

Caregiver Education & Support Services
December Programs

护老教育及支援服务
12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			

2 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,预留小活动空间及准备一张稳固有椅背的椅子

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

3 睡得香,精神好: 长者睡眠与营养调理指南
Sleep Well, Feel Great: A Guide to Sleep and Nutrition For Older Adults

Time/時間: 10:00am—11:00am (星期三 Wed.)

Language/語言: Mandarin 普通话 / 国语

Speaker/講員: Ms. Julia Qiao 乔红女士 (Nutrition Practitioner 营养师)

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10 在关顾中寻找快乐和幽默 (二)
Finding Joy and Humour in Caregiving (2)

Time/时间: 3:00pm—4:15pm (星期三 Wed.)

Language/语言: English 英文

Speaker/讲员: Ms. Tsvetty Kolarova (Caregiver Education Coordinator at the Alzheimer Society of Toronto)

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11 圣诞联欢会(实体)
Christmas Gathering (In-person)

Time/时间: 10:00am—11:30am (星期四 Thurs.)

Language/语言: Mandarin 普通话 / 国语

Fee/費用: \$12/ 每人

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill
报名请致电 416-412-4571 内线 2363 or
电邮至 Fiona.lam@yeehong.com

15 给护老者: 适合肾脏健康的节庆饮食
Kidney-Friendly Diet for Holidays

Time/时间: 10:00am—11:00am (星期一 Mon.)

Language/语言: Cantonese 广东话

Speaker/讲员: Ms. Catherine Cai 蔡依憬女士 (Registered Dietitian and Certified Diabetes Educator 注册营养师及注册糖尿病健康教育者)

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16 冬季长者安全与健康照顾
Winter Safety and Health Care for the Elderly

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Mandarin 普通话 / 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)

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18

关节健康小贴士：认识自体免疫与退化性关节炎
Caring for Joints: Autoimmune vs. Degenerative Arthritis

Time/时间： 2:30pm—3:30pm (星期四 Thurs.)

Language/语言： Cantonese 广东话

Speaker/讲员：Dr. Alan Zhou (Rheumatologist practicing at Women's College Hospital 风湿病专科医生)

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19

从电影看爱与陪伴
Love and Care Through Film

Time/时间： 10:00am—11:00am (星期五 Fri.)

Language/语言： Cantonese 广东话

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

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19

给护老者：关顾者互助小组(实体)
Walking Together: Caregiver Support Group

Time/时间： 8:00pm—9:30pm (星期五 Fri.)

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)

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

22

给护老者：如何支援长者孤独情绪
For Caregivers: Loneliness in Seniors—Tips for Staying Connected

Time/时间： 10:00am—11:00am (星期一 Mon.)

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)

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一站式
認知障礙症
資訊網

專門針對加拿大華人社區



扫一扫

- 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

Yee Hong CAREL-earning Website –
颐康关护网



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)	Dec 17 (Wed.) 12 月 17 (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)	Dec 19 (Fri.) 12 月 19 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)	Dec 20 (Sat) 12 月 20 日 (六)	10:30am— 1:00pm	416-412-4571 X8529



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](#)

Dec 18 12 月 18 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



護老者鬆一鬆: 聖誕花藝工作坊

Caregiver Wellness: Holiday Table Decoration

DECEMBER 12月5日, 2025

2 PM-3:30PM



Fee費用 \$18 (包材料)

語言Language: 廣東話 Cantonese

Address地址: 頤康護老教育及資源中心

360 Highway 7 E., Unit 17, Richmond Hill

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