



Angus Glen Older Adults Club

AGOAC - 2025 長者健康日

Senior Health and Wellness Day

Co-hosted by AGOAC
(Outreach Program)

and Carefirst

聯合舉辦:

愛耆社外展團隊與耆暉會

日期: 2025年9月27日(星期六) 時間: 下午 2:30 至 6:00
Date: September 27, 2025 (Sat) Time: 2:30 - 6:00 pm

地點: 愛耆社中心 AR 1 康樂活動室
3990 Major Mackenzie Drive East
Markham, Ontario L6C 1P8

Location: Angus Glen Community Centre Room AR1
3990 Major Mackenzie Drive East
Markham, Ontario L6C 1P8

服務展覽:

1. 耆暉會社區支援服務
2. 耆暉會糖尿病教育中心
3. 耆暉會社區健康組
4. Chartwell 退休居所
5. HearCANADA 聽覺中心
6. 安省交通廳
7. Spectrum Health Care
健康資訊
8. 聖約翰救傷隊
9. STICKu “聰明”手仗
10. Distress Centres of Greater Toronto
11. 聊天機械人 “加加”

Service Vendors:

1. Carefirst Community Support Services Team
2. Carefirst Diabetes Education Program Team
3. Carefirst Community Health Team
4. Chartwell Retirement Residences
5. HearCANADA
6. Ministry of Transportation
7. Spectrum Health Care
8. St. John Ambulance
9. STICKu
10. Distress Centres of Greater Toronto
11. Chat Robot “Ka Ka”

Seminars (講座):

1. 3:00 pm - 3:45 pm : Healthy Eating By Carefirst Diabetes Education Program Team
健康飲食 (耆暉會糖尿病教育中心)
2. 4:00 pm - 4:45 pm : Hearing Health By HearCANADA
聽覺健康 (聽覺中心)



Health Screening Booth:
BP Checks, Preventive Care Conversation

健康檢查站:
血壓, 預防護理淺談 (耆暉會)

Fee: Free (Non-members welcome)

Registration: by email (outreach@agoac.com)

Language: English (Supported by English Chinese Bilingual Facilitators)

Discussions with service providers in Chinese are possible

費用: 免費及歡迎公眾參與

報名: 電郵 (outreach@agoac.com)

語言: 英語 (英語講座, 輔以中文)

可用中文與服務機構及供應團體溝通

Organized by Angus Glen Older Adults Club (AGOAC)
Outreach Program

Contact: Christine Wong (Administrative Coordinator)

Email: outreach@agoac.com

