



温尼伯华人老年协会恭祝蛇年万事如意

WCSA wishes you everything goes well in the year of Snake

农历
乙巳年

2025

EVERY CHILD MATTERS



Remember History
Reconcile Together

铭记历史 和解同行





Winnipeg
Chinese
Senior
Association
温尼伯华人
老年协会

丰富多彩的社区活动 • • • • • • • Engaging Community Activities



November 2024

Winnipeg
Chinese Senior Association  温尼伯华人老年协会

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January 2025

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December 2024 十二月

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 冬月	2 初二	3 初三	4 初四	5 初五	6 大雪	7 初七
8 初八	9 初九	10 初十	11 十一	12 十二	13 十三	14 十四
15 十五	16 十六	17 十七	18 十八	19 十九	20 二十	21 冬至
22 廿二	23 廿三	24 平安夜 Christmas Eve	25 圣诞 Merry Christmas !	26 廿六 Boxing Day	27 廿七	28 廿八
29 廿九	30 冬二九	31 腊月 New Year's Eve	1 元旦	2 初三	3 初四	4 初五



土地承认声明

我们谨在此承认，我们位于条约一号领地，这是阿尼希纳贝族、克里族、奥吉克里族、达科他族和德内族的传统土地，也是梅蒂斯民族的家园。

Land Acknowledgement

We acknowledge we are on Treaty One Territory, the traditional land of the Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and the homeland of the Métis Nation.



农历乙巳蛇年



Winnipeg
Chinese
Senior
Association
温尼伯华人
老年协会



熊飞

December 2024

Winnipeg
Chinese Senior Association  温尼伯华人老年协会

February 2025

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January 2025 一月

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 廿九	30 冬二九	31 腊月 New Year's Eve	1 元旦 New Year Day	2 初三	3 初四	4 初五
5 小寒	6 初七	7 腊八	8 冬三九	9 初十	10 十一	11 十二
12 十三	13 十四	14 十五	15 尾牙	16 十七	17 冬四九	18 十九
19 二十	20 大寒	21 廿二	22 北小年	23 南小年	24 廿五	25 廿六
26 冬五九	27 廿八	28 除夕 Chinese New Year's Eve	29 正月 春节 Chinese New Year	30 初二	31 初三	1 初四



寄宿学校旨在同化原住民儿童，强迫他们脱离家庭，压制其文化和语言。

Residential schools aimed to assimilate Indigenous children, removing them from families and suppressing their culture.





熊飞

January 2025

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Winnipeg
Chinese Senior Association  温尼伯华人老年协会

March 2025

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February 2025 二月

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 廿七	27 廿八	28 除夕	29 春节	30 初二	31 初三	1 初四
2 破五	3 立春	4 冬六九	5 初八	6 初九	7 初十	8 十一
9 十二	10 十三	11 十四	12 元宵节 Lantern Day	13 冬七九	14 情人节 Valentine's Day	15 十八
16 十九	17 二十  Louis Riel Day	18 雨水	19 廿二	20 廿三	21 廿四	22 冬八九/填仓
23 廿六	24 廿七	25 廿八	26 廿九	27 三十	28 二月	1 龙抬头



教会与政府合作运营寄宿学校，天主教和圣公会等宗教机构管理，政府提供资金。

Churches managed the schools with government funding, primarily Catholic and Anglican churches.





熊飞

寄宿学校的历史

寄宿学校是由政府资助、教会经营的机构，通过把孩子与家庭和社区隔离，利用欧洲教育方式将原住民儿童同化为主流加拿大文化的一部分。这一过程对儿童造成了极大的创伤，并对他们的家庭和社区带来了持久的伤害。从19世纪30年代第一所学校成立，到1996年最后一所学校关闭，约有15万名因纽特人、梅蒂斯人和第一民族的儿童被强行带离家园，送往超过130所寄宿学校。许多儿童在这些机构中遭受了殴打和性虐待。2021年，一些废弃的寄宿学校旁发现了无标记的潜在墓地，据信数千名儿童在这些学校中丧生。

加拿大真相与和解委员会(TRC)得出结论，寄宿学校是“政府资助的系统性尝试，旨在摧毁原住民的文化和语言，将他们同化，使其不再作为独立的民族存在。” TRC将这种行为称为“文化灭绝”。这些学校经常资金不足、过度拥挤，教育质量低下。孩子们因说母语而受到严厉惩罚，工作人员对虐待儿童的行为几乎不负责任。

我们了解到，成千上万的学生在寄宿学校中遭受了身体和性虐待。所有学生都经历了孤独与对家人的思念。这些学校不仅伤害了儿童，也对他们的家庭和社区带来了痛苦。儿童们失去了健康的爱与尊重的榜样，而第一民族、因纽特人和梅蒂斯人的独特文化、传统、语言和知识体系也因强迫同化而逐渐消亡。

February 2025

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* DST: Daylight Saving Time.

Winnipeg
Chinese Senior Association  温尼伯华人老年协会

April 2025

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March 2025 三月

Sun 日	Mon 一	Tue 二	Wed 三	Thu 四	Fri 五	Sat 六
23 廿六	24 廿七	25 廿八	26 廿九	27 三十	28 二月	1 龙抬头
2 初三	3 冬九九	4 初五	5 惊蛰	6 初七	7 初八	8 初九  Intl. Women's Day
9 初十	10 十一	11 十二	12 植树节	13 十四	14 花朝	15 十六
DST* Starts						
16 十七	17 十八  St. Patrick's Day	18 十九	19 二十	20 春分	21 廿二	22 廿三
23 廿四	24 廿五	25 廿六	26 廿七	27 廿八	28 廿九	29 三月
30 初二		31 初三				



《1876年印第安法案》赋予政府强制执行权，迫使原住民儿童必须进入寄宿学校。

The 1876 Indian Act gave the government authority to force children into these schools.



农历乙巳蛇年



James Deng

 Winnipeg
Chinese
Senior
Association
温尼伯华人
老年协会

March 2025

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Winnipeg
Chinese Senior Association  温尼伯华人老年协会

May 2025

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April 2024 四月

Sun 日	Mon 一	Tue 二	Wed 三	Thu 四	Fri 五	Sat 六
30 初二	31 初三	1 愚人节	2 初五	3 寒食节	4 清明节  Qingming Festival	5 初八
6 初九	7 初十	8 十一	9 十二	10 十三	11 十四	12 十五
13 十六	14 十七	15 十八	16 十九	17 二十	18 廿一  Good Friday	19 廿二
20 谷雨 Easter Sunday	21 廿四 	22 廿五	23 廿六	24 廿七	25 廿八	26 廿九
27 三十	28 四月	29 初二	30 初三	1 初四	2 初五	3 初六



原住民儿童被强行从家庭带走，导致家庭和文化联系的破裂。

Children were forcibly separated from their families, often sent far from home.





Winnipeg
Chinese
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Association
 Winnipeg华人
老年人协会



熊飞

April 2025

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Winnipeg
Chinese Senior Association  温尼伯华人老年协会

June 2025

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May 2025 五月

Sun 日	Mon 一	Tue 二	Wed 三	Thu 四	Fri 五	Sat 六
27 三十	28 四月	29 初二	30 初三	1 初四  国际劳动节	2 初五	3 初六
4 初七 青年节	5 立夏	6 初九	7 初十	8 十一	9 十二	10 十三
11 十四 Mother's Day	12 十五 WCSA B-DAY	13 十六	14 十七	15 十八	16 十九	17 二十
18 廿一	19 廿二 Victoria Day	20 廿三	21 小满	22 廿五	23 廿六	24 廿七
25 廿八	26 廿九	27 五月	28 初二	29 初三	30 初四	31 端午节 Dragon Boat Fes.



寄宿学校禁止孩子们使用母语，原住民文化被压制，导致文化遗失。

Cultural suppression was systematic, banning Indigenous languages and practices.



农历乙巳蛇年



Residential School History

Residential Schools were state-sponsored, church-run institutions established to assimilate Indigenous children into the dominant Canadian culture through European approaches to education and the practice of isolating the children from their families and communities.

This process was traumatizing for the children and caused lasting harm to the communities from which they were taken. From the opening of the first schools in the 1830s until the last school closed in 1996, approximately 150,000 Inuit, Métis and First Nation children were forcibly removed from their homes and sent to over 130 institutions. Many children were beaten and sexually abused. In 2021, potential unmarked gravesites were discovered adjacent to a number of abandoned residential school sites. It is estimated that thousands of children died at the institutions.

The Truth and Reconciliation Commission of Canada (TRC) concluded that residential schools were “a systematic, government-sponsored attempt to destroy Aboriginal cultures and languages and to assimilate Aboriginal peoples so that they no longer existed as distinct peoples.” The TRC characterized this intent as “cultural genocide.” The schools were often underfunded and overcrowded. The quality of education was substandard. Children were harshly punished for speaking their own languages. Staff were not held accountable for how they treated the children.

We know that thousands of students suffered physical and sexual abuse at residential schools. All suffered from loneliness and a longing to be home with their families. The schools hurt the children. The schools also hurt their families and their communities.

Children were deprived of healthy examples of love and respect. The distinct cultures, traditions, languages, and knowledge systems of First Nations, Inuit and Métis peoples were eroded by forced assimilation.

May 2025

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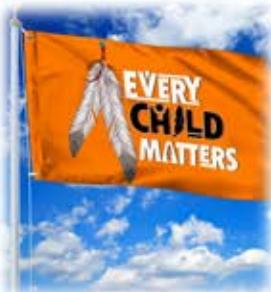
Winnipeg
Chinese Senior Association  温尼伯华人老年协会

July 2025

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June 2025 六月

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 初六 儿童节 	2 初七	3 初八	4 初九	5 芒种 芒种	6 十一	7 十二
8 十三	9 十四	10 十五	11 十六	12 十七	13 十八	14 十九
15 二十 Father's day 	16 廿一	17 廿二	18 廿三	19 廿四	20 廿五	21 夏至
22 廿七	23 廿八	24 廿九	25 六月	26 初二	27 初三	28 初四
29 初五	30 初六	1 初七	2 初八	3 初九	4 初十	5 十一



寄宿学校普遍存在虐待，
包括身体、情感和性虐待。

Widespread abuse occurred
in these schools, including
physical, emotional, and
sexual abuse.



农历乙巳蛇年



June 2025

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Winnipeg
Chinese Senior Association  温尼伯华人老年协会

August 2025

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31						

July 2024 七月

Sun 日	Mon 一	Tue 二	Wed 三	Thu 四	Fri 五	Sat 六
29 初五	30 初六	1 初七  Canada Day	2 初八	3 初九	4 初十	5 十一
6 十二	7 小暑	8 十四	9 十五	10 十六	11 十七	12 十八
13 十九	14 二十	15 廿一	16 廿二	17 廿三	18 廿四	19 廿五
20 廿六	21 廿七	22 大暑	23 廿九	24 三十	25 闰六月	26 初二
27 初三	28 初四	29 初五	30 初六	31 初七	1 初八	2 初九



寄宿学校由于营养不良和疏忽，导致估计数千名儿童丧命。

Many children died from neglect, malnutrition, and disease, with thousands unaccounted for.



农历乙巳蛇年



张晓平

July 2025

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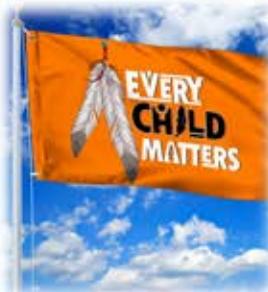
Winnipeg
Chinese Senior Association  温尼伯华人老年协会

September 2025

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August 2025 八月

Sun 日	Mon 一	Tue 二	Wed 三	Thu 四	Fri 五	Sat 六
27 初三	28 初四	29 初五	30 初六	31 初七	1 初八	2 初九
3 初十	4 十一	5 十二	6 十三	7 立秋	8 十五	9 十六
10 十七	11 十八	12 十九	13 二十	14 廿一	15 廿二	16 廿三
17 廿四	18 廿五	19 廿六	20 廿七	21 廿八	22 廿九	23 七月/处暑
24 初二	25 初三	26 初四	27 初五	28 初六	29 七夕节  Double Seventh Fes.	30 初八
31 初九						



寄宿学校遗址自2021年起发现了成千上万的无名儿童墓地。

Unmarked graves have been discovered, particularly since 2021, exposing the scale of loss.



农历乙巳蛇年



Winnipeg Chinese Senior Association



I want every child and every family in Manitoba to have the opportunity to reflect on the legacy of residential schools, the children who didn't come home and the profound impacts of that trauma on families that still exists today – Wab Kinew, Premier of Manitoba

我希望曼尼托巴的每个孩子和家庭都有机会反思寄宿学校的历史，缅怀那些没有回家的孩子，以及这些创伤至今对家庭产生的深远影响 -- 瓦布·基努，曼尼托巴省长

August 2025

Winnipeg
Chinese Senior Association  温尼伯华人老年协会

October 2025

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September 2025 九月

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Sun 日	Mon 一	Tue 二	Wed 三	Thu 四	Fri 五	Sat 六
31 初九	1 初十 Labour Day 	2 十一	3 十二	4 十三	5 十四	6 中元节 Hungry Ghost Fes. 
7 白露	8 十七	9 十八	10 十九	11 二十	12 廿一	13 廿二
14 廿三	15 廿四	16 廿五	17 廿六	18 廿七	19 廿八	20 廿九
21 三十	22 八月	23 秋分	24 初三	25 初四	26 初五	27 初六
28 初七	29 初八	30 初九 Orange Shirt Day 	1 初十	2 十一	3 十二	4 十三



寄宿学校的创伤影响了几代原住民，导致持续的心理健康和社会问题。

Intergenerational trauma continues to affect Indigenous communities, impacting mental health and family dynamics.





Winnipeg
Chinese
Senior
Association
温尼伯华人
老年协会



伯华人老
Chinese Senior

James Deng

September 2025

Winnipeg
Chinese Senior Association  温尼伯华人老年协会

November 2025

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October 2025 十月

Sun 日	Mon 一	Tue 二	Wed 三	Thu 四	Fri 五	Sat 六
28 初七	29 初八	30 初九	1 国庆  PRC National Day	2 十一	3 十二	4 十三
5 十四	6 中秋节  Mid-Autumn Fes.	7 十六	8 寒露	9 十八	10 十九	11 二十
12 廿一	13 廿二  Thanksgiving Day	14 廿三	15 廿四	16 廿五	17 廿六	18 廿七
19 廿八	20 廿九	21 九月	22 初二	23 霜降	24 初三	25 初四
26 初五	27 初六	28 初七	29 重阳节  Double Ninth Fes.	30 初九	31 初十  Halloween	1 十一



橙衫日缘自菲利斯·韦伯斯塔德在寄宿学校第一天被没收橙衫，象征原住民儿童失去身份的痛苦。

Phyllis Webstad's story of her orange shirt being taken away became the symbol for Orange Shirt Day.





熊飞

October 2025

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* DST: Daylight Saving Time.

Winnipeg
Chinese Senior Association  温尼伯华人老年协会

December 2025

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November 2025 十一月

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 初六	27 初七	28 初八	29 初九	30 初十	31 十一	1 十二
2 十三	3 十四	4 十五	5 十六	6 十七	7 立冬	8 十九
DST* Ends						
9 二十	10 廿一	11 廿二  Remembrance Day	12 廿三	13 廿四	14 廿五	15 廿六
16 廿七	17 廿八	18 廿九	19 三十	20 十月	21 初二	22 小雪
23 初四	30 十一	24 初五	25 初六	26 初七	27 初八	28 初九  Black Friday
						29 初十



橙衫日的主题“每个孩子都很重要”，强调所有儿童应被铭记和尊重。

"Every Child Matters" became the central theme, highlighting the importance of remembering all children affected.



华协免费英语口语学习

WCSA Free Spoken English Lessons



熊飞

November 2025

Winnipeg
Chinese Senior Association  温尼伯华人老年协会

January 2026

S	M	T	W	T	F	S
				1		
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	23	24	25
26	27	28	29	30	31	

December 2025 十二月

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 十一	1 十二	2 十三	3 十四	4 十五	5 十六	6 十七
7 大雪	8 十九	9 二十	10 廿一	11 廿二	12 廿三	13 廿四
14 廿五	15 廿六	16 廿七	17 廿八	18 廿九	19 三十	20 冬月
21 冬至	22 初三	23 初四	24 平安夜 Christmas Eve	25 圣诞 Merry Christmas !	26 初七 Boxing Day	27 初八
28 初九	29 初十	30 冬二九	31 十二 New Year's Eve	1 元旦	2 十四	3 十五



2021年，联邦政府将9月30日定为“全国真相与和解日”。2023年，曼尼托巴省将此日定为“橙衫日”法定节日。

In 2021, Canadian government set September 30 as the National Day for Truth and Reconciliation. In 2023, Manitoba made it a statutory holiday, Orange Shirt Day.



2024.09.30 溫尼伯华协“橙衫日”活动留念



本年历照片均由华协提供：

飞哥、James Deng、张晓平、青、
孟晓波、二师兄、穿花蜂等摄

温尼伯华人老年协会（简称华协）是2017年注册成立的曼省公益组织，以提升社区居民健康意识、推广健康生活理念为宗旨，携手政府、社团和居民共同打造老年友好型社区。

华协自成立以来，一直秉持初衷，勇于承担社会责任。几年来，协会开展了太极、乒乓球、羽毛球、广场舞、健身操、瑜伽、排舞、柔力球、彩绸舞、中国舞等健身运动项目；开办了素描、彩绘、声乐、摄影、英语、鼓乐等学习班；组织了厨艺、种植、文学沙龙、手工、缝纫、远足、自行车、棋牌麻将等社群，举办了加拿大国庆、新年、春晚、中秋、重阳等文化交流活动，配合政府及专业学会进行了接种COVID疫苗、糖尿病血糖测试、科普关节风湿病、帮助新居民安置、推广无障碍信息等专项活动；此外还参与曼省马拉松、Terry Fox Run、ParticipACTION、Harvest食物募捐等公益活动。

到目前为止，华协约有50余位核心义工运作线上社区和线下服务中心，超过1800名会员参与或受惠于协会组织的各种公益活动和服务。今后华协将继续为会员们及居民们提供更多更好的社区服务，为温馨舒适便利的和谐社区增光添彩。

The Winnipeg Chinese Seniors Association (WCSA) is a Manitoba non-profit organization registered in 2017. With the aim of promoting health awareness and advocating for a healthy lifestyle, WCSA collaborates with the government, community organizations, and residents to create an elderly-friendly community. Since its establishment, WCSA has consistently upheld its mission and willingly embraced social responsibility. Over the years, the association has initiated various fitness programs such as Tai Chi, table tennis, badminton, square dancing, aerobics, yoga, line dancing, silk dance, and traditional Chinese dance. Additionally, WCSA has organized classes including sketching, painting, vocal music, photography, English, and drumming. The association has also facilitated community-building activities such as cooking, gardening, literary salons, handicrafts, sewing, hiking, cycling, and card games. Cultural exchange events such as Canada Day celebrations, New Year gatherings, Spring Festival galas, Mid-Autumn Festival celebrations, and Double Ninth Festival activities have been organized. WCSA has actively participated in public service initiatives, including COVID vaccination drives, diabetes blood glucose testing, rheumatological disease awareness, assisting new immigrants with settlement, and promoting accessibility information. Moreover, WCSA has engaged in charitable events like the Manitoba Marathon, Terry Fox Run, ParticipACTION, and Harvest Food Drives. As of now, WCSA has over 50 core volunteers managing online community activities and offline service centers, benefiting more than 1800 members who have participated in or benefited from the association's various charitable activities and services. Looking ahead, WCSA is committed to providing more and better community services for its members and residents, contributing to a warm and harmonious community.