








# January 2022

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# 2022

SETTLEMENT		SENIOR		FAMILY, CHILDREN & YOUTH	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>3</b> 	<b>4</b> New Year Virtual Game Day 3:30pm – 4:30pm	<b>5</b> Let's care for our mind 4:00pm – 5:00pm	<b>6</b> 	<b>7</b>	
<b>10</b> Youth Leadership Training for March Break Virtual Field Trips 4:00pm – 5:00pm	<b>11</b> Winter Times for Seniors Club 10:00am – 11:00am	<b>12</b> Beauty and Skin Care Workshops 3:30pm – 4:30pm	<b>13</b> Chinese New Year's Decoration & DIY Workshop 10:30am – 11:30am	<b>14</b> English conversation circle for newcomer seniors 4:00pm – 5:00pm	
	Youth Leadership Training for March Break Virtual Field Trips 4:00pm – 5:00pm	Youth Leadership Training for March Break Virtual Field Trips 4:00pm – 5:00pm	Teatime Conversation – Festive Chinese New Year Celebration 1:30pm – 2:30pm		
<b>17</b> Tech tips for seniors 2:00pm – 3:00pm	<b>18</b> Winter Times for Seniors Club 10:00am – 11:00am	<b>19</b> Beauty and Skin Care Workshops 3:30pm – 4:30pm	<b>20</b> Chinese New Year's Decoration & DIY Workshop 10:30am – 11:30am	<b>21</b> English conversation circle for newcomer seniors 4:00pm – 5:00pm	
Basic Internet Class 3:00pm – 4:00pm			<b>New Year, New Me</b> <b>4:00pm – 5:00pm</b>		
Winter Recreation Activities in Toronto 3:00pm – 4:00pm					
<b>24</b> 	<b>25</b> Winter Times for Seniors Club 10:00am – 11:00am	<b>26</b> Diabetes Prevention Type 2 program 2:00pm – 3:30pm	<b>27</b> Chinese New Year's Decoration & DIY Workshop 10:30am – 11:30am	<b>28</b> LinkedIn Workshop 4:00pm – 5:00pm	
		Understanding Healthy Relationships 3:00pm – 4:30pm	Online Scam Awareness for youth 3:00pm – 4:00pm	English conversation circle for newcomer seniors 4:00pm – 5:00pm	
		Beauty and Skin Care Workshops 3:30pm – 4:30pm	New Year, New Me 4:00pm – 5:00pm		

PROGRAM DESCRIPTIONS			CONTACT
<b>SETTLEMENT</b>			
<b>Chinese New Year's Decoration &amp; DIY Workshop</b> January 13 – 27, Thursdays 10:30am – 11:30am	English/ Mandarin	<u>English, Chinese Interpretation Available Upon Request</u>  <ul style="list-style-type: none"> <li>Join our virtual activity filled program showcasing Chinese New Year themed crafts. Participants will also be able to share recipes and Chinese folk tales.</li> </ul>	(905) 948 -1671 Alison Cheng <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a> WeChat: TCCSAISAP
<b>Teatime Conversation – Festive Chinese New Year Celebration</b> January 13, Thursday 1:30pm – 2:30pm	Mandarin	<ul style="list-style-type: none"> <li>Different characteristics of Chinese New Year celebrations in various places in China - Folk customs and delicacies</li> <li>How overseas Chinese people celebrate the Chinese New Year</li> <li>How do we say Chinese New Year blessings in English</li> <li>Let's play a Guess-Lantern-Riddles game</li> </ul>	(905) 615-9500 William Wang <a href="mailto:wwang@tccsa.org">wwang@tccsa.org</a> WeChat: tccsapc1
<b>PR Card Renewal Guide</b> January 13, Thursday 2:30pm – 4:00pm	Mandarin	Everyone is welcome to join the Permanent Resident Card Renewal Guide Seminar. The purpose of the seminar is to share the latest policies and procedures from the Government of Canada about maintaining permanent resident status and PR card renewal.	(416) 502-9500 Cindy Meng <a href="mailto:cmeng@tccsa.org">cmeng@tccsa.org</a> WeChat: TCCSASC
<b>Basic Internet Class</b> January 17, Monday 3:00pm – 4:00pm	Mandarin	Practical tips navigating Housing Connection website	(416) 502-9500 WeChat: TCCSASC
<b>Winter Recreation Activities in Toronto</b> January 17, Monday 3:00pm – 4:00pm	Mandarin	Did you know that there are many winter programs available offered by the City of Toronto? Come and learn about them so that you can join!	(416) 977-4026 Joris Wong <a href="mailto:jwong@tccsa.org">jwong@tccsa.org</a>
<b>Filing personal Income Tax virtual class</b> January 18, Tuesday February 15, Tuesday March 15, Tuesday 3:00pm – 4:00pm	Mandarin	 <ul style="list-style-type: none"> <li>Income tax return forms</li> <li>New tax rules for 2021</li> <li>Online tax filing</li> </ul>	(416) 502-9500 WeChat: TCCSASC
<b>Diabetes Prevention Type 2 program</b> January 26, Wednesday 2:00pm – 3:30pm	English / Mandarin	<u>English, Mandarin Interpretation</u> <ul style="list-style-type: none"> <li>Diabetes is a serious disease, but it can be prevented.</li> <li>Information about risk of developing type 2 diabetes</li> <li>Learn some tips on making healthier food choices</li> <li>Get ideas on how you can become more physically active</li> </ul>	(905) 615-9500 Liny Tjong <a href="mailto:Ltjong@tccsa.org">Ltjong@tccsa.org</a>
<b>Understanding Healthy Relationships</b> January 26, Wednesday 3:00pm – 4:30pm	English	<b>Yellow Brick House</b> <ul style="list-style-type: none"> <li>Learn about:               <ul style="list-style-type: none"> <li>What is abuse?</li> <li>How to identify abuse/ what are the warning signs?</li> <li>How to get help and support / What to do if you suspect you or someone you know is being abused</li> <li>What are the benefits of cultural diversity for social, economic and civic life</li> <li>The importance of safety in our community</li> </ul> </li> <li>Gain knowledge on relevant community resources</li> </ul>	(905) 948 -1671 <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a> <a href="mailto:catarroja@tccsa.org">catarroja@tccsa.org</a>



PROGRAM DESCRIPTIONS			CONTACT
<b>SENIOR</b>			
<b>Winter Times for Seniors Club</b> January 11 to February 15 Tuesdays 10:00am – 11:00am	Mandarin	Learning Multi-cultures, keeping good health & connect to others by fun online activities. This series will focus on group fitness & learning Canadian winter sports & activities.	(905) 948-1671
<b>English conversation circle for newcomer seniors</b> January 14 to March 4 Fridays 4:00pm – 5:00pm	Mandarin English	Do you want to improve your English-speaking skills? Do you want to be more connected to the community? Come and join our FUN English Conversation Circle designed for newcomer seniors. Each week we will discuss a variety of everyday topics including ordering and buying medication, ordering food, everyday greetings... etc.	(905) 948 -1671 Charlie Tsau <a href="mailto:ctsau@tccsa.org">ctsau@tccsa.org</a> WeChat: TCCSAISAP
<b>Tech tips for seniors</b> January 17, Monday 2:00pm – 3:00pm	Mandarin	Please provide your immigration documents for registration	(905) 615 -9500 <a href="mailto:yikebe@tccsa.org">yikebe@tccsa.org</a> WeChat: Tccsapc2
<b>FAMILY, CHILDREN &amp; YOUTH</b>			
<b>New Year Virtual Game Day</b> January 4, Tuesday 3:30pm – 4:30pm	English	Newcomer Children and Youth, ages 10 – 17 Start off a virtual journey about New Year celebration in Canada, enjoy the interactive online games and complete tasks by drawing, guessing, mapping.... etc, learn and have fun!	(416) 977-4026 Yumee Ng <a href="mailto:yng@tccsa.org">yng@tccsa.org</a>
<b>Let's care for our mind</b> January 5, Wednesday 4:00pm – 5:00pm	English	Newcomer youth ages 12+ Learn remedies and techniques to relax. Join our event for de-stressing together. Let's work together on de-stigmatizing mental health illnesses.	(905) 948 -1671 <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a> <a href="mailto:ratarroja@tccsa.org">ratarroja@tccsa.org</a>
<b>New Year, New Me!</b> January 20 – February 3 Thursdays 4:00pm – 5:00pm	English	Newcomer youth ages 13-21 <ul style="list-style-type: none"> <li>• Create a New Years' Resolution for 2022</li> <li>• Receive support in creating a plan to follow through with the goal for the year</li> <li>• Increase your self-confidence, self-awareness, writing skills, responsibility skills, creativity skills, and discipline skills.</li> <li>• Make new friends and break out of your shell!</li> </ul>	(905) 948 -1671 <a href="mailto:ratarroja@tccsa.org">ratarroja@tccsa.org</a>
<b>LinkedIn Workshop</b> January 28 – February 18 Fridays 4:00pm – 5:00pm	English	Newcomer Youth & Adults (Ages 14+) Learn the importance of an online profile for future job hunting. <ul style="list-style-type: none"> <li>• Profile creation</li> <li>• Building networks</li> <li>• Growing connections</li> </ul>	(905) 948 -1671 Alison Cheng <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a>
<b>Youth Leadership Training for March Break Virtual Field Trips</b> January 10 - 12 Monday to Wednesday 4:00pm – 5:00pm	English	Newcomer Youths (Ages 14-18) Have you ever wanted to be a leader? Now is your chance. Join our leadership training for our march break programs counselors.	(905) 948 -1671 Alison Cheng <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a>
<b>Beauty and Skin Care Workshops</b> January 12 – 26, Wednesdays 3:30pm – 4:30pm	English	Newcomer Youths (Ages 12-18) Are you concerned about your body image? Join our workshop that covers skin care & makeup tutorial, healthy lifestyle, and positive-mind building, you can define beauty!	(416) 977-4026 Yumee Ng <a href="mailto:yng@tccsa.org">yng@tccsa.org</a>
<b>Online Scam Awareness for youth</b> January 27, Thursday 3:00pm – 4:00pm	English Chinese	There are many online scams targeted at young people. Inviting all newcomer youth and parents to learn about the different types of scams, how to identify them and how to avoid them. The workshop will be delivered in English and Cantonese/Mandarin. <b>*Volunteer opportunity is available.</b>	(416) 977 -4026 Joris Wong <a href="mailto:jwong@tccsa.org">jwong@tccsa.org</a>






# 2022 年一月份活动

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# 2022

安居服务		耆老活動		家庭、兒童、青少年活动	
MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	
3 休息 	4 新年虛擬遊戲日 3:30pm – 4:30pm	5 一起关爱我们的心灵 4:00pm – 5:00pm	6	7	
10 在线加入青年领袖 4:00pm – 5:00pm 	11 长者冬季活动 10:00am – 11:00am	12 美容护肤工作坊 3:30pm – 4:30pm	13 中国新年 装饰及 DIY 工作坊 10:30am – 11:30am	14 新移民耆老英语角 4:00pm – 5:00pm 	
17 长者科技小技巧 2:00pm – 3:00pm	18 长者冬季活动 10:00am – 11:00am 	19 美容护肤工作坊 3:30pm – 4:30pm 	20 中国新年 装饰及 DIY 工作坊 10:30am – 11:30am	21 新移民耆老英语角 4:00pm – 5:00pm	
有网便知天下事 3:00pm – 4:00pm	个人报税入门云课堂 2:30pm – 4:30pm		新的一年，新的我！ 4:00pm – 5:00pm		
多伦多冬季活动 3:00pm – 4:00pm					
24 	25 长者冬季活动 10:00am – 11:00am	26 二型糖尿病預防計劃 2:00pm – 3:30pm	27 中国新年 装饰及 DIY 工作坊 10:30am – 11:30am	28 Linkedin 工作坊 4:00pm – 5:00pm	
		了解和建立健康关系 讲座 3:00pm – 4:30pm	了解青少年网络诈骗 3:00pm – 4:00pm	新移民耆老英语角 4:00pm – 5:00pm	
		美容护肤工作坊 3:30pm – 4:30pm	新的一年，新的我！ 4:00pm – 5:00pm		

活动说明		報名查詢
<b>安居服务</b>		
<b>中国新年 装饰及 DIY 工作坊</b> 1 月 13 - 27 日, 逢星期四 10:30am – 11:30am	英语/ 国语	 <i>英语主讲, 国话翻译</i> 新移民成人和老年人 (欢迎所有年龄段的新移民) <ul style="list-style-type: none"> <li>参加我们的线上活动, 展示中国新年主题工艺品、分享食谱和中国民间故事</li> </ul>
<b>茶话座谈 - 欢天喜地庆春节</b> 1 月 13 日, 星期四 1:30pm – 2:30pm	国语	欢迎加入我们并分享下列内容: <ul style="list-style-type: none"> <li>中国各地方庆祝春节的不同特色 - 民间习俗及美食</li> <li>海外华人过春节的传统</li> <li>有关过年的吉祥话用英语怎么说? 我们一起猜灯谜</li> </ul>
<b>枫叶卡更换申请指南</b> 1 月 13 日, 星期四 2:30pm – 4:00pm	国语	讲座内容: <ul style="list-style-type: none"> <li>如何保留永久居民身份; 枫叶卡更换的资格</li> <li>枫叶卡到期更换的条件, 手续和费用</li> <li>如何填写申请表; 如何办理加急更换枫叶卡</li> <li>如何查询受理进度</li> </ul>
<b>有网便知天下事</b> 1 月 17 日, 星期一 3:00pm – 4:00pm	国语	多伦多房屋处网上使用介绍
<b>多伦多冬季活动</b> 1 月 17 日, 星期一 3:00pm – 4:00pm	国语	您知道多伦多市提供许多冬季活动吗? 快来参加工作坊, 了解不同的冬季活动!
<b>个人报税入门云课堂</b> 1 月 18 日, 星期二 2 月 15 日, 星期二 3 月 15 日, 星期二 3:00pm – 4:00pm	国语	 <ul style="list-style-type: none"> <li>个人报税表格解析</li> <li>2021 年税务新政解读</li> <li>2021 年电子报税</li> </ul>
<b>二型糖尿病预防计划</b> 1 月 26 日, 星期三 2:00pm – 3:30pm	英语/ 国语	<i>英语主讲, 国话翻译</i> 二型糖尿病是一种严重的疾病, 但是可以预防的。 <ul style="list-style-type: none"> <li>有关患二型糖尿病风险的信息</li> <li>了解一些选择更健康食物的技巧</li> <li>如何变得更活力</li> </ul>
<b>了解和建立健康关系讲座</b> 1 月 26 日, 星期三 3:00pm – 4:30pm	英语	<b>与 Yellow Brick House 共同举办:</b> <ul style="list-style-type: none"> <li>了解与探讨; 什么是虐待?</li> <li>如何鉴别虐待? /虐待有哪些特征?</li> <li>如何获得帮助和支持/当你自己或熟悉的人有可能遭受虐待时应该怎么办? 文化多样性对社会, 经济, 以及公民生活有什么影响? 安全在整个社区中的重要性</li> <li>获取社区中更多得相关帮助和支持信息</li> </ul>
		(905) 948 -1671 Alison Cheng <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a> WeChat: TCCSAISAP
		(905) 615-9500 William Wang <a href="mailto:wwang@tccsa.org">wwang@tccsa.org</a> WeChat: tccsapc1
		(416) 502-9500 Cindy Meng <a href="mailto:cmeng@tccsa.org">cmeng@tccsa.org</a> WeChat: TCCSASC
		(416) 502-9500 WeChat: TCCSASC
		(416) 977-4026 Joris Wong <a href="mailto:jwong@tccsa.org">jwong@tccsa.org</a>
		(416) 502-9500 WeChat: TCCSASC
		(905) 615-9500 Liny Tjong <a href="mailto:Ltjong@tccsa.org">Ltjong@tccsa.org</a>
		(905) 948 -1671 <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a> <a href="mailto:rcatarroja@tccsa.org">rcatarroja@tccsa.org</a>



活动说明			報名查詢
<b>耆老活動</b>			
 <p><b>长者冬季活动</b> 1月11日至2月15日 逢星期二 10:00am – 11:00am</p>	国语	为活跃老年人生活, 保持身心健康, 帮助新移民长者尽快融入加拿大的本地社区和文化, 多华会将通过形式多样的线上活动给新移民长者提供一个学习和分享的平台。本季活动将带领大家了解冬奥会中加拿大将参与各项的比赛, 学习在家做弹力带运动及太极操。	(905) 948-1671
<p><b>新移民耆老英语角</b> 1月14日至3月4日 逢星期五 4:00pm – 5:00pm</p>	国语/ 英语	您想提高英语会话能力吗? 您是否有兴趣与社区建立更多交流联系? 快来加入我们有趣的新移民耆老英语角, 每周一次, 让我们一起来练习各种日常生活用语, 包括: 购买药品, 点餐, 日常问候...等等。	(905) 948 -1671 Charlie Tsau <a href="mailto:ctsau@tccsa.org">ctsau@tccsa.org</a> WeChat: TCCSAISAP
<p><b>长者科技小技巧</b> 1月17日, 星期一 2:00pm – 3:00pm</p>	国语	报名时请提供枫叶卡信息	(905) 615 -9500 <a href="mailto:yikebe@tccsa.org">yikebe@tccsa.org</a> WeChat: Tccsapc2
<b>家庭、兒童、青少年活动</b>			
<p><b>新年虛擬遊戲日</b> 1月4日, 星期二 3:30pm – 4:30pm</p>	英语	欢迎 10 岁至 17 岁新移民青少年参加	(416) 977-4026 Yumee Ng <a href="mailto:yng@tccsa.org">yng@tccsa.org</a>
<p><b>一起关爱我们的心灵</b> 1月5日, 星期三 4:00pm – 5:00pm</p>	英语	欢迎 12 岁或以上新移民青少年参加 学习实用的放松身心的方法和技巧。一起释放压力, 消除那些对心理疾病的歧视和偏见	(905) 948 -1671 <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a> <a href="mailto:rcatarroja@tccsa.org">rcatarroja@tccsa.org</a>
<p><b>新的一年, 新的我!</b> 1月20日 – 2月3日 逢星期四 4:00pm – 5:00pm</p>	英语	欢迎 13 岁至 21 岁新移民青少年参加 <ul style="list-style-type: none"> <li>制定 2022 年的新年计划</li> <li>我们会提供相应的建议和意见来帮助你制定可实行的新年计划</li> <li>通过新年计划, 你能在自信心, 自我认知, 写作技巧, 责任心, 创造力, 以及自律性等方面有所提高</li> <li>走出你的舒适圈, 认识更多的朋友</li> </ul>	(905) 948 -1671 <a href="mailto:rcatarroja@tccsa.org">rcatarroja@tccsa.org</a>
<p><b>LinkedIn 工作坊</b> 1月28日-2月18日 逢星期五 4:00pm – 5:00pm</p>	英语	新移民青年和成人 (14 岁以上) <ul style="list-style-type: none"> <li>了解在线个人资料对未来求职的重要性。</li> <li>个人资料创建</li> <li>建立网络</li> <li>日益增长的联系</li> </ul>	(905) 948 -1671 Alison Cheng <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a>
<p><b>在线加入青年领袖</b> 1月10 - 12日 星期一至三 4:00pm – 5:00pm</p>	英语	欢迎 14 岁至 18 岁新移民青少年参加 你有没有想过成为领导者? 现在是你的机会。 加入我们的领导力培训三月假期计划顾问。	(905) 948 -1671 Alison Cheng <a href="mailto:acheng@tccsa.org">acheng@tccsa.org</a>
<p><b>美容护肤工作坊</b> 1月12 - 26日 逢星期三 3:30pm – 4:30pm</p>	英语	欢迎 12 岁至 18 岁新移民青少年参加 您是否在意自己的身体形象? 加入我们的工作坊, 涵盖护肤和化妆教程、健康生活方式和积极心态建设, 您可以定义您自己的美丽! *提供义工机会。	(416) 977-4026 Yumee Ng <a href="mailto:yng@tccsa.org">yng@tccsa.org</a>
<p><b>了解青少年网络诈骗</b> 1月27日, 星期四 3:00pm – 4:00pm</p>	英语 国语 粤语	有许多针对年轻人的网络诈骗。邀请所有新来的青少年和家长了解不同类型的骗局、如何识别以及如何避免它们。工作坊将以英语和粤语/普通话进行。*提供义工机会。	(416) 977 -4026 Joris Wong <a href="mailto:jwong@tccsa.org">jwong@tccsa.org</a>

