

Caregiver Education & Support Services
March Programs

護老教育及支援服務
3月活動

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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9	10	11	12	13	14	15
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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

6

長者健康: 多元文化視野下的春節習俗與健康 (現場講座)

Elderly Health: Spring Festival Customs and Health from a Multicultural Perspective

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

12

骨質知多少 (2)

Bone Health (2)

Time/時間: 3:00pm—4:15pm (星期三 Wed.)

Language/語言: English 英文

Speaker/講員: Mrs. Priscilla Ching 程吳婉華女士
(Volunteer at Osteoporosis Canada
加拿大骨質疏鬆協會)

[Click JSS to Register](#) 請按 JSS 登記

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談食物安全

Keep Your Food Safe: Food Safety 101

Time/時間: 11:00am—12:00pm (星期四 Thurs.)

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)

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

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給護老者: 活得更幸福快樂-正向心理學

To caregivers: Live a Happier and More Fulfilling Life - Positive Psychology

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

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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

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流動應用程式與居家照顧(現場講座) IT Corner for Caregivers (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. Fiona Lam 林凱欣女士

(Yee Hong Centre Staff 頤康中心職員)

Address/ 地址: 360 Highway 7 E., Unit 17, Richmond Hill

現場講座請致電 416-412-4571 內線 2363

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緩解長者焦慮，享受寧靜生活

Addressing Elderly Anxiety for a Joyful Life

Time/時間: 10:00am—11:00am (星期五 Fri.)

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](#)

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應對認知障礙者行為問題

Managing Behavioral Challenges in Dementia Care

Time/時間: 10:00am—11:00am (星期二 Tue.)

Language/語言: Cantonese 廣東話

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](#)

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談駕駛安全

Safety Tips for Driving

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](#)

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

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)	Mar 19 (Wed.) 3 月 19 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)	Mar 14 (Fri.) 3 月 14 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)	Mar 8 (Sat.) 3 月 8 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](#)

Mar 6 3 月 6 日 3pm-4pm 三時至四時

Mar 20 3 月 20 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

Help with your Health

• Free 1 hour interactive workshop to help you better manage your health •



Understanding Joint and Back Pain

- How prevalent is chronic joint pain in Canada?
- What are the different kinds of arthritis?
- How to manage arthritis
- Video explaining back pain
- Interesting facts about back pain
- When to seek professional help
- Treatments that work and treatments that don't work

DATE Tuesday, March 4, 2025

TIME 10:00 a.m. to 11:00 a.m.

LOCATION Online through Zoom

Workshop Link sent after registration

Video Camera & Microphone are required

LANGUAGE: ENGLISH

New registration information - To register click on the following link:

<https://us02web.zoom.us/meeting/register>

Help with your Health

• Free 1 hour interactive workshop to help you better manage your health •



Understanding your Medications

- Challenges with medications
- Importance of medications
 - Medication safety tips
- Why a personal record of medication(s) is important
 - Simplify taking medications

DATE Tuesday, March 18, 2025

TIME 10:00 a.m. to 11:00 a.m.

LOCATION Online through Zoom

Workshop link sent after registration

Video Camera & Microphone are required

LANGUAGE: ENGLISH

New registration information - To register click on the following link:

<https://us02web.zoom.us/meeting/register>

Heartsaver CPR/ AED and First Aid Certification

護老課程：心肺復甦法及急救證書課程

First Aid 急救證書課程

- March 14-15, 2025 (Fri-Sat 星期五-六)
 - 2-days in person course 兩天實體課程
 - Time 時間: 9:00am- 5:00pm
 - Language 語言: 英文教材, 廣東話教授
 - Fee 費用: \$150
- March 24, 2025 (Mon 星期一)
 - Blended course 混合教學(網上+面授模式)
 - Time 時間: 9:00am- 5:00pm
 - Language 語言: 英文教材, 廣東話教授
 - Fee 費用: \$95



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.

Heartsaver CPR/ AED 心肺復甦法

- CPR Level A&C / Basic Life Support (BLS)
 - March 17, 2025 (Mon 星期一)
 - Time 時間: 10:00am- 2:30pm
 - Language 語言: 英文教材, 廣東話教授
 - Fee 費用: Level A \$40 Level C \$60
 - BLS \$ 75
- CPR Level A&C / Basic Life Support (BLS)
 - March 28, 2025 (Mon 星期五)
 - Time 時間: 10:00am- 2:30pm
 - Language 語言: English 英文教授
 - Fee 費用: Level A \$40 Level C \$60
 - BLS \$ 75

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

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



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

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!