

Caregiver Education & Support Services
January Programs

护老教育及支援服务
1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	

3 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

9 护老专题: 居家运动新体验(现场讲座)
Home Exercise: Turn Housework into Healthy Exercise (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: 360 Highway 7 E., Unit 17, Richmond Hill

现场讲座请致电 416-412-4571 内线 2363

14 居家运动新体验: 让家务成为健康运动
Home Exercise: Turn Housework into Healthy Exercise

Time/时间: 10:00am—11:00am (星期二 Tue.)

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)

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

10 冬日运动教室: 一起动起来踢走
冬季抑郁
Let's Move - Unlock the Power of Exercise in Preventing Mood Disorder in Winter

Time/时间: 2:30pm—3:30pm (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Esther Ho 何诗韵女士

(Registered BCRPA Fitness Leader
加拿大注册专业健身教练)

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

15 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

頤康中心安省注册社工)

Address/ 地址: 万锦頤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

17 安省预定护理计划(2)
Advance Care Planning in Ontario (2)

Time/時間: 3:00pm—4:00pm (星期五 Fri.)

Language/語言: English 英文

Speaker/讲员: Dr. Kenneth Hook

(Retired Family Physician 退休家庭医生)

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

21 护老锦囊: 一夜好眠
Caregiving Tips: Helping Seniors Sleep Better

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/語言: 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](#)

22 护老专题: 痛风成因及治疗方案
Breaking Down Gout: Causes, Symptoms and Effective Treatments

Time/时间: 3:00pm—4:00pm (星期三 Wed.)

Language/語言: Cantonese 广东话

Speaker/讲员: Ms. Nicole Lo
(Registered Pharmacist
注册药剂师—升华医疗资讯协会)

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

23 认识园艺治疗:
如何在家中如何做简单园艺活动
Understanding Horticultural Therapy: How to do
Simple Horticultural Activities at Home

Time/时间: 11:00am—12:00pm (星期四 Thurs.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Michelle Yung 翁茗湘女士
(Registered Social Worker 安省注册社工)

Address/ 地址: North York Chinese Baptist Church
2/F, 685 Sheppard Ave. East, Toronto

备注: 此为免费讲座, 查询或报名请致电 416-710-9978
To register: Please call 416-710-9978

24 护老者健康系列: 认识听力与听觉困难
Caregiver Health Series: All About Hearing Health
for Seniors

Time/时间: 10:00am—11:00am (星期五 Fri.)

Language/語言: Cantonese 广东话

Speaker/讲员: Ms. Cherish Ho (Hearing Care
Counsellor, Canadian Hearing Services
听觉保健辅导员)

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

27 护老课程: 成人心肺复苏法证书课程
(现场讲座)
Heartsaver CPR Certification(In-person Workshop)

CPR Level C (English 英文)

Time/時間: 10:00am—2:00pm

Fee/費用: \$60

Basic Life Support (BLS) (English 英文)

Time/時間: 10:00am—2:30pm

Fee/費用: \$75

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill
现场讲座请致电 416-412-4571 内线 2363

28 走过中风康复路
Walking Through the Stroke Rehabilitation
Journey

Time/时间: 10:00am—11:00am (星期二 Tue.)

Language/语言: Cantonese 广东话

Speaker/讲员: Mr. Steven Ng
(Yee Hong Centre Volunteer
颐康中心义工)

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

一站式
認知障礙症
資訊網

專門針對加拿大華人社區



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- 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

網址: dementiahub.yeehong.com

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)	Jan 15 (Wed.) 1 月 15 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)	Jan 10 (Fri.) 1 月 10 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)	Jan 11 (Sat.) 1 月 11 日 (六)	11:00am— 3:00pm	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](#)

Jan 9 1 月 9 日 3pm-4pm 三時至四時

Jan 23 1 月 23 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

Heartsaver CPR/ AED Certification

護老課程：成人心肺復甦法證書課程

January 27, 2025 (Monday)

- CPR Level C (English 英文)
10:00am - 2:00pm
- Basic Life Support (English 英文)
10:00am - 2:30pm

\$60

\$75

February 8, 2025 (Saturday)

- CPR Level A (Cantonese 廣東話)
10:00am - 12:00pm
- Basic Life Support (Cantonese 廣東話)
10:00am - 2:30pm

\$40

\$75

February 10, 2025 (Monday)

- CPR Level C (English 英文)
10:00am - 2:00pm
- Basic Life Support (English 英文)
10:00am - 2:30pm

\$60

\$75

February 14, 2025 (Friday)

- CPR Level A (Cantonese 廣東話)
10:00am - 12:00pm
- Basic Life Support (Cantonese 廣東話)
10:00am - 2:30pm

\$40

\$75

February 21, 2025 (Friday)

- CPR Level C (English 英文)
10:00am - 2:00pm
- Basic Life Support (English 英文)
10:00am - 2:30pm

\$60

\$75



Learning to Save a Life

Cardiac arrest can happen to anyone, at any time. Be ready to respond. Your fast action can more than double the chance of surviving.

Address地址:
頤康護老教育及資源中心
360 Highway 7 E.,
Unit 17, Richmond Hill

請按此處報名
[Click here for
Registration](#)



查詢請致電:
416-412-4571 內線2363
fiona.lam@yeehong.com

**網上講座(廣東話)
Online Workshop
(Cantonese)**

**免費聽力測試
Free Hearing Screening**

認識聽力與聽覺困難

Understanding Hearing
and Auditory Difficulties
聽力健康資訊、保護聽
覺、常見的聽覺困難

2025/01/24 (星期五FRI)

10:00am - 11:00am

聽覺損失的護理方法

Care Methods for Hearing
Loss
配戴助聽器及保養、溝通
技巧及社區支援

2025/02/07 (星期五FRI)

10:00am - 11:00am

請按此處報名
Click here for
Registration



頤康麥瀝高中心

2025/02/04(星期二Tue)

10:30am-3:00pm

地點: 2311 McNicoll Ave,
Scarborough, ON,
M1V 5L3

頤康護老教育及資源中心

2025/02/10(星期一Mon)

10:30am - 3:00pm

地點: 360 Hwy 7 E., #17,
Richmond Hill, ON,
L4B 3Y7

報名後我們會聯絡您預約時間
每節30分鐘

請按此處報名
Click here for
Registration





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:



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



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+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

頤康密西沙加中心
Yee Hong Centre Mississauga
Pinky Man
416-412-4571 ext. 4640
Pinky.Man@yeehong.com

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](#)

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頤康需要你! YEE HONG NEEDS YOU!