



Co-organize
合辦

Empowering Seniors to Stay Healthy and Well Project

耆老樂安康活動

February to June
二月至六月

Organize different types of online Workshops, Friday Zoom Room, Interest Classes, Virtual Tours, Caring Groups, etc. for the seniors and their families.

為耆老及家人線上舉辦不同類型講座、星期五Zoom教室、興趣小組、虛擬旅遊、關懷小組等等。

For registration or enquiries, please contact:
報名或查詢詳情, 請聯絡:

(905)308-4708

Free of Charge
費用全免

Senior Hotline長者資源熱線

(905) 882-3399

Experienced counselors and volunteers will provide accurate information on COVID-19, abuse and fraud, social support, community resources navigation and linkage to other service providers.

經驗豐富的輔導員和義工提供有關COVID-19、虐老和欺詐、社會支援、社區資源導航，以及與其他服務單位的鏈接之準確信息。

Please call us Monday to Friday from 9 am to 5 pm.
請在週一至週五上午9時至下午5時致電與我們聯絡。

