



卡城華人耆英會2017年報

The Calgary Chinese Elderly Citizens' Association Annual Report 2017



亞省政府
優質長者服務獎
Alberta Minister's
Seniors Service
Award



廿年來，這個獎項是為表揚對亞省長者作出傑出貢獻的人士和機構而設的。本年度亞省長者服務獎一共有 84 名人士和機構被提名，其中只有兩間機構被選出，而卡城華人耆英會是卡城唯一的獲獎機構。卡城華人耆英會獲得此項殊榮深受鼓舞，認為是政府對卡城華人耆英會的義工、理事和職員對長者的服務和承擔的重大認同。

For 20 years, this award has paid tribute to the outstanding contributions of individuals and organizations that assist seniors in Alberta. This year, 84 individuals and organizations were being nominated. Out of the nominated organizations, only two were selected, and CCECA was one of them. CCECA was also the only organization from Calgary that received the award, and we felt deeply honored and encouraged. This award represents the government's recognition of the commitment and contribution of CCECA's volunteers, directors and staff in serving seniors in Calgary.



女青年會獎項 Award from YWCA

卡城基督教女青年會主辦了名為『她·勇者』項目，表揚一百五十名在過去一百五十年來對卡城有重大貢獻的女士。卡城華人耆英會總幹事李陳美儀(Liza Chan)是其中一百五十位獲得表揚的傑出女性之一。Liza 在耆英會工作超過二十年。在她的領導下，卡城華人耆英會由單一的運作模式發展至與其他三十多間機構合作無間，每年為五千名長者提供多種服務。

YWCA's "She Who Dares" is a one-of-a-kind project for the Calgary community, celebrating women who had made significant contribution to the City of Calgary from before confederation to today. Liza Chan, one of those 150 women, has dedicated her career to bettering the lives of senior citizens. When she joined CCECA more than two decades ago, it was a small organization that offered few services. Under Liza's leadership, CCECA has grown from a single service provider to a collaborator with over 30 agency partners, offering a myriad of programs to 5,000 seniors annually.



CARF 向本會頒發 三年的認證證書 3-Year Accreditation by CARF

我們很榮幸宣佈耆英會獲得 CARF (加拿大康復設施國際認證機構) 頒發三年認證獎狀。評估員查看了本會的政策和程序，並與理事、職員、客人和義工進行面談，他們有以下的評語：

「耆英會以高水平符合 CARF 的國際標準。」

「耆英會根據最佳服務模式和客人需求，提供以人為本和全面優質服務，使受助者的生活得到重大改善。」

「職員盡心盡力和全情投入，管理層、職員和客人均對耆英會的工作感到自豪。」

We are proud to present that CCECA has been awarded a Three-Year Accreditation by CARF (Canadian Accreditation for Rehabilitation Facility) International. After surveyors' review of our policies and procedures, and interviews with board of directors, staff members, clients and volunteers, they have written the following comments:

"CCECA demonstrates substantial conformance to the CARF International standards",

"CCECA provides services in an individualized manner based upon best practices and regular input from the clients...service regime is comprehensive, person centred, and well designed to meet the clients' needs...provide real life-changing opportunities to the clients who need those services",

"Staff members are dedicated and committed...the pride of administration, staff members, and clients is evident and is a common theme throughout".

CARF INTERNATIONAL

A Three Year Accreditation is awarded to
Calgary Chinese Elderly
Citizens' Association
for the following program(s)/service(s):
Home and Community Services
Services Coordination
Governance Standards Applied
This accreditation is valid through
April 30, 2020



新服務點滴 New Services



長者健身室 Senior Fitness Room

加拿大新境界耆英計劃及
卡城華埠耆英中心基金會
撥款資助

Funded by Canada New
Horizons for Seniors
Program and
the Calgary Chinatown
Seniors' Centre Foundation

去年本會獲加拿大新境界耆英計劃及卡城華埠耆英中心基金會撥款成立這個全新的長者健身室。健身室於 2017 年 7 月 18 日開幕禮後，每週開放六天。除了全新的健身器材，更有專業健身教練教授健身課程，使長者更活躍及更健康。

The senior fitness room was funded by the New Horizons for Seniors Program and the Calgary Chinatown Seniors' Centre Foundation. After the grand opening on July 18, 2017, the fitness room started to operate six days a week. Besides brand new fitness equipment, we provide fitness exercise classes with support from a certified fitness instructor to assist seniors to stay active and healthy.

過去 32 週
For the last 32 weeks

878

人次使用
Number of
client contacts

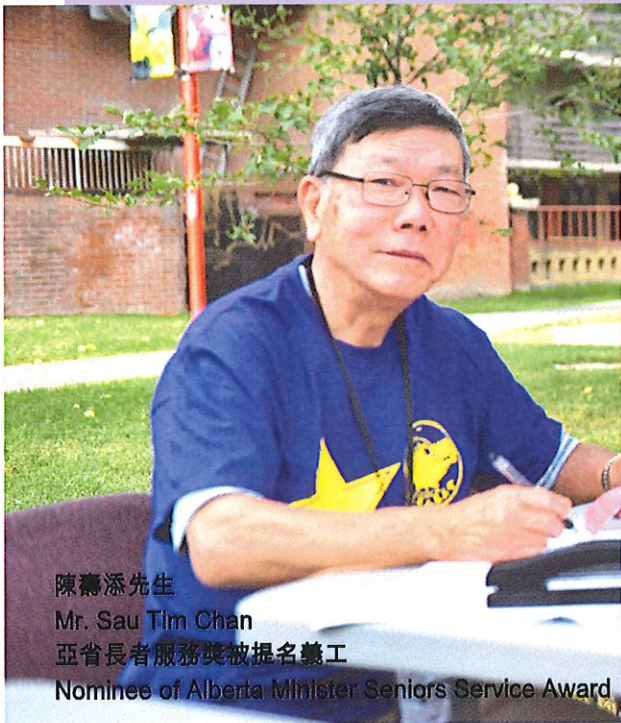
三代齊齊學 iPad Intergeneration iPad Class

卡城龍珠會贊助
Funded by Hong Kong
Chinese Immigrant
Association of Calgary

我們獲得卡城龍珠會贊助，開辦長者與年輕一代齊齊學習 iPad 的課程。有見長者往往容易忘記所學的電腦知識及技巧，故鼓勵長者聯同一位年輕家人或朋友，一起來參加 iPad 課程。我們希望長者能夠在學習伙伴之支援及幫助下，有效地學習和掌握使用 iPad 的知識及技巧，以達至老有所學的目的。

In 2017, we received funding from the Hong Kong Chinese Immigrant Association of Calgary to run an iPad course for older adults and the younger generation. As older adults tend to easily forget what they had learned in class, we encouraged them to bring along a younger family member or friend to join the iPad class. This way, the older adults were able to effectively learn and master the knowledge and skills of using iPad with support from their learning partners, hence promoting the goal of lifelong learning for seniors.

服務統計及點滴 Program Statistics & Service Highlight



陳壽添先生
Mr. Sau Tim Chan
亞省長者服務獎被提名義工
Nominee of Alberta Minister Seniors Service Award

社區參與活動問卷調查 Community Engagement Program Survey

使我多參與我想要的社區活動 Increased engagement in identified community activities	95%
獲得更多相關及助我融入社會的服務 Increased receiving inclusive & relevant services	96%
認識到新朋友及建立更多社交網絡 Increased formation of new social ties and connection	95%
有更多新建立的支援關係助我達致身心康泰 Get support and having supportive relationships that contribute to the overall well-being	95%
使我多參與社區事務，為積極改善社會共融作出貢獻 Get involved in community and contributed to positive changes in regard to social inclusion	97%

滿意程度百分比
Percentage of satisfaction rate

收回問卷數目 No. of survey completed: 215

2017 年度 工作統計 2017 Programs Statistics

142,239

全年服務總人次 Total client contacts

2,202

會員數目 Number of Members



服務總人次 Client contacts:



46,095

社交康樂活動
Social & Recreational



7,811

保健服務
Health Services



7,550

文教活動
Educational Program



75,254

「卡城長者服務
一路通」
"The Way In – Calgary Older Adult Services"



2,254

長者日間
護理服務
(特別需要小組)
ADP (Special Needs Support Group)



224

在家照顧腦退
化症家人技巧
訓練小組
CARERS Program



3,051

社區同行大使
Chinese Community Helper Program

義工服務 Volunteer Services

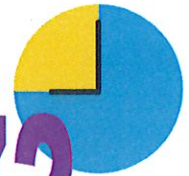


464

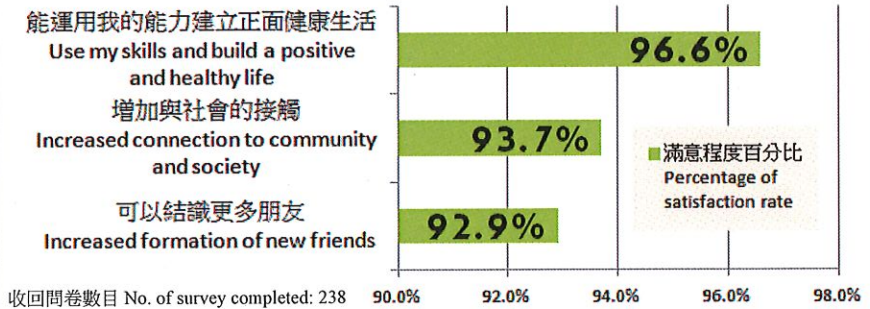
活躍義工 Active volunteers

義工服務時數
Number of volunteer hours

22,472



關懷小組及義工項目問卷調查 Senior Peer Support & Volunteer Program Survey



社區同行 大使計劃 Chinese Community Helper Program

耆英會非常重視長者的身心健康。一年前，我們開始與加拿大心理健康協會(CMHA)合辦「社區同行大使計劃」，旨在減少華裔長者的社會隔離，增加社會融合。在2017年，我們培訓的社區同行大使以家訪、電話聯繫和小組活動等形式，向有需要的長者提供一對一的朋輩支持。本計劃的義工深受長者歡迎，為長者提供支援及擴闊他們的生活圈子，令長者生活更愉快，身心更健康。

20

受訓義工
trained
community
helpers

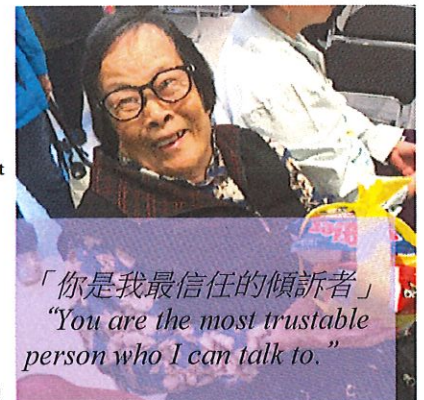
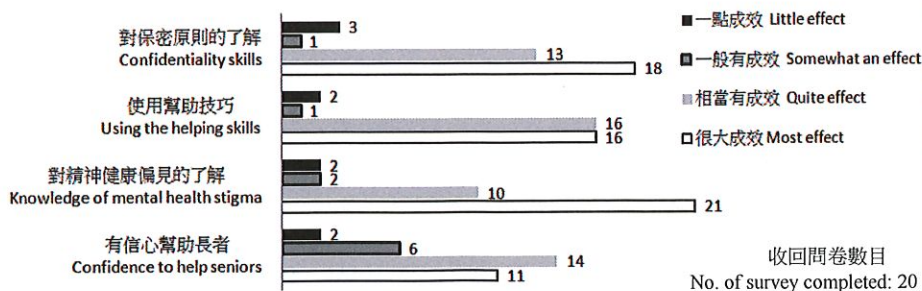
CCECA has a strong focus on the physical and mental health of our seniors. The Chinese Community Helpers Program in collaboration with the Canadian Mental Health Association (CMHA) has been launching for a year to reduce social isolation and increase social inclusion among Chinese Older Adults. In 2017, our community helpers have been provided one on one peer support to isolated seniors in the form of home visit, telephone support and group activities. Seniors are very happy to expand their social network and their mental health has been improved as an outcome of participation under the program.

65

受助長者
seniors served

義工對社區同行大使的培訓問卷調查

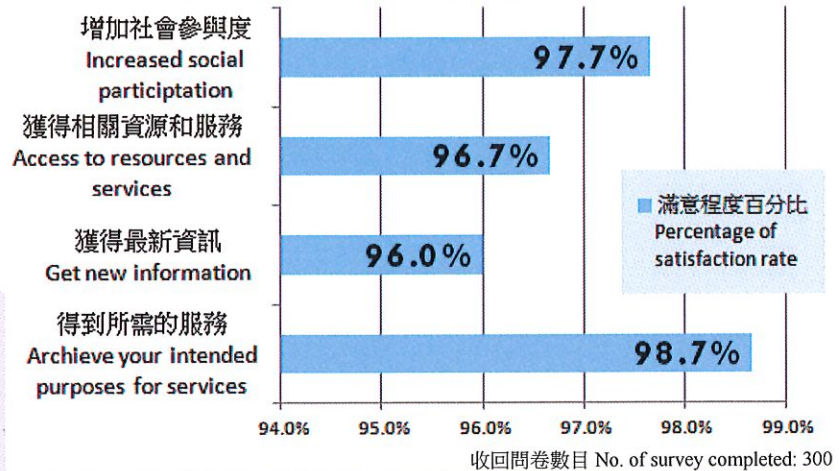
The effect of the community helper training survey



卡城長者 服務一路通 The Way-In



The Way-In Services Client Survey 長者服務一路通服務問卷調查



客人意見 Clients' comments:

- 不論義工或職員服務態度都好。
Both the staff and volunteers have very good customer service.
- 耆英會幫助了我 20 多年。若沒有耆英會的幫忙，就不知如何是好，非常感激。
CCECA helped me for more than 20 years. I did not know what to do without CCECA. I was very grateful.
- 外展部職員對問題解答很詳細廣泛，幫助解答問題很圓滿。
The staff of the Way- In Department helped solve my problems and provided satisfactory response to my queries.

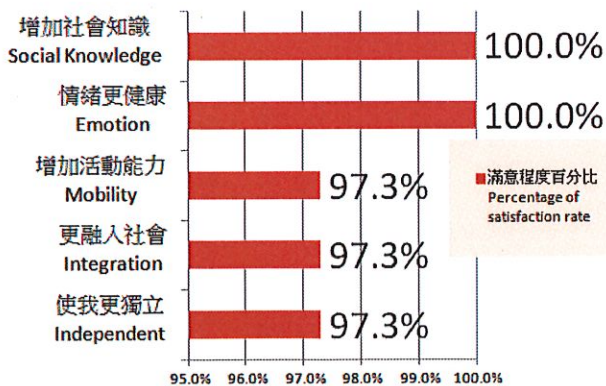
特別需要小組 Special Needs Support Group (ADP)

「我喜歡小組活動，減輕了我的壓力。」
“I enjoy the Special Needs group's activities. It also relieves some of my pressure.”



特別需要小組問卷調查

Special Needs Support Group Client Survey



「自從我媽參加了特別需要小組活動後，她的體重有所增加。她每星期都盼望去參加小組活動，希望能增加活動次數。謝謝所有的工作人員對老人的關心和照顧。」
“Since my mom joins the Support Group, she has gained some weight. She looks forward to going to the program every week and she would like to go more often. Thanks to all the staff for looking after and taking care of seniors.”

「參加這個小組非常開心，職員服務非常細心照顧我們，我覺得很幸福。」
“I am very happy to participate in the Support Group. Staff is very caring. I feel blessed.”

合作計劃 Collaborative Programs



藝術啟發計劃

Project Inspire

此合作項目由 United Active Living Garrison Green, LinkAges 和卡城華人耆英會合辦。15 位來自這三間機構的長者，在六週內每週聚會一次，討論老

齡化和年齡歧視的話題。這計劃旨在提升參與及共融。透過不同藝術創作形式去提升長者的動力和被接納的感受。我們成功舉辦了三班藝術啟發活動，得到參與者非常積極的正面回應。

This was a collaborative project between United Active Living Garrison Green, LinkAges and the Calgary Chinese Elderly Citizens' Association. Fifteen older adults from these three organizations joined together once a week for six weeks to participate in critical discussion about ageing and ageism and to engage in different modalities of art making. The project aimed to enhance participation and inclusion of older adults by providing them with opportunities to build a sense of community, to engage in activism through arts and to promote a sense of motivation and acceptance. We successfully ran three classes with very positive feedback from the participants.



長幼心靈娃娃

藝術工作坊

Cultural doll: An Intergenerational Arts Project

本會獲亞省政府加拿大 150 週年撥款，舉辦一個名為「長幼心靈娃娃藝術工作坊」項目，旨在鼓勵多元化和融合，並吸引和鼓舞青年。我們

於 2017 年 9 月 30 日至 11 月 4 日舉辦工作坊，有 20 位青年人和 24 位老年人參加。透過製作自己的心靈娃娃，以及兩場展覽和故事分享。所有參加者都非常喜歡此項目，並分享如何推動加拿大多元文化和包容性的傳統。

This project was funded by the Community Initiatives Program (CIP) Alberta Canada 150 Grant; the main focus was enhancing diversity and inclusion as well as engaging and inspiring youth. The project ran from September 30 to November 4, 2017 with 20 youths and 24 older adults attending. All participants enjoyed the process of creating their own dolls, storytelling and exhibition, and shared their thoughts on how to contribute to Canada's legacy of cultural diversity and inclusion.



同一世界 多元文化日 Edgemont 1 World Multicultural Day

本會聯同二十多間來自愛住民區的組織和學校一起舉辦了第六屆同一世界多元文化活動。本會的長者負責表演舞獅、中國舞、時裝表演、書法及手工藝攤位。當天有超過 500 個來自不同文化的人參加慶祝加拿大立國 150 年。

In collaboration with more than 15 organizations and schools from the Edgemont community, we hosted the 6th One World multicultural event on May 6, 2017. The older adults from our association were responsible for providing performances such as lion dances, Chinese dances, and fashion shows, as well as hosting the calligraphy and craft booths. More than 500 people from different cultures participated in this event to celebrate Canada 150.



多元文化 家庭運動會 Multicultural Family Game Day

參與由卡城北部文化會和「VIVO」於 2017 年 9 月 30 日舉辦的第七屆家庭遊戲日，我們共設立了四個遊戲攤位：包括門球、拋擲比賽、草地保齡球和接力賽。儘管天氣有點寒冷和下雨，但無阻大家享受參與的樂趣。

On September 30, 2017, CCECA participated in the 7th Family Games Day organized by the North Calgary Cultural Association and VIVO. We set up four game booths at the event, including Gateball, javelin game, lawn bowling and relay race. Although the weather was a bit chilly and rainy, it did not deter our seniors from enjoying the fun and excitement of the activities.



情緒健康委員會 Emotional Health Committee



食出健康身心靈
2017.04.08 (星期六)
卡城華人耆英會禮堂

攤位展覽 9:30 - 12:30
壓力測試
動手做環保酵素
食用園藝/園藝診所 - 介紹盆栽食料等
發芽芽方法
介紹保存時令食材方法
健康飲食資料
Alex Community Food Centre

專題講座 11:30 - 12:30
食用園藝: Emma Wang 教你在家種植

委員會成員
百香園耆英會 聯合主辦
卡城華人耆英會 聯合主辦
卡城華人耆英會 聯合主辦
卡城華人耆英會 聯合主辦
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卡城華人耆英會 聯合主辦
卡城華人耆英會 聯合主辦

參加者意見 Participants' comments

- 希望每年都有多些活動，使市民能多認識情緒健康，吃出健康身心靈
I hope there would be more activities on helping to promote the awareness of emotional health and healthy food healthy body and mind every year.
- 長者情緒健康影響身體健康，我希望能多辦情緒健康講座。
Emotional health has direct impact on seniors' physical health; I hope there would be more emotional health talks/presentations.

情緒健康委員會在去年舉辦「食出健康身心靈」活動。目的是讓華人社區關注健康飲食和身心靈健康。活動有講解食用種植須知、環保酵素、壓力測試等。參加者獲益良多。

In 2017, the Emotional Health Committee (EHC) organized the Healthy Food, Healthy Mind event with the purpose of promoting the importance and inter-relationship between healthy food and healthy body/mind to the Chinese community. Participants were inspired through a rich array of activities, including presentations on edible gardening, eco-enzyme DIY and stress screening, etc. Participants found the activities very beneficial for enhancing their well-being.

最新消息 New in 2018



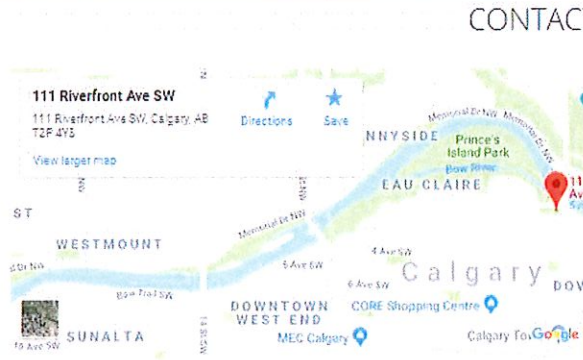
Calgary Chinese Elderly Citizens' Association
卡城華人耆英會

(403) 269-6122
cceca@cceca.ca
fb/cceca

Donate Volunteer

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En 繁 簡



Address:
111 Riverfront Avenue S.W.
Calgary, AB T2P 4Y8

Phone: (403) 269-6122 **Fax:** (403) 269-1951

CONTACT US

資訊科技 New Technology in CCECA

耆英會許多資料庫和系統都是在十年前開發的。這些系統不但使用不方便，更隨著我們機構不斷發展和日益增加客戶人數，系統功能變得局限性很大，並由此產生技術問題。有了撥款資助，新的網站、會員資料庫和義工資料庫將於 2018 年推出。Many of CCECA's existing databases and systems were developed over ten years ago. Not only are these systems no longer user-friendly, there have been increasing technical problems and limitations as our agency keeps growing bigger and serving more clients. With available funding, a new website, new membership database and new volunteer database will be launched in 2018.

新網站 New website

新的網站將於 2018 年 6 月推出。新網站使用方便，並增設了活動日曆列出當天和即將舉辦的講座、活動和課程。通過新網站，會員和客戶可以提交意見，申請成為我們的會員和義工，將來還可於網上捐款。

The new CCECA website will be launched in June 2018. This new website is user-friendly with an event calendar listing current and upcoming workshops, events and classes. Through the new website, members and clients are able to submit feedback and apply to be our members and volunteers on-line, and eventually, make on-line donations.

Home About Us Impact Services Resources News & Events Support Us Contact Us						
MAY 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Class - Yik-Hsin 慈惠堂 Sinh Dance Club 舞龍舞獅 Chinese Orchestra 粵京大樂</p>	<p>Alberta Healthy Living Program 健康生活計劃 (國) Class - Exercise 傳統健身操 (國)</p>	<p>Alberta Healthy Living Program 健康生活計劃 (國) Class - Exercise 傳統健身操 (國)</p>	<p>Class - Tai Chi 太極健身操 (國) Support Group 2 樂善堂 (國) Late Shift Team 打掃</p>	<p>Alberta Healthy Living Program 健康生活計劃 (國) Class - Exercise 傳統健身操 (國) Sinh Tennis Club 乒乓球社</p>	<p>Wellness Centre 健康中心 Support Group 1 樂善堂 (國) Sinh Dance Club 舞龍舞獅 Sinh Senior Group 粵京耆英會</p>	<p>Class - Social Dance 社交舞 Class - Chinese Dance 中國舞 Sinh Senior Group 粵京耆英會</p>
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Welcome TO OUR NEW WEBSITE

Sign up to access member features!

HEALTH AND WELLNESS

In partnership with Alberta Health Services and other organizations, there is a range of workshops and services such as Flu and Pneumococcal Vaccination, Pharmacist Co

[Read more](#)

ADULT DAY PROGRAM

Our adult day program aims to enhance well-being and quality of life through planned programs to meet the needs and abilities of Chinese older adults with disabilities

[Read more](#)

OUTREACH SERVICES

The Way In network provides information for Chinese older adults and helps them access services that enhance quality of life. In response to clients' needs, a duty officer is in place on a daily basis to provide immediate attention and follow up...

[Read more](#)

會員資料庫 Membership Database

新的會員資料庫是一個於網絡運作的應用程序，職員可以在同一時間使用資料庫，使我們能夠同時服務多個客人。連同網站上的活動日曆，會員

將於不久將來可以註冊並支付講座、課程費用和續會。

The new membership database is a web-based application where a number of our staff can access the database simultaneously, thus enabling us to serve more than one client at the same time. Together with the new event calendar on the website, members will be able to register and pay for workshops and classes, as well as renew their membership on-line in the future.

**BECOME
A MEMBER**

成為會員

義工資料庫 Volunteer Database

新的義工資料庫也是一個於網絡運作的應用程序。當義工登入系統後，他們將能夠看到和登記義工職位，並能更新個人資料。

The new volunteer database is also a web-based application. Once volunteers log in to the system, they will be able to see what volunteer opportunities are available and register for the position, and update their personal profile.



活躍社區 健樂行計劃 Activate YYC Intergeneration "Walk by Fun"

活躍社區 YYC 之「健樂行計劃」部份經費是由 Activate YYC 贊助：「以鼓勵大家一起步行，玩耍及睦鄰」。本計劃旨在鼓勵長者保持活躍，在 3 月至 5 月期間，使用者

英會的長者健身室設施 2 次及持續在 8 週內，每天在自己的社區步行 30 分鐘或 5,000 步。

This project is partly funded by Activate YYC and the purpose is to encourage residents to "walk, play, and be neighbourly". The project has two components designed to encourage seniors to keep active. Firstly, they are to use CCECA's Senior Fitness Room twice for at least 30 minutes. Secondly, they are to walk 30 minutes daily for 8 weeks in the local community or reach the daily step goal of 5,000. This project is going to run from March to May 2018.

卡城華人耆英會
活躍社區 YYC 之「健樂行計劃」

本計劃部份經費由 ActivateYYC 贊助：「以鼓勵大家一起步行，玩耍及睦鄰」

誠意邀請你和你的家人，朋友，鄰居一起樂步行

第一部份：健身運動（祇限 50+ 的參加者）
於 3 月至 5 月期間，使用者英會「長者健身室」
健身 2 次，每次至少 30 分鐘

第二部份：健樂行
在 4 至 5 月的八個星期內，連續每天在自己社區步行最少半小時或 5000 步，
可免費獲發計步器一個

參加者：
· 年滿五十歲的人士及其陪伴者
· 陪伴者年齡須滿 16 歲（可以是家庭成員，朋友或鄰居）

報名：
填妥報名表格及繳交 \$4 元報名費

獎勵：
參加者：完成八週連續每天步行半小時或 5000 步
陪伴者：八星期內陪伴參加者步行最少八次
可得紀念品及參加抽獎，贏取豐富獎品一份（價值 \$100 元）

查詢請致電 (403) 269-6122
名額有限，額滿即止



2017年營運收支及資金結存表

Statement of Operations and Change in Unrestricted Net Assets

Year Ended December 31, 2017

	2017	2016
REVENUE 收入	\$	\$
Grants for community programs 撥款收入	1,284,988	1,092,202
Membership , donation, fundraising and other 會員費, 捐款, 籌款及其他收入	166,776	125,394
Cultural, social and educational program fees 活動收入	156,729	126,749
Casino funds spent 賭場撥款	41,979	20,872
Amortization of deferred capital contributions 延後資產注資減值	3,166	8,632
	1,653,638	1,373,849
EXPENSES 支出		
Community programs 撥款支出	1,284,988	1,097,202
General and administration 行政支出	152,610	122,856
Cultural, social and educational programs 活動支出	139,212	120,515
Amortization 折舊	6,611	6,152
	1,583,421	1,346,725
Excess of Revenue over Expenses 全年度盈餘 / (超支)	70,217	27,124
Unrestricted net assets, start of year 上年滾存	169,727	142,603
Unrestricted net assets, end of year 本年底滾存	239,944	169,727



卡城華人耆英會第二十二屆理事會名單
The 22nd Board of Directors (2017-2018)

* 排名不分先後 Not in particular order

會長 President

林李美玲 Claudia Lam

副會長 Vice President

錢有金 Eugene Chieng

秘書 Secretary

陳穎生 Thomas Chan 胡汝輝 Sidney Woo

財政 Treasurer

胡浩華 Nikola Wu

理事 Directors

黎遠勝 Desmond Lai 劉振勇 Roy Lau

林 坤 Peter Lam 林培根 Pui Kan Lam

周廣遂 Thomas Chow 黃炳君 Patrick Wong

吳振光 Henry Ng 朱偉傑 Ivan Chu

會務顧問 Advisors

蔡國雄 Kwok Hung Choi 張毓棠 Yuk Tong Cheung

黃佩華 Pei Hua Huang

榮譽顧問 Honorable Advisors

李炯光 Kwing Kwong Lee 余偉行 Wai Hang Yu

韓晚良 Dominic Hon 韓梁麗霞 Stella Hon

社會事務顧問 Social Services Advisor

鮑胡葵儀 Teresa Woo Paw

撥款機構 Funders :

* 排名不分先後 Not in particular order



卡城華埠耆英中心基金會
 Calgary Chinatown Seniors' Centre Foundation



111 Riverfront Avenue S.W. Calgary, AB. T2P 4Y8

Tel: (403)269-6122 Fax: (403)269-1951 Email: cceca@cceca.ca Website: www.cceca.ca

本會乃非牟利社會服務機構，需依賴捐款維持日常運作，歡迎慷慨捐助，惠及老人。

CCECA is a non-profit social service organization. Our daily operation relies on donation. Your generous donation is welcome.

慈善機構登記號碼 Charitable Registration Number: 126698018RR0002