.1-30 "社区锻练挑战杯"项目圆满结束

- 1. June 12, "Dragon Boat Festival-Making Zongzi" workshop
- 2. June 16, 1st lucky draw for Protect MB vaccination
- 3. June 19, "Recitation Salon Father's Day" event
- 4. June 20, WCSA Newsletter 2nd Issue published
- 5. June 26, "Dietary Nutrition Knowledge for Elders" workshop
- 6. June 29, WCSA received funding from Manitoba Community Outreach and Incentive Grant
- 7. June 30, completion of "Community Better Challenge" project

七月 JUL

- 1. 7.1 国庆云端摄影和绘画作品展览活动
- 2. 7.3太极柔力球队成立并首次开展健身活动
- 3. 7.20《桑榆之光》第3期出版
- 4. 7.25《农家乐》郊游活动
- 5. 7.30《大蒜种植讲座》
- 6. 7月 为彩绘班学生缝制彩绘围裙

- 1. July 1, "Photo & Art Gallery on Canada Day" online exhibition
- 2. July 3, Tai Chi Soft Ball Group was established
- 3. July 20, WCSA Newsletter 3rd Issue published
- 4. July 25, agritainment field trip event
- 5. July 30. "How to Plant Garlic" workshop
- 6. July, completion of sewing aprons for painting class students



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八月 AUG

- 1. 8.4 "疫苗接种社区拓展和激励活动" 动员会, 并开展了网上答疑
- 2. 8.5 Protect MB征集防疫故事文稿
- 3. 8.7 WCSA参加《资产配置详解》讲座
- 4. 8.14 声乐班郊游活动
- 5. 8.16 姜彦会长做客CJNU93.7FM电台 推广疫苗接种活动
- 6. 8.20《桑榆之光》第4期出版
- 7. 8.21 首届华协美食节(烧烤专题)
- 8. 8.26 新冠疫苗接种网上答疑
- 9. 8.28 华协定制了接种疫苗保护曼省T 恤衫
- 10. 8.28 St. Jean Baptiste疫苗接种宣传& 郊游活动

- 1. August 4, "Community Outreach and Incentive Activities for Vaccination" launched
- 2. August 5, Essay Writing event about vaccination experiences for Protection MB project
- 3. August 7, "Understood Asset Diversification" workshop
- 4. August 14, vocal music class's field trip
- 5. August 16, president Yan Jiang joined CJNU93.7FM to promote Protect MB
- 6. August 20, WCSA Newsletter 4th Issue published
- 7. August 21, "WCSA Invited You to join a Barbecue" Event
- 8. August 26, "Q & A for COVID-19 Vaccination" workshop
- 9. August 28, protect MB T-shirts designed and distributed to promote Covid-19 vaccination
- 10. August 28, "Promoting Covid-19 vaccination" field trip at St. Jean Baptiste

九月 SEP

- 1. 秋季健身班和兴趣班开学
- 2. 9.5 参加了曼省马拉松赛跑活动
- 3. 9.5 英语班首次线下聚会
- 4. 9.11 摄影班在Assiniboine Park举行 室外摄影课
- 5. 9.16《新冠病毒变异及疫苗接种》 健康讲座
- 6. 9.18《秋月·秋歌·秋思》中秋晚会
- 7. 9.19 Terry Fox Run活动在King's Park讲行
- 8. 9.19 柔力球和排舞班在"Chinatown Street Festival"演出
- 9. 9.20《桑榆之光》第5期出版。
- 10. 9.25 瑜伽班户外体验课。
- 11. 9.25 WCSA2021年度会员大会
- 12. 9.30 Protect MB 疫苗接种宣传活 动圆满完成

- 1. Fall term fitness exercise and recreation classes started
- 2. September 5, WCSA teams participated in Manitoba Marathon
- 3. September 5, ESL students' in-person social gathering
- 4. September 11, photography class's field trip in the Assiniboine Park
- 5. September 16, "New Coronavirus Variation and Vaccination" workshop
- 6. September 18, Mid-autumn Festival Gala
- 7. September 19, WCSA teams participated in Terry Fox
- 8. September 19, Tai Chi softball team and line dance team performance in Chinatown Street Festival
- 9. September 20, WCSA Newsletter 5th Issue published
- 10. September 25, outdoor Yoga exercise hold at King's Park
- 11. September 25, WCSA general member meeting
- 12. September 30, completion of Protect MB Vaccination Campaign



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十月 OCT

- 1. 10.2《疫苗的安全性及有效性》健 康讲座。
- 2. 10.2瑜伽班户外体验课
- 3. 10.8 参加了温尼伯社区长者资源博 览会
- 4. 10.16 欢庆中国"重阳节"暨曼省150 周年庆典活动
- 5. 10.20 英语班师生郊游活动
- 6. 10.20《桑榆之光》第6期 出版
- 7. 10.23 第2届社区种子交流活动
- 8. 10.23 6-10月份"冬瓜种植比赛"揭晓
- 9. 10.23 义工答谢活动

- 1. October 2, "Safety and Effectiveness of Vaccines" workshop
- 2. October 2, outdoor Yoga exercise holds at King's Park
- 3. October 8, WCSA participated in" Winnipeg Community Elderly Resource Expo"
- 4. October 16, Chinese "Chongyang Festival" and Manitoba 150th anniversary celebration gala
- 5. October 20, English class's field trip
- 6. October 20, WCSA Newsletter 6th Issue published
- 7. October 23, 2nd local Seed Exchange event
- 8. October 23, winners of "(June to October) Winter Melon Planting Competition" announced
- 9. October 23, volunteer appreciation banquet

十一月 NOV

- 1. 11.1-14 回顾播放华协公益活动视频
- 2. 11.2 华协参加了"Age-friendly Manitoba" 研讨会
- 3. 11.14,21,28 举办了三场《红楼梦》读书
- 4. 11.15-30 第一届华协烹饪展示会 (鸡肉)
- 5. 11.20《桑榆之光》第7期出版
- 6. 11.26-28 开展了"针心针意 情牵一线"爱心 编织活动

- 1. November 1-14, WCSA event videos review
- 2. November 2, WCSA participated in the "Age-Friendly Manitoba" seminar
- 3. November 14, 21, and 28, The literary lecture series of "Dream of Red Mansions"
- 4. November 15-30, exhibition of various delicious chicken dishes online
- 5. November 20, WCSA Newsletter 7th Issue published
- 6. November 26-28, knitting (socks) event for charity purposes



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十二月 DEC

- 1. 12.4 向 Salvation Army 和社区老人捐赠 华协手工编织物品
- 2. 12.5 华协及国色天香舞蹈队参加了 Whyte Ridge 社区的多元文化庆祝活动
- 3. 12.8 印制并赠送2022年挂历
- 4. 12.12-19 宣传组、种菜养花群、和厨艺 群召开年终工作总结会议
- 5. 12.14 参加了由Pembina Active Living 55+组织的"圣诞节辞旧迎新茶话会"
- 6. 12.18《安全防盗知识》讲座
- 7. 12.19 WCSA 2022迎新诗歌音乐会
- 8. 12.20《桑榆之光》第8期出版
- 9. 12.20 推介华协2022电子年历
- 10. 12.20 编织毛线帽子教学活动
- 11. 12.24 华协举办2021年度十件重要大事 评选活动
- 12. 12.29 推荐《新冠疫情最新解读: 奥密 克戒、加强针和儿童疫苗》专题讲座

- 1. December 4, knitted socks donated to Salvation Army and community elders
- 2. December 5, MuDan Dance Group participated in the Celebration of Cultural Diversity Event
- 3. December 8, WCSA 2022 Calendar published
- 4. December 12-19, annual working meeting hold by publicity, planting, and cooking task teams
- 5. December 14, WCSA participated in "Christmas Tea Party" organized by Pembina Active Living (55+)
- 6. December 18, "Safety and Security" workshop
- 7. December 19, WCSA 2022 New Year Poetry Concert
- 8. December 20, WCSA Newsletter 8th Issue published
- 9. December 20, WCSA electronic 2022 calendar available to download
- 10. December 20, WCSA online learning knitting (hat) event
- 11. December 24, WCSA 10 important events by ballot launched
- 12. December 29, WCSA promoted the "Omicron, the Third Needles of Vaccine for Adult, and Child Vaccine" workshop