

編者的話

夏天到了! 加拿大的夏季從6月21日到9月21日, 短短三個月, 大家要好好享受, 外出散散步, 儘情享受陽光, 吸收天然的維他命D, 這有助身心健康。緊記出門要做好防曬, 多喝水補充水份啊! 隨著疫情緩和, 社員對實體班的要求亦大幅提升。耆康社與導師們會面商討後, 在重開實體班的同時, 亦繼續保留部分網上班, 讓一些居住於較偏遠、不便開車的社員, 可以繼續參加。我們亦鼓勵參加網上班的社員, 開啟視訊鏡頭, 與導師互動。「避疫」多年了, 準備好就請盡量外出走走, 重返耆康社參加活動, 與以往認識的朋友們聚一聚吧!

查詢及報名耆康社興趣班



WELLNESS PORTAL

Let's Sing Along
Class A WEL 23189
Class B WEL 23190

日期: 7月6日 - 9月21日 (星期四)

A班: 3:00PM - 4:30PM

B班: 8:00PM - 9:30PM

地點: 網上Zoom

費用: \$80 (10堂)

停課: 8月3日, 8月10日



導師
Lolita Siu

Cantonese Opera
Sharing Group
WEL 23129

日期: 6月19日 - 9月11日 (星期一)

時間: 1:30PM - 3:00PM

地點: 耆暉會一站式綜合服務中心

費用: \$70 (10堂)

停課: 7月3日, 8月7日, 9月4日

粵韻曲藝研習小組
頭架 區漢強師傅

二胡 - 提高班
WEL 23167

日期: 6月16日 - 8月4日 (星期五)

時間: 2:15PM - 3:30PM

地點: 耆暉會一站式綜合服務中心

費用: \$123 (8堂)

導師
陳國產
Feva Lai

300號廚房
Wendy Au 週一樂活【煮】意
1:30 - 3:30
\$25/堂

7月10日 WEL 23083

燻飯 + 西湖牛肉羹

8月14日 WEL 23169

薯仔牛肉批 + 白菌忌廉湯

9月11日 WEL 23170

雙色芝麻薄脆 + 迷你月餅

LOHAS 樂活坊

郭詠觀醫生【平安是福】系列

報名索取 Zoom ID [CLICK](#)

耆暉活力百萬行
8月19日(星期六)
耆暉會一站式綜合服務中心

7月14日(星期五) 11:00 - 12:00 老當益壯 健康快樂

9月8日(星期五) 11:00 - 12:00 預防跌倒

11月24日(星期五) 11:00 - 12:00 脂肪肝

【常】【哦】陪你過中秋

7 - 12月生日會

9月22日(星期五)

11:00 - 1:00

耆暉會一站式綜合服務中心



掃描二維碼
感受當日氣氛

安省長者月社員同樂日暨 1-6 月生日會
Seniors Month Celebration & Jan - Jun Birthday Party



HAPPY PING PONG WORKSHOP

鳴謝

Gina Fu (加拿大女子U-19乒乓球代表)
Raymond Ka (耆康社乒乓球培訓班導師)



與Ambrose 認識 30 - 70年的老友記
「樂聚耆暉」回憶往時點滴

HKSHCC Alumni Association (Ontario)

日前於耆暉會共聚，並由退休社工
Ophelia Chan (前排左一) 為舊生會帶來
「與你同行」講座，生動解說讓參加者了解
及認識陪伴抑鬱症患者的路。



關懷社區 擁抱多元文化

"Together We Celebrate"

Canadian Multiculturalism Day on June 27. This day
honours the many cultural communities that help
build a strong and vibrant Canadian society.



Exercise & Falls Prevention Program

Funded by the Ontario Health Regions (Toronto and Central), the Exercise and Falls Prevention Programs help seniors stay healthy, active and mobile. If you are 65 years old and older, you can join the classes offered free of charge in the community.

GENTLE FITNESS EXERCISE 輕柔運動班

- consists of ranges of motion, strength, gentle cardio and simple balance exercises
- For participants new to exercising and/or who are looking for a slower and gentle workout

CARDIO EXERCISE (High Intensity Workout) 高強度全身帶氧運動班

- Combines cardio and strengthening exercises to give a full body workout
- For participants who are physically active to help improve/maintain their physical health

FALLS PREVENTION 預防跌倒班

- Focuses on developing postural control and body strength through balance exercises in sitting and standing positions
- For participants to improve their overall steadiness in their mobility

運動班系列 (廣東話上課)

太極練習
氣功練習
健腦韻律操
排舞練習班 L 1
排舞樂聚 5-6-7-8 (L 1+ / L 2)

in person

virtual

hybrid

For inquiries:
Wellness Club Hotline
416-847-8939

Jose Balba (English)
Jose.Balba@carefirstontario.ca

Ivan Lee (Chinese)
Ivan.Lee@carefirstontario.ca

《知多一點點》 Music Therapy 音樂治療

Music therapy is a profession that aims to improve health, well-being and the quality of life for persons of all ages and abilities. Through musical involvement in the therapeutic context, abilities of clients are strengthened and transferred to other areas of their lives. Music therapy is a tool for communication that can be helpful to those who find it difficult to express themselves verbally. Depending on the goal of the client, music therapy can support the communication of clients through combination of improvised or pre-composed instrumental music and voice, either sung or spoken. Through the development of a therapeutic relationship with clients, music therapists can help clients accomplish individualized goals. Music therapy is a research-based practice and profession conducted by accredited music therapists. Research in music therapy supports its effectiveness in many areas including facilitating contact, interaction, self-awareness, learning, self-expression, communication, and personal development.

音樂治療是一項專業，讓不同年齡層及能力的人士，透過參與音樂的治療過程，加強其各方面的能力，再轉移這能力於日常生活中，旨在促進受助者身、心、靈各方面的安康，及改善生活質素。音樂治療也是一種溝通的媒介，讓難以用言語表達的人士，以非言語的方式表達自己。音樂治療師會因應受助者的治療目標，結合彈奏樂器(即興或預先創作的音樂)及發聲，以支持及鼓勵受助者溝通。在治療過程中，治療師與受助者建立的治療關係，也是幫助受助者達到個人治療目標的重要元素。已有多項研究證實，音樂治療能夠多方面有效地幫助受助者，例如：促進關係、互動、自我意識、學習、自我表達、溝通和個人發展等。

Anxiety is when you feel nervous or tense. You may feel like your heart is beating very quickly and you can't catch your breath. Everyone has anxiety sometimes, like during a job interview or when writing a test. This kind of anxiety is normal. It's usually mild and doesn't last a long time

All anxiety disorders share some common signs or symptoms:

- **Physical:** your anxiety may cause you to have:
 - Very fast heartbeat
 - Problems breathing
 - Trembling or shaking
 - Sweating
 - Dizziness
 - Upset stomach
- **Emotional:** you may feel more afraid than normal of common situations
- **Behavioral:** you may avoid places or things that cause you a lot of anxiety, like public places or parties
- **Cognitive:** you may often think or worry about something that is not likely to happen

If you have them often, they are very strong, or they get in the way of your daily life, you may have an anxiety disorder.

There are different types of treatment for anxiety disorders. In addition to medication, cognitive-behavioral therapy and a healthy lifestyle can help maintain health and reduce anxiety. Quitting smoking, reducing alcohol and caffeine intake, getting enough sleep, and practicing breathing relaxation exercises have been shown to reduce symptoms of anxiety. Social support is also important and may contribute to recovery. If you have any questions about different treatments, please speak with a healthcare professional.

焦慮是指感到不安或是緊張。你可能感到心跳加速及呼吸困難，每個人都會偶爾感到焦慮，例如在工作面試或考試的時候，這種焦慮是正常的，通常是輕微且不會持久。焦慮症有什麼徵狀？

所有的焦慮症都有些共同的跡象或徵狀：

- **身體:** 例如焦慮症會導致你：
 - 心跳加速
 - 呼吸困難
 - 發抖或顫抖
 - 冒汗
 - 暈眩
 - 胃部不適
- **情緒:** 例如日常情況令你感到比正常更害怕。
- **行為:** 例如避免會導致自己焦慮的一些地方或事情。
- **認知:** 例如經常想著或擔心不可能發生的事情。

如果你焦慮的感覺有以下的情況，你可能患上焦慮症：

- 經常發生或持續長時間
- 嚴重或強烈
- 對生活帶來影響

焦慮症有不同種類的治療方法，除了藥物治療之外，認知行為治療及健康生活方式有助保持健康及減少焦慮。戒煙、減少酒精及咖啡因。保持充足睡眠、進行呼吸放鬆練習、都證明能減少焦慮症症狀。也可能有幫助。社交支持也很重要，可能有助於康復。如果你對不同的治療有任何問題，請跟保健專業人士交談。

Carefirst One-Stop Multi-Services Centre
300 Silver Star Blvd, Scarborough ON M1V 0G2
website: www.carefirstontario.ca

Wellness Club Program

Tel: 416-847-8939 Email: wellness@carefirstontario.ca



UHN Patient Education
Anxiety Disorders (English)



UHN 病人教育項目
焦慮症 (中文版)