



耆暉會密西沙加社區支援服務部

Carefirst Seniors & Community Services Association

Mississauga Community Support Services

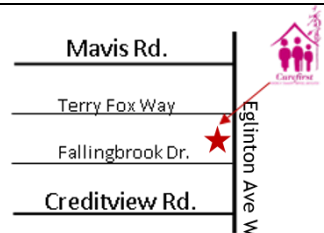
4 月份活動 April 2024 Programs

Topic 講題	Date 日期	Time 時間	Venue 活動地點
EA Happy Together Wellness Group 輕鬆小聚健康小組 (Cantonese 粵語) ☺	April 2, 9, 16, 23 & 30 (Tuesdays) 4 月 2, 9, 16, 23, 30 日 (星期二)	1:00pm to 2:30pm 下午 1 時至 2 時半	In-Person 現場 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
Creditvale Mills - Information & Referral 諮詢及轉介服務 (Cantonese/Mandarin/English 粵/國/英語)	April 10, 24 (Wednesdays) 4 月 10 及 24 日 (星期三)	9:30am to 11:30am 上午 9 時半至 11 時半	Creditvale Mills Hubs 1555 S Parade Ct, Mississauga 
EA Series: 2023 Common Scams in Canada 護老財政系列：拆解天仙之 2023 年常見騙案 (Cantonese 粵語)	April 9 (Tuesday) 4 月 9 日 (星期二)	10:00am to 11:00am 上午 10 時至 11 時	Virtual Platform 網上平台 
EA Lunch & Learn: Mississauga Summer Events cum Birthday Party 密市夏日街頭節暨生日會 (Cantonese/Mandarin 粵/普)	April 25 (Wednesday) 4 月 25 日 (星期三)	12 noon to 2:30pm 中午 12 時下午 2 時半	康翠酒樓 30 Eglinton Ave W, Mississauga 
EA: Brain Health 護老護腦：“活腦”ABC (Cantonese 粵語)	April 26 (Friday) 4 月 26 日 (星期五)	10:00am to 11:00am 上午 10 時至 11 時	Virtual Platform 網上平台 
Client Intervention and Information & Referral 個案協助，諮詢及轉介服務，填表及翻譯服務等	Monday to Friday 星期一至星期五 Cantonese/Mandarin/English 粵語，普通話，英語	9:00am to 3:00pm 上午 9 時至下午 3 時 *請預約登記* Please call to make appointment	耆暉會密西沙加辦事處 Carefirst Mississauga Office, 1051 Eglinton Ave W, Mississauga

查詢服務/ Enquiry: 905-270-9988 (潘姑娘 Michelle)

Carefirst Seniors & Community Services Association (Mississauga) is located at St. Elizabeth Anglican Church 耆暉會密西沙加辦事處位於聖公會頌主堂內

中心地址/Address: 1051 Eglinton Ave W, ON L5V 2W3



2024-02-28



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5 月份活動 May 2024 Programs

Topic 講題	Date 日期	Time 時間	Venue 活動地點
EA Happy Together Wellness Group 輕鬆小聚健康小組 (Cantonese 粵語) ☺	May 7, 14 & 28 (Tuesdays) 5 月 7, 14, 28 日 (星期二) *21 日暫停一次	1:00pm to 2:30pm 下午 1 時至 2 時半	In-Person 現場 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
Creditvale Mills - Information & Referral 諮詢及轉介服務 (Cantonese/Mandarin/English 粵/國/英語)	May 8 & 29 (Wednesdays) 5 月 8 及 29 日 (星期三)	9:30am to 11:30am 上午 9 時半至 11 時半	Creditvale Mills Hubs 1555 S Parade Ct, Mississauga 
EA Series: Seniors- Not Alone- "Beat Ageism! "不平則鳴" - 對歧視長者說"不" (Mandarin 普通話)	May 4 (Saturday) 5 月 4 日 (星期六) 	10:00am to 11:00am 上午 10 時至 11 時	Hybrid 網上及現場 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
EA Lunch & Learn: Ready for Summer cum Mother's Day Celebration 夏日動向暨慶祝母親節 (Cantonese/Mandarin 粵/普)	May 9 (Thursday) 5 月 9 日 (星期四)	11:30am to 1:00 pm 上午 11 時半至下午 1 時	彩蝶軒 1675 The Chase, Mississauga 
Your Local Transportation – One Fare Program 行走江湖：長者交通服務簡介 Know (Cantonese 粵語)	May 10 (Friday) 5 月 10 日 (星期五)	10:00am to 11:00am 上午 10 時至 11 時	Virtual Platform 網上平台 
EA Series: An Elder at Home is a Treasure 護老系列：“家有一老，如有一寶” (Cantonese 粵語)	May 31 (Friday) 5 月 31 日 (星期五)	10:00am to 11:00am 上午 10 時至 11 時	Virtual Platform 網上平台 

Holiday Notice 假期通知

Centre will be closed on Friday February 20 for Family Day 中心將於 5 月 20 日星期一維多利亞日休息一天

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耆暉會密西沙加辦事處位於聖公會領主堂內 中心地址/Address: 1051 Eglinton Ave W, ON L5V 2W3

查詢服務/ Enquiry: 905-270-9988 (潘姑娘 Michelle)



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6 月份活動 June 2024 Programs

Topic 講題	Date 日期	Time 時間	Venue 活動地點
EA Happy Together Wellness Group 輕鬆小聚健康小組 (Cantonese 粵語) ☺	Jun 4, 11, 18, 25 (Tuesdays) 6 月 4, 11, 18, 25 日 (星期二)	1:00pm to 2:30pm 下午 1 時至 2 時半	In-Person 現場 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
Creditvale Mills - Information & Referral 諮詢及轉介服務 (Cantonese/Mandarin/English 粵/國/英語)	Jun 12 & 19 (Wednesday) 6 月 12 及 26 日 (星期三)	9:30am to 11:30am 上午 9 時半至 11 時半	Creditvale Mills Hubs 1555 S Parade Ct, Mississauga 
Symposium: Inter-Generational Communication Use of Technologies 活力長者之溝通與關懷暨慶祝端午節 (Cantonese 粵語)	Jun 6 (Thursday) 6 月 6 日 (星期四) 	10:00am -12:00noon 上午 10 時至 中午 12 時	Hybrid 網上及現場 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
Understanding Senior's Health Related Benefits 長者醫療福利值多少? (Cantonese 粵語)	Jun 14 (Friday) 6 月 14 日 (星期五)	10:00am -11:00am 上午十時至 上午十一時	Virtual Platform 網上平台 
Top Attractions to See in Mississauga 密市夏日好去處 (Cantonese 粵語)	Jun 15 (Saturday) 6 月 15 日 (星期六) 	10:00am -11:00am 上午十時至 上午十一時	In-Person 現場 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
EA Lunch & Learn: Reduced Loneliness & Karaoke 減少孤獨感和時時歡唱 (Cantonese 粵語)	Jun 25 (Tuesday) 6 月 25 日 (星期二) 	11:00am to 2:30pm 下午 1 時至 2 時半	In-Person 現場 耆暉會密西沙加辦事處 1051 Eglinton Ave West Mississauga
EA: Learning New Technologies to Protect Yourself from Scams 護老系列：認識新科技	Jun 21 (Friday) 6 月 21 日 (星期五)	10:00am to 11:00 am 上午十時至 上午十一時	Virtual Platform 網上平台 
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華人【防止虐老及忽略長者】教育計劃

何謂虐老?

虐老是指傷害長者福祉或安全的行為，或不作出某些行為而令長者的福祉或安全受到傷害。一般涉及的行動包括：身體虐待；精神虐待；財政虐待；侵吞長者財物或產業；疏忽及遺棄。

保護長者錦囊

- 明瞭自己的權益，清楚瞭解何謂虐老行為
- 增強對生活事件的處理及應變能力：例如終身學習
- 如何管理個人財產
- 擴闊社交圈子，參與社區活動：增加求助渠道
- 主動向信任的人尋求協助及傾訴感受
- 提倡和發揮互相守望的精神，如發現身邊的朋友或長者懷疑遭受虐待的情況，請主動關心和聆聽其需要
- 運用社區支援服務，向專業人士查詢或求助
- 遇上危急及涉及人身安全的情況下，請撥打緊急熱線 911
- 安省免費【長者安全熱線】1-866-299-1011，全年每日 24 小時運作，並有包括國粵語在內的 150 多種語言傳譯。

耆暉會【保護長者華語熱線】 416-502-2321 逢星期一至五 早上九時至下午五時

Protecting Seniors against Elder Abuse Education Program

What is Elder abuse?

Elder Abuse is any action or inaction that jeopardizes the health, safety and well-being of an older person. Commonly seen types of abuse include Physical abuse, Psychological abuse, Financial abuse, Neglect and Abandonment.

Tips for Protecting Seniors

- Know your own rights, understand what is elder abuse
- Enhance your own skills in handling every day management and how to deal with changes, for example, learn how to manage your own finances
- Help others, if you suspect any elderly abusive situations around, proactively listen to their needs and offer help
- Utilize social support services, seek information and help from professionals
- Call 911 direct in emergency and life-threatening situation. Remember the Senior Safety Line 1-866-299-1011, which can be called from anywhere in Ontario for free. It runs 24 hours a day, 7 days a week with 150 languages including both Mandarin and Cantonese.
- Expand your social circle, participate in social activities
- Increase seek-help resources
- Actively seek help and talk with those whom you trust

Carefirst Chinese Elder Abuse Helpline 416-502-2321 Monday to Friday from 9am to 5pm



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