

Caregiver Education & Support Services
August Programs

护老教育及支援服务
8月活动

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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	31

6 动起来...综合养生运动
Get Moving...Health Exercise

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Stella Ng 吴惠嫦女士

(Community Exercise Program

Instructor 社区运动导师)

备注:参加者须穿着舒适衣着,运动鞋及预留小活动空间

[Click here for Registration](#) 请按此处登记

8 照护与养老面面观 (现场讲座)
Caregiving and Healthy Aging
(In-person Workshop)

Time/时间: 10:00am—11:30am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Angela Guo 郭伟女士

(Social Worker at Yee Hong Centre
頤康中心安省注册社工)

Address/ 地址: 頤康护老教育及资源中心

360 Highway 7 E., Unit 17, Richmond Hill

现场讲座请致电:416-412-4571 内线 2363

13 护老者专题: 乐龄家居服务计划
Age Well at Home

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Mr. Paul Wong 黄子健先生

(Project Manager at Yee Hong Centre
頤康服务经理)

[Click here for Registration](#) 请按此处登记

14 护老者身心健康系列: 音乐与减压
Caregiver Physical and Mental Health Series :
Music and Stress Relief

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Cantonese 广东话

Speaker/讲员: Mr. Frank Chang 张文达先生

(Yee Hong Centre Staff 頤康中心职员)

[Click here for Registration](#) 请按此处登记

14 护老专题: 长者听觉退化与保健
For Caregivers: Hearing Loss and Aging

Time/时间: 3:00pm—4:00pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Ms. Lori Jackson (Hearing Care

Counsellor at Canadian Hearing Society)

[Click JSS to Register](#) 请按 JSS 登记

15 护老专题: 安省电力减免计划
Ontario Electricity Support Program
(In-person workshop)

Time/时间: 10:00am—11:15 am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Carmen Leung 梁家雯女士

(Housing Counsellor at The Housing
Help Center, York Region Branch)

Address/ 地址: 頤康护老教育及资源中心

360 Highway 7 E., Unit 17, Richmond Hill

现场讲座请致电 416-412-4571 内线 2363

16 给护老者: 家务有妙法

Caregiving Tips: Housework at Ease

Time/时间: 10:00am—11:00am (星期五 Fri.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Fiona Lam 林凯欣女士
(Yee Hong Centre Staff 颐康中心职员)

[Click here for Registration](#) 请按此处登记

20 护老专题--隔代沟通技巧

Elderly Care Series -- Intergenerational Communication Skills

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Ms. Jessica Tang 邓焕明女士
(Yee Hong Centre Staff 颐康中心职员)

[Click here for Registration](#) 请按此处登记

21 给护老者: 关顾者互助小组

Walking Together: Caregiver Support Group

Time/时间: 10:00am—11:30am (星期三 Wed.)

Speaker/讲员: Ms. Angela Guo 郭伟女士
(Social Worker at Yee Hong Centre
颐康中心安省注册社工)

Address/ 地址: 万锦颐康何黎霭云中心一日间活动中心
2780 Bur Oak Ave, Markham, ON L6B 1C9

报名请致电 416-412-4571 内线 2362
To register: Please call 416-412-4571 ext 2362

22

认识五常痛及舒缓伸展运动工作坊

Common Muscle Aches and Pain Free Exercises

Time/时间: 10:00am—11:30am (星期一 Mon.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Yuki Cheng 郑玉凤女士
(Stretching Therapy Practitioner
伸展疗法导师)

[Click here for Registration](#) 请按此处登记

护老锦囊: 如何利用音乐与失智症

亲属重新联系

Caregiver's Guide: How to Reconnect with Loved Ones with Dementia Through Music

Time/时间: 10:00am—11:00am (星期一 Mon.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Alexandra Ho, MTA R/I (Caregiver
and Retired Registered Music Therapist
照顾者及退休注册治疗师)

[Click here for Registration](#) 请按此处登记

28

护老饮食锦囊: 长者饮食 8 大迷思

Eating Tips for Caregivers: Nutrition and Aging— 8 Myths and Misconceptions

Time/时间: 10:00am—11:00am (星期三 Wed.)

Language/语言: Mandarin 普通话 / 国语

Speaker/讲员: Dr. Oria Xie 谢丽凤女士
(Registered Dietitian in Canada and
USA; PhD. in Nutrition
加拿大和美国注册营养师;加拿大营
养学博士)

[Click here for Registration](#) 请按此处登记

29

多伦多辅助交通服务知多 D

Getting on Board: Exploring TTC Wheel Trans's Essential Services

Time/时间: 11:00am—12:15pm (星期四 Thurs.)

Language/语言: English with Cantonese translation
英文及即时粤语翻译

Speaker/讲员: Ms. Velia Restivo (Project Coordinator at
Toronto Transit Commission)

[Click here for Registration](#) 请按此处登记

Yee Hong CAREL-earning Website – 颐康关爱网



小组名称 Support Group	日期 Date	时间 Time	报名及查询 Registration and Enquiries
关顾者互助小组(广东话) Walking Together: Caregiver Support Group (Cantonese)	Aug 21 (Wed.) 8 月 21 日(三)	11:00am— 12:30pm	416-412-4571 X2608
关顾者互助小组 (普通话/ 国语) Walking Together: Caregiver Support Group (Mandarin)	Aug 9 (Fri.) 8 月 9 日 (五)	10:00am— 11:30am	416-412-4571 X2362
与伴同行: 帕金森互助小组 (广东话) Parkinson's Disease Self-Management Group (Cantonese)	Aug 3 (Sat.) 8 月 3 日 (六)	10:30am— 12:00pm	416-412-4571 X2361



Drop-in Virtual Support Group (Thursday) 网上及电话支援小组 (星期四)

有说普通话 / 国语的社工为您提供网上及电话关顾者支持小组服务

This drop-in virtual support group provides an opportunity for caregiver to meet with one of our social workers via video chat or telephone and to support each other through caregiving experience.

Zoom ID: 833-7475-6615 Zoom Password: 123456

Telephone: +16473744685 或

[請按此處加入](#)

Aug 8 8 月 8 日

3pm-4pm 三時至四時

Aug 22 8 月 22 日

3pm-4pm 三時至四時

For inquiries in Cantonese/ Mandarin /English, please call 416-412-4571 Ext. 2363

or email to caregiver.edu@yeehong.com

广东话 / 普通话 / 英语查询，请电 416-412-4571 内线 2363 或电邮致 caregiver.edu@yeehong.com

Caregiving can be immensely rewarding, but can be emotionally and physically demanding too. Yee Hong's Caregiver Education and Support Services helps caregivers fortify their love and patience, with up-to-date knowledge, essential skills and wellness support, to ensure positive and successful results. Please visit us at:

护老是一件很有意义的事，但是它对护老者的身体和心理状态也有较高的要求。颐康的护老教育及支援服务可帮助护老者在爱心与耐心的基础上掌握最新的专业知识和基本技能，并通过维持健康的身心状态而达到确实有效的成果。

请浏览我们的网页:

<https://www.yeehong.com/care-learning/>

Yee Hong's CARE-Learning Website – 颐康关护网

Funding for the Caregiver Education & Support Services has been provided by the Ontario Health East and Ontario Health Central.

以上活動由 Ontario Health East 及 Ontario Health Central 資助



頤康 | YEE HONG

DANCE DNA

I Can Dance:

BALLROOM DANCE CLASS 社交舞蹈班 2024

每個星期五上午 Every Friday 11:00am-12:30pm



Venue/ 地點:

Markham Wesley Centre
萬民衛斯理社區服務中心

22 Esna Park Dr, Markham, ON L3R 1E1

費用: **FIRST CLASS FREE** 第一課免費

REGISTRATION & ENQUIRIES 報名及查詢

Phone 電話: (416) 412-4571 x 5641

email 電郵: icandance@yeehong.com

Payment by cash at class 於上課時以現金付款

或 **OR etransfer to** 電子轉帳至

icandance@yeehong.com

Regular Drop-In
rate **\$15**
/class/person
每個人每課

Please put a remark on the etransfer to include

"Your name and the date you want to attend"


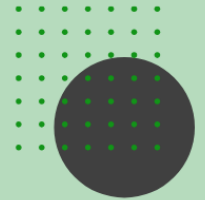
請於電子轉帳上註明你的名稱及上課日子

Or Scan:



關顧者互助小組

Walking Together: Caregiver Support Group



照顧長者是一項挑戰性的工作，作為家庭照顧者的您不必獨自完成。加入由頤康社工帶領的照顧者支援小組，你可以與其他照顧者分享你的經驗，並在照顧過程中獲得相互支持，這對照顧者來說很重要。

Being a caregiver can be challenging, but you don't have to do it alone. Joining our caregiver support group facilitated by Yee Hong social workers, you can meet with another caregivers, share your experiences and receive the mutual support in caregiving journey.

日期: 5月15日, 6月19日, 7月17日
(每月一次)

時間: 10:00am - 11:30am

地點: 萬錦頤康何黎靄雲中心--日間活動中心

歡迎所有護老者參加

詳情及報名請電郵至 angela.guo@yeehong.com
或致電 416 412 4571 內線 2362 Angela 郭姑娘

To register, please email angela.guo@yeehong.com or call 416 412 4571 ext 2362. Angela Guo

伴你同行 认知障碍症资讯站



dementiahub.yeehong.com/zh-hans



在这个认知障碍症资讯站中，你可以：

- ✓ 获得中文版的认知障碍症资讯
- ✓ 了解有关认知障碍症的知识 and 减低风险的方法
- ✓ 获得认知障碍症患者和照顾者的生活小贴士
- ✓ 了解更多本地认知障碍症服务及资源



扫一扫



+416-412-4571 ext. 2624



odgrh@yeehong.com



頤康

YEE HONG

VOLUNTEER WITH YEE HONG!

齊來頤康做義工!

Positions available:

Program Assistant
Friendly Visitor
Assistant with Meals
Interest Class Instructor
Driver for Seniors
Meals-on-Wheels

Shopping Escort
Front Desk Assistant
Clerical Assistant
Laundry Aide
Special Event Assistant
& more!

義工崗位:

活動助理
親善探訪
進餐助理
興趣班導師
接送長者司機
送餐司機

購物護送
接待處助理
文書助理
洗衣房助理
特別活動助理
等等!

A little bit of your time could be a BIG help to our seniors.
你只要付出一點時間, 就能為長者帶來大大的幫助。

Contact Us 聯絡我們

頤康士嘉堡芬治中心 及 萬錦中心
Yee Hong Centre Scarborough Finch &
Yee Hong Ho Lai Oi Wan Centre (Markham)
Karen Wong
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頤康士嘉堡麥瀝高中心
Yee Hong Centre Scarborough McNicoll
Jessica Tang
416-412-4571 ext. 2611
JessicaWM.Tang@yeehong.com

[Our Webpage 網頁](#)

[Apply Now! 現在報名!](#)



頤康需要你! YEE HONG NEEDS YOU!