

**Caregiver Education & Support Services
May Programs
護老教育及支援服務
5 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

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**與伴同行: 柏金遜互助小組 (實體)
Parkinson's Disease Self-Management Group
(In-person)**

Time/時間: 10:30am—12:00pm (星期六 Sat.)
Language/語言: Cantonese 廣東話
Content/ 內容: Exercises for Parkinson's 柏金遜運動
Address/ 地址: Yee Hong Finch Centre, 60 Scottfield Dr,
Scarborough, ON, M1S 5T7
報名請致電 416-412-4571 內線 2361 or 電郵至
teresa.fung@yeehong.com

6

**動起來...綜合養生及防跌運動
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, 預留小活動
空間及準備一張穩固有椅背的椅子
[Click here for Registration 請按此處登記](#)

8

**認識樂齡科技
Technology to Support Aging in Place**

Time/時間: 11:00am—12:00pm (星期四 Thurs.)
Language/語言: Cantonese 廣東話
Speaker/講員: Mr. Paul Wong 黃子健先生 (Age Well at
Home Project Manager at Yee Hong
Centre 頤康中心服務經理)
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

13

**為認知障礙患者設計在家活動
Designing At-Home Activities for Individuals
with Dementia**

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)
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14

**護老須知: 如何識別和預防詐騙
For Caregivers: Recognize Scam and Prevention**

Time/時間: 10:00am—11:00am (星期三 Wed.)
Language/語言: Cantonese 廣東話
Speaker/講員: Dr. Philip Cheng 鄭永平博士
(Retired Scientist 退休科學家)
[Click here for Registration 請按此處登記](#)

14

**浴室安全設備和失禁護理
Bathroom safety, Equipment and Incontinence**

Time/時間: 3:00pm—4:15pm (星期三 Wed.)
Language/語言: English 英文
Speaker/講員: Ms. Amber Prowse-Zwegers
and Dr. Katrin Dolganova (House Calls 職
業治療師及註冊醫生 Occupational
therapist and Physician from House Calls)
[Click JSS to Register 請按 JSS 登記](#)

15 "肌"不可少 - 認識肌少症及運動體驗工作坊
Understanding Sarcopenia and Prevention Exercise

Time/時間: 2:30pm—3:30pm (星期四 Thurs.)

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](#)

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

29 護老須知: 如何識別和預防詐騙 (現場講座)
For Caregivers: Recognize Scam and Prevention

Time/時間: 10:00am—11:15am (星期四 Thurs.)

Language/語言: Mandarin 普通話/ 國語

Speaker/講員: Dr. Philip Cheng 鄭永平博士
(Retired Scientist 退休科學家)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill
現場講座請致電 416-412-4571 內線 2363

30 給護老者: 眼科護理指南
For Caregivers: All About Eye Care

Time/時間: 2:00pm—3:00pm (星期五 Fri.)

Language/語言: Mandarin 普通話/ 國語

Speaker/講員: Ms. Xiao Le Li 李曉樂女士 (Medical
Student at University of Toronto
多倫多大學醫科學生)

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

16 糖尿病營養, 備餐及出外用餐如何選?
Diabetes Management: Nutrition and Meal Planning

Time/時間: 10:00am—11:00am (星期五 Fri.)

Language/語言: Cantonese 廣東話

Speaker/講員: Ms. Serene Hung 洪思慧女士 (Registered
Nurse and Certified Diabetes Educator
註冊護士及認證糖尿病教育者)

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

28 認識慣性疲勞
Understanding Habitual Strain

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: Cantonese 廣東話

Speaker/講員: Mr. Nicky Lam 林世強先生
(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](#)

30 糖尿病營養, 備餐及出外用餐如何選?
Diabetes Management: Nutrition and Meal Planning

Time/時間: 10:00am—11:00am (星期五 Fri.)

Language/語言: Mandarin 普通話/ 國語

Speaker/講員: Ms. Serene Hung 洪思慧女士
(Registered Nurse and Certified Diabetes
Educator 註冊護士及認證糖尿病教育者)

[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



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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)	May 21 (Wed.) 5 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)	May 30 (Fri.) 5 月 30 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)	May 3 (Sat.) 5 月 3 日 (六)	10:30am— 12:00pm	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](#)

May 1 5 月 1 日 **3pm-4pm 三時至四時**

May 15 5 月 15 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

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

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

護老者鬆一鬆: 迷你花園工作坊

Caregiver Wellness: Create Your Own Mini Garden

運用園藝活動紓解身心壓力，學習從「愛自己」開始，讓植物滋潤我們的身心，由園藝治療師帶領進入奇妙的植物世界。建立植物與我們之間的美好關係。

Gardening, whether in your backyard, or in a small pot, offer a multitude of benefits for your mental and overall well-being. Lead by a horticultural therapist, we will find inner bliss and capture the intimate essence of nature by creating your own little garden.

日期Date: 5月30日(Fri.)
時間Time: 上午10:30am -12:00pm

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

Fee費用 \$25 (包材料費)
語言Language: 廣東話
Cantonese



查詢或報名: 416-412-4571 ext 內線2363
fiona.lam@yeehong.com

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

護老鬆一鬆--鉤織入門班

Caregiver Wellness: Crochet Beginner Class

您知道編織是一種放鬆身心的方式嗎？不管你是初學者還是有經驗的編織者，都歡迎來參加這個讓您輕鬆入門或重拾鉤織的課程！當感受到手中的線和針在你手中編織出美麗的織品時，你會感到一種滿足自在的感覺，彷彿所有的煩惱都被釋放了。

Crochet is not just a craft, it can also be a powerful tool for relaxation and stress relief. As you work with the yarn, the repetitive motion of crocheting allows the mind to focus on the present and let go out any distractions or worries.



日期DATE: 5月2,9,16日 (星期五, 共3堂)

時間TIME: 下午2:00PM -3:30PM

FEE費用 \$10(包材料費)

地點 LOCATION:頤康護老教育及資源中心
360 HIGHWAY 7 E., UNIT 17, RICHMOND HILL

查詢請聯絡 416-412-4571 內線2363 林姑娘 FIONA

請用以下GOOGLE FORM 報名

[HTTPS://FORMS.GLE/CWG4B617UADQASEE8](https://forms.gle/CWG4B617UADQASEE8)



哀傷關懷支援服務

面對親人離世或患重病，往往會感到無比的悲傷與徬徨。本會的哀傷關懷支援服務旨在協助照顧者舒緩因親人重病晚期、臨終或離世而產生的哀傷情緒並適應新生活。

若你或你身邊的朋友正在經歷喪親或哀傷的情緒，歡迎聯絡我們以了解更多詳情。



費用全免

目標

- 紓解照顧者及家人在面對家人重病晚期、臨終或離世時所產生的哀傷情緒
- 提供社區教育與專題講座，提升華人社區對生死教育的關注與理解

服務內容

- 公眾教育（如臨終關懷、殯儀程序、授權書等專題知識）
- 社區資源諮詢、個別支援服務、治療小組及服務轉介等

特色

提供廣東話及國語服務，並以文化適切的方式提供哀傷支援

了解更多



申請方法及服務查詢：

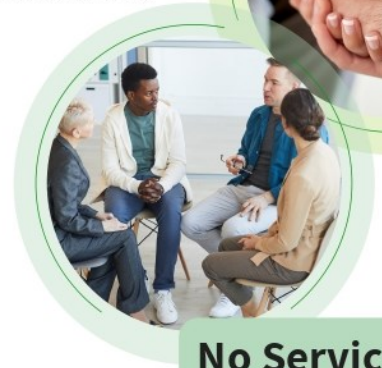
請致電(416)-412-4570 或電郵至caregiver.edu@yeehong.com

與護老教育及支援服務部聯絡

Grief & Bereavement Support

You may be experiencing feelings of sadness and helplessness on your journey to cope with grief and loss. Our Grief and Bereavement support program offers a range of services designed to help the bereaved manage their grieving emotions and maintain a normal life during this difficult time.

If you or someone you know is experiencing grief and loss, we encourage you to contact us for more information about the services we provide.



Goals

- To provide community education to raise awareness within the Chinese community about life and death.
- To alleviate the grief experienced by caregivers and families when a loved one has passed away, is facing a terminal illness, or receiving palliative care.

No Service Charge

Services

- Community education on life and death(e.g., end-of-life care, funeral planning, advance care planning, etc)
- Community Resource Navigation, Supportive Counseling, Therapeutic Groups, and Service Referrals

Learn More



Features

We offer services in Cantonese and Mandarin, and provide culturally sensitive grief support.

For inquiries, please contact Caregiver Education & Support

Email: caregiver.edu@yeehong.com

Tel: (416)-412-4570



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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

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 認知障礙症資訊站



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



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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](#)

[Apply Now! 現在報名!](#)



頤康需要你! YEE HONG NEEDS YOU!