

**Caregiver Education & Support Services  
December Programs  
護老教育及支援服務  
1 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	

**7 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

**9 護老專題: 居家運動新體驗 (現場講座)  
Home Exercise: Turn Housework into Healthy  
Exercise (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)

Address/ 地址: 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

**14 居家運動新體驗: 讓家務成為健康運動  
Home Exercise: Turn Housework into Healthy  
Exercise**

Time/時間: 10:00am—11:00am (星期二 Tue.)

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)

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

**14 冬日運動教室: 一起動起來踢走冬季抑鬱  
Let's Move - Unlock the Power of Exercise in  
Preventing Mood Disorder in Winter**

Time/時間: 2:30pm—3:30pm (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Esther Ho 何詩韻女士  
(Registered BCRPA Fitness Leader  
加拿大註冊專業健身教練)

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

**15 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

**17 安省預定護理計劃 (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/講員: Dr. Kenneth Hook

(Retired Family Physician 退休家庭醫生)

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

**21** 護老錦囊: 一夜好眠  
Caregiving Tips: Helping Seniors Sleep Better

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** 護老專題: 痛風成因及治療方案  
Breaking Down Gout: Causes, Symptoms and Effective Treatments

Time/時間: 3:00pm—4:00pm (星期三 Wed.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Nicole Lo (Registered Pharmacist  
註冊藥劑師—昇華醫療資訊協會)

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

**23** 認識園藝治療:  
如何在家中如何做簡單園藝活動  
Understanding Horticultural Therapy: How to do Simple Horticultural Activities at Home

Time/時間: 11:00am—12:00pm (星期四 Thurs.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Michelle Yung 翁茗湘女士  
(Registered Social Worker 安省註冊社工)

Address/ 地址: North York Chinese Baptist Church

2/F, 685 Sheppard Ave. East, Toronto

備註: 此為免費講座, 查詢或報名請致電 416-710-9978

**24** 護老者健康系列: 認識聽力與聽覺困難  
Caregiver Health Series : All About Hearing Health for Seniors

Time/時間: 10:00am—11:00am (星期五 Fri.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Cherish Ho (Hearing Care  
Counsellor, Canadian Hearing Services  
聽覺保健輔導員)

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

**27** 護老課程: 成人心肺復甦法證書課程  
(現場講座)  
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

現場講座請致電 416-412-4571 內線 2363

**28** 走過中風康復路  
Walking Through the Stroke Rehabilitation Journey

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

Speaker/講員: Mr. Steven Ng  
(Yee Hong Centre Volunteer  
頤康中心義工)

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

# 一站式 認知障礙症 資訊網

專門針對加拿大華人社區



掃一掃



- 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](http://dementiahub.yeehong.com)

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

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](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



**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

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**



請按此處報名  
**Click here for**  
**Registration**



# 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

### 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

### February 10, 2025 (Monday)

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

### 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

### 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

\$40

\$75

\$60

\$75

\$40

\$75

\$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





頤康 | YEE HONG

DANCE  DNA

*I Can Dance:*

# BALLROOM DANCE CLASS 社交舞蹈班 2025



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  
[Pinky.Man@yeehong.com](mailto: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](mailto:JessicaWM.Tang@yeehong.com)

[Our Webpage 網頁](#)

[Apply Now! 現在報名!](#)



# 頤康需要你! YEE HONG NEEDS YOU!