



**Yee Hong Centre
For Geriatric Care**

頤康中心

Community and Professional Services

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Scarborough, Ontario M1V 5L3

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MEDIA RELEASE

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\$334,500 OTF Grant has Seniors Dancing with Delight

Scarborough, ON – In 2020, the Yee Hong Centre for Geriatric Care received \$334,500 Grow grant from the Ontario Trillium Foundation to facilitate a dance fitness program for seniors with chronic health conditions and/or mobility limitations. The two-year, Markham-based project, “I Can Dance,” will create increased virtual opportunities for seniors to engage in safe and appropriate physical activity to enhance their overall wellbeing.

“Yee Hong Centre for Geriatric Care’s innovative ‘I Can Dance’ fitness program for seniors highlights the importance of safe and appropriate physical activity in order to improve overall wellbeing,” said Paul Calandra, MPP for Markham-Stouffville. “The Ontario Trillium Foundation’s \$334,500 Grow grant will provide higher quality programming and infrastructure to encourage more active lifestyles and assist programs in being safe, inclusive, and fair.”

Since 2017, in collaboration with Dance DNA Studio, the Yee Hong Centre has been providing a ballroom dance program to support seniors living with Parkinson’s Disease. Now, with the Grow grant from the Ontario Trillium Foundation, this program can be expanded to reach and benefit a more expansive group of seniors with other chronic health and mobility conditions as well. The Yee Hong Centre, which has locations in Markham and Scarborough, is committed to supporting seniors at every stage of the aging process. “I Can Dance” will be offered virtually during the pandemic, and registration is open to seniors with various chronic conditions and mobility limitations.

“Staying active is important for both the physical and psychological health of our seniors,” offered the Honourable Raymond Cho, Minister for Seniors and Accessibility and MPP for Scarborough North. “This grant recognizes the critical work of Yee Hong in delivering programming that helps seniors with Parkinson’s Disease stay active and engaged in our community.”

“Seeing the physical, emotional, and social benefits that our dance fitness program had provided participants, we wanted to broaden the program and reach seniors with other conditions in addition to Parkinson’s Disease,” said Maria Chu, Executive Director of Yee Hong’s Community and Professional Services Division. “The generous support from the Ontario Trillium Foundation will allow us to do just that, and to continue providing high quality services to seniors in our community.”

Funds from the grant are being used to help with staffing costs, hiring dance instructors, technical filming equipment and virtual streaming, and other program and administrative costs. Interested individuals are invited to contact Alice Fu, Program Coordinator at Yee Hong Centre for Geriatric Care at alice.fu@yeehong.com or 416-412-4571 ext. 2361 for more information.



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The Ontario Trillium Foundation (OTF) is an agency of the Government of Ontario, and one of Canada's leading granting foundations. Last year, nearly \$112M was invested into 1,384 community projects and partnerships to build healthy and vibrant communities and strengthen the impact of Ontario's non-profit sector. In 2020/21, OTF supported Ontario's economic recovery by helping non-profit organizations rebuild and recover from the impacts of COVID-19. Visit otf.ca to learn more.

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