

Happy Together Program (Hybrid Model)
樂聚耆暉 (網上 + 實體) Cantonese session

Happy Together 樂聚耆暉 (網上 + 實體) 老友記聚會
耆康社約克區服務中心的聚餐活動，參加人數只限10人，跟疫情前比較，人數減少了一半，當中亦有部份社員因為不同的原因而未能出席實體活動；為了讓社員保持社交及群體活動，我們在每次的聚會，透過使用Zoom的平台，讓在家裡的社員能夠在屏幕與其他參加實體聚會的社員、職員及義工繼續見面，互相支持、問好和關懷。聚會由職員及義工帶領，有輕柔運動，動腦遊戲，健康資訊，懷舊話題，社區消息，生活趣事等等。

日期：星期一、二、三、四、五

時間：

⇒ 網上：10時30分 — 12時 (免費參加)

⇒ 實體：10時30分 — 1時30分 (\$10 活動及午餐費)

【樂聚耆暉 老友記聚會】 只限社員。查詢請聯絡
耆暉會約克區社區服務中心
岑姑娘 Stella Sum
T: 905-771-3700
E: Stella.Sum@carefirstontario.ca

2021—2022 Membership Renewal
From October 1, 2021—March 31, 2022
Fee \$12.50

2021—2022 社員會籍更新
由2021年10月1日—2022年3月31日
費用 \$12.50

How to Download Your Vaccination Proof
如何下載疫苗證書

1. Go to 登錄網站 <https://covid19.ontariohealth.ca/>
2. Click 點擊 “I have read and understand the terms of use” then, click 然後再點擊 **Continue**



3. Fill in your health card information and click **Continue**
填寫個人健康卡資料後點擊 **Continue**

Identity verification

Enter the health card information. All fields are required.

Health card number: 1111-111-111 (2-letter version code: RT)

9-character code on the back of the health card: RT3456789

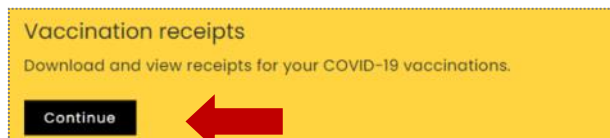
Date of birth: 1910-10-10

Postal code: M1V 3S1

Review the information you entered before continuing. If the address has changed recently, try using the previous postal code.

Continue

4. Click **Continue** to download your vaccine receipt
點擊 **Continue** 進入下一頁下載疫苗證書



Wellness Club virtual programs are well-received by our members, volunteers and the community. Since July, we have been gradually resuming in-person interest classes as an option for our members while we continue offering virtual programs.

The implementation of our in-person programs is not only guided by Carefirst's reopening plan, but also following provincial recommendations. We have also collected suggestions from our instructors, leaders, volunteers and participants to make our in-person programs a safe and enjoyable environment for our members.

Wellness Club in-person program safety measures and guidelines:

- ◇ Wear mask (surgical mask is suggested) upon arriving and clean hands with hand sanitizer
- ◇ Conduct health screening at Wellness Office and allow staff to track attendance before proceeding to the activity room
- ◇ Between classes there will be a 15 minutes gap to avoid gatherings and allow some air flow in the activity room.
- ◇ Each group activity has a maximum capacity of 12 people, which also includes instructor and volunteer. All in-person programs are for members only and prior registration is required.
- ◇ Mask must be worn and physical distance must be maintained throughout the activity
- ◇ Step outside the activity room and away from other people to drink water. This is to prevent from spreading respiratory droplets in case you may cough
- ◇ Exercising will require you to breathe more frequently. Surgical masks may breakdown and lose protection due to sweat. Suggest to bring an extra mask to change or ask for a new mask at the Wellness Office.
- ◇ Remember to take all your belongings when leaving. Any items left behind will be discarded



Wellness Club will follow Municipal Community Centre <Vaccine Certificate Policy>. Proof of vaccination is required to participate in programs

Wellness Club would like to thank our instructors and volunteers for your support in resuming our In-Person programs as well as our members' cooperation in following our safety measures and guidelines.

For enquiries, please contact Wellness Club

Tel: 416-847-8939 WhatsApp/ WeChat: 416-995-5195

Email: wellness@carefirstontario.ca

耆康社的網上活動廣受社員、義工及社區人士歡迎；我們從七月起，已經逐步開放實體興趣班，同時提供網上及實體上課模式讓社員選擇。實體班是遵守省府的指引，並按耆暉會重啓計劃內的程序、場地的人數限制及房間的設備而安排，過程中亦有聆聽導師或組長的建議、參考部份義工及參加者的想法，為社員打造一個安全的環境以繼續參加康樂活動，讓社員舒展身心，重拾與朋輩一齊活動的樂趣。

耆康社實體班的安排、安全措施及指引：

- ◇ 進入中心時必須戴好口罩(建議使用外科口罩)，並以消毒洗手液清潔雙手
- ◇ 到耆康社健康篩查，同時讓職員記錄出席(點名)，完成後前往活動室
- ◇ 每組活動之間設有15分鐘預備時間，儘量使房間的空氣流通，避免兩組參加者聚集
- ◇ 每組人數限制在12人內，包括導師及義工；實體班只限社員，必須預先報名
- ◇ 參加活動時，全程必須繼續佩戴口罩，與其他人保持社交距離
- ◇ 活動途中需要飲水，請離開人群，到活動室外才除下口罩飲水。這是預防飲水期間有可能因咳嗽致水花四濺
- ◇ 參加運動班或其他動態活動如排舞、乒乓球、太極等，有可能導致呼吸加快而令口罩變濕，失去保護力；建議各位帶備另一個更換，或可向耆康社職員索取
- ◇ 活動完畢，請整理及帶走個人物品，遺留物品將被棄置



耆康社跟隨市府社區中心的〈疫苗接種證書政策〉向活動參加者檢查疫苗證書

在現階段的情況下，以安全作為大前提，耆康社能夠再次重開實體班，實要感謝導師及義工們的協助，社員的配合並遵守參加活動的指引。我們會繼續留意和評估所有的安排及措施，亦歡迎社員提供意見供我們參考。

如有任何查詢，歡迎以下列方式聯絡耆康社

電話：416-847-8939 WhatsApp/ WeChat: 416-995-5195

電郵：wellness@carefirstontario.ca