

**Caregiver Education & Support Services  
August Programs**

**護老教育及支援服務  
8月活動**

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 動起來...綜合養生運動  
Get Moving... Health Exercise**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Stella Ng 吳惠嫦女士  
(Community Exercise Program  
Instructor 社區運動導師)

備註: 參加者須穿著舒適衣著, 運動鞋及預留小活動空間

[Click here for Registration 請按此處登記](#)

**8 照護與養老面面觀(現場講座)  
Caregiving and Healthy Aging  
(In-person Workshop)**

Time/時間: 10:00am—11:30am (星期四 Thurs.)

Language/語言: Mandarin 普通話/ 國語

Speaker/講員: Ms. Angela Guo 郭偉女士  
(Social Worker at Yee Hong Centre  
頤康中心安省註冊社工)

360 Highway 7 E., Unit 17, Richmond Hill

現場講座請致電 416-412-4571 內線 2363

To register: Please call 416-412-4571 ext 2363

**13 護老者專題: 樂齡家居服務計劃  
Age Well at Home**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Mr. Paul Wong 黃子健先生  
(Project Manager at Yee Hong Centre  
頤康服務經理)

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**14 護老者身心健康系列: 音樂與減壓  
Caregiver Physical and Mental Health Series:  
Music and Stress Relief**

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: Cantonese 廣東話

Speaker/講員: Mr. Frank Chang 張文達先生  
(Yee Hong Centre Staff 頤康中心職員)

[Click here for Registration 請按此處登記](#)

**14 護老專題: 長者聽覺退化與保健  
For Caregivers: Hearing Loss & Aging**

Time/時間: 3:00pm—4:00pm (星期三 Wed.)

Language/語言: English 英文

Speaker/講員: Ms. Lori Jackson (Hearing Care  
Counsellor at Canadian Hearing Society)

[Click JSS to Register 請按 JSS 登記](#)

**15 護老專題: 安省電力減免計劃  
Ontario Electricity Support Program  
(In-person workshop)**

Time/時間: 10:00am—11:15am (星期四 Thurs.)

Language/語言: Mandarin 普通話/ 國語

Speaker/講員: Ms. Carmen Leung 梁家雯女士  
(Housing Counsellor at The Housing  
Help Center, York Region Branch)

Address/ 地址: 頤康護老教育及資源中心

360 Highway 7 E., Unit 17, Richmond Hill

現場講座請致電 416-412-4571 內線 2363

**16** 給護老者: 家務有妙法  
**Caregiving Tips: Housework at Ease**

Time/時間: 10:00am—11:00am (星期五 Fri.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Fiona Lam 林凱欣女士

(Yee Hong Centre Staff 頤康中心職員)

[Click here for Registration](#) 請按此處登記

**21** 給護老者: 關顧者互助小組  
**Walking Together: Caregiver Support Group**

Time/時間: 10:00am—11:30am (星期三 Wed.)

Speaker/講員: Ms. Angela Guo 郭偉女士  
(Social Worker at Yee Hong Centre  
頤康中心安省註冊社工)

Address/ 地址: 萬錦頤康何黎靄雲中心一日間活動中心  
2780 Bur Oak Ave, Markham, ON L6B 1C9

報名請致電 416-412-4571 內線 2362

To register: Please call 416-412-4571 ext 2362

**26** 護老錦囊: 如何利用音樂與失智症  
親屬重新聯繫  
**Caregiver's Guide: How to Reconnect with  
Loved Ones with Dementia Through Music**

Time/時間: 10:00am—11:00am (星期一 Mon.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Alexandra Ho, MTA R/I (Caregiver  
and Retired Registered Music Therapist  
照顧者及退休註冊治療師)

[Click here for Registration](#) 請按此處登記

**29** 多倫多輔助交通服務知多 D  
**Getting on Board: Exploring TTC Wheel Trans's  
Essential Services**

Time/時間: 11:00am—12:15pm (星期四 Thurs.)

Language/語言: English with Cantonese translation  
英文及即時粵語翻譯

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

[Click here for Registration](#) 請按此處登記

**20** 護老專題--隔代溝通技巧  
**Elderly Care Series -- Intergenerational  
Communication Skills**

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Mandarin 普通話/ 國語

Speaker/講員: Ms. Jessica Tang 鄧煥明女士  
(Yee Hong Centre Staff 頤康中心職員)

[Click here for Registration](#) 請按此處登記

**22** 認識五常痛及舒緩伸展運動工作坊  
**Common Muscle Aches and Pain Free Exercises**

Time/時間: 10:00am—11:30am (星期一 Mon.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Yuki Cheng 鄭玉鳳女士  
(Stretching Therapy Practitioner  
伸展療法導師)

[Click here for Registration](#) 請按此處登記

**28** 護老飲食錦囊: 長者飲食 8 大迷思  
**Eating Tips for Caregivers : Nutrition and  
Aging— 8 Myths and Misconceptions**

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: Mandarin 普通話 / 國語

Speaker/講員: Dr. Oria Xie 謝麗鳳女士  
(Registered Dietician in Canada and  
USA; PhD. in Nutrition  
加拿大和美國註冊營養師; 加拿大營  
養學博士)

[Click here for Registration](#) 請按此處登記

**Yee Hong CARE-Learning Website**  
— 頤康關護網



小組名稱 Support Group	日期 Date	時間 Time	報名及查詢 Registration and Enquiries
關顧者互助小組(廣東話) Walking Together: Caregiver Support Group (Cantonese)	Aug 21 (Wed.) 8 月 21 日(三)	11:00am— 12:30pm	416-412-4571 X2608
關顧者互助小組(普通話/ 國語) Walking Together: Caregiver Support Group (Mandarin)	Aug 9 (Fri.) 8 月 9 日(五)	10:00am— 11:30am	416-412-4571 X2362
與伴同行: 帕金森互助小組(廣東話) Parkinson's Disease Self-Management Group (Cantonese)	Aug 3 (Sat.) 8 月 3 日(六)	10:00am— 11:30am	416-412-4571 X2361



## Drop-in Virtual Support Group (Thursday) 網上及電話支援小組(星期四)

有說普通話 / 國語的社工為您提供網上及電話關顧者支持小組服務

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](mailto:caregiver.edu@yeehong.com)**

廣東話 / 普通話 / 英語查詢，請電 416-412-4571 內線 2363 或電郵致 [caregiver.edu@yeehong.com](mailto: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:

護老是一件很有意義的事，但是它對護老者的身體和心理狀態也有較高的要求。頤康的護老教育及支援服務可幫助護老者在愛心與耐心的基礎上掌握最新的專業知識和基本技能，並通過維持健康的身心狀態而達到確實有效的成果。請瀏覽我們的網頁：

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

**Yee Hong's CARE-Learning Website – 頤康關護網**

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](mailto: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](mailto: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:*



# 伴你同行 認知障礙症資訊站



[dementiahub.yeehong.com/zh-hant](https://dementiahub.yeehong.com/zh-hant)



在這個認知障礙症資訊站中，你可以：

- ✓ 獲得中文版的認知障礙症資訊
- ✓ 了解有關認知障礙症的知識和減低風險的方法
- ✓ 獲得認知障礙症患者和照顧者的生活小貼士
- ✓ 了解更多本地認知障礙症服務及資源



掃一掃



+416-412-4571 ext. 2624



odgrh@yeehong.com

# 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  
416-412-4571 ext. 5641  
[Karen.Wong@yeehong.com](mailto:Karen.Wong@yeehong.com)

頤康密西沙加中心  
Yee Hong Centre Mississauga  
Pinky Man  
416-412-4571 ext. 4640  
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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](mailto:JessicaWM.Tang@yeehong.com)

[Our Webpage 網頁](#)

[Apply Now! 現在報名!](#)



# 頤康需要你! YEE HONG NEEDS YOU!