

Aug 2023 Momiji & Community Information

Organization	Resource/Update	Contact Information
Momiji x Yee Hong x JSS	<p>Upcoming Wed. e-Learning Series (Zoom / Momiji Craft Rm)</p> <p>- Aug 9: Tips for Handling Your Hand Arthritis 手関節炎：症状と対処法について学ぶ 3-4 pm (in EN 英語)</p> <p>- Sep 13: Heart Health for Seniors & Caregivers 高齢者と介護者の心臓の健康 3-4:15 pm (EN w JP Interpreter 日英)</p> <p>- Sep 27: Safe Medication Use 薬の安全な使用法 3-4:15 pm (EN & JP 日英)</p>	<p>marinel@momiji.on.ca Marinel: 416-261-6683 x.244</p> <p>*Click each link to register (各頁の右上の言語設定で日本語表示可。)</p> <p>*Click here for past recorded sessions 過去講座の録画版はこのリンクから。</p>
Momiji – SALC	<p>SALC (Seniors Active Living Centre) Programs</p> <p>Community members are welcome to join in-person/online!! Contact SALC if difficult to access the link. See our August Momiji calendar 地域の方も、Zoom・対面参加 大歓迎！リンクアクセスが難しい場合はSALCまで。8月のモミジ・アクティビティ・カレンダーを参考にしてください。</p>	<p>salc@momiji.on.ca Yuki: 416-261-6683 x.248</p> <p>*Register for first time attending. 初回は要登録</p> <p>*Zoon Link to Attend: English / Japanese ズームリンクはこちら</p>
Momiji – Toriichi Bento Fundraising: Aug 16	 <p>Toriichi Bento Fundraising</p> <p>*Order by Fri. Aug 11 at noon</p> <p>*Pick-up at Momiji on Wed. Aug 16 (3:00-5:30 pm)</p> <p>See the Flyer</p>	<p>fundraising@momiji.on.ca 416-261-6683 x.259</p> <p>Order by Fri. Aug 16, noon! 8/16受取分は8/11正午までに注文</p>
Momiji – Aug 26 Yard Sale!!!	 <p>Momiji Yard Sale 2023</p> <p>*Open from 9 am to 1 pm</p> <p>Find amazing deals on clothing, jewelley, books, housewares, artwork, toys, plants and more!</p> <p>See the Flyer</p>	<p>fundraising@momiji.on.ca 416-261-6683 x.259</p> <p>*Delicious BBQ, Refreshing drinks and tasty snacks from our Coffee Bar!</p>
Momiji – IT Support for Seniors	<p>Seniors, IT & Beyond 対面IT個別サポート</p> <p>One-on-one session (Tue/Fri) available by the volunteers via the link or at Chie. Servicing via Zoom is partially available.</p> <p>ボランティアによる個別相談（火曜は英語のみ、金曜は日英）の予約は右のリンクから、またはChieまで。遠方の方などZoomでのサービス提供も一部可能。</p>	<p>Momiji: 416-261-6683 Chie: x.249 ciw@momiji.on.ca</p> <p>Booking Link 予約リンク</p>
Momiji – Community Congregation Dinning 地域での昼食 会	<p>Join our Community Luncheons!! 地域での昼食会のご案内</p> <p>Regularly held in GTA for Japanese community members (60+) to gather, enjoy activities and socialize over delicious Japanese bento and snack. GTA各地で日本の弁当・お菓子、アクティビティやおしゃべりを楽しむ会 (60歳以上の日本人)</p>	<p>communityservices@momiji.on.ca 416-261-6683 x.234</p> <p>*Pre-registration required 要事前予約</p> <p>*Flyer (in EN & JP)</p>

SPLC – Caregiver Group	Caregiver Support Groups Cantonese Group (Zoom): 4 th Thursdays 10 – 11 am English Group (in-person): 3 rd Tuesdays 1 – 2:30 pm	Contact / RVSP: Pamela Wong 416-493-3333 x.344 https://www.splc.ca/
Ontario Caregiver Organization (OCO) - Webinar	Understanding Healthcare Consent Laws & Rules Wed, Sep 21, 12-1 pm (Zoom), the audience will learn about substitute decision-making for property and personal care, healthcare consent and advance care planning, etc. * RSVP (registration required)	info@ontariocaregiver.ca 1-888-877-1626 ext.1011
Providence x Unity Health – Adult Day Program	Adult Day Program by Unity Health at Providence Health For day (7am-5pm), evening (3-11pm), overnight (9pm-9am), for individuals with memory loss or dementia diagnosis. Currently no wait time (but processing time), no catchment area system. 記憶障がい又は認知症診断を受けた人の為のデイサービス（日中・午後～夜・夜間）に現在空きあり（居住区関係なく利用可）。	Providence Healthcare 416-285-3803 3276 St. Clair Ave. E., B-Wing, Rm 162 See the website / the flyer **Transportation may be available depending on the area 居住区により送迎サービス利用可の可能性あり
Alzheimer Society Toronto (AST)	Webinar: Advances in Dementia Research Tue. Aug 22 at 12–1 pm. Overview of functional neurosurgery, a specialized medical approach used to treat brain disorders. * Details & RSVP Webinar: Caregiver Stress & Well-Being Wed. Aug 23 at 12–1 pm, about causes & effects of caregiver stress, exploring coping strategies via discussion and experiential exercises. * Details & RSVP In-Person: Explore Our Life’s Story with Virtual Reality Tuesdays, Sep 26 & Oct 3 (Choose 1 time slot for both dates). We will travel to familiar places as well as experience new and exciting adventures using a virtual reality immersive technology. It is for a person living with dementia and up to 2 family members or friends. * Details & RSVP	Alzheimer Society of Toronto 416-322-6560 / write@alz.to