


Oct 2023 Momiji & Community Information

Organization	Resource/Update	Contact Information
Momiji x Yee Hong x JSS – e-Learning オンライン講座	<p>Upcoming Wed. e-Learning Series (Zoom / Momiji Craft Rm)</p> <p>- Oct 11: Healthy Eating on a Budget 健康的で予算にやさしい食生活を送るヒント 3–4:15 pm (EN w JP Interpreter 日英)</p> <p>- Oct 25: Learn about PR Card / PRカードについて学ぼう 3–4 pm (JP only 日本語のみ)</p> <p>*Click here for past recorded sessions 過去講座の録画版</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>
For Momiji Tenants & Family / Caregivers – Emergency Preparedness モミジ住人用 緊急時対策セミナー	<p>Emergency Preparedness For Momiji Tenants モミジ入居者用 緊急時対策セミナー</p> <p>– @Momiji Auditorium (2nd Fl)</p> <p>Strongly recommended ALL tenants and their family / caregivers to attend. Light refreshment served. RSVP required. 全ての入居者・ご家族やケアギバーの参加を強くお勧めします。要申込、リフレッシュメントあり。</p>	<p>ciw@momiji.on.ca Marinel: 416-261-6683 x.244</p> <p>*Flyer ちらし</p> <p>*Register to attend 要登録</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 Oct 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。 モミジ・10月アクティビティ・カレンダーを参考にして下さい。</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>
Momiji Tour モミジ施設見学	<p>Wed. Oct 11: Momiji Senior Residence Tour for current / prospective applicant モミジ施設見学 (入居に興味のある方)</p> <p>10 – 11:30 am at Momiji, guided tour looking at both 1 & 2-bedrooms. Booking required; Limited spot available. モミジの1 & 2 Bedroomsの見学ツアー。要事前予約；定員あり。</p>	<p>Chie: 416-261-6683 x.249 ciw@momiji.on.ca</p>
Momiji – External Facility Tours 施外部施設見学	<p>Interested in Senior Facility Tour (LTC, retirement home, etc)? Let us know! シニア向け住宅や長期療養施設の見学に興味がある方はご連絡ください。</p> <p>We are planning to add more dates to touring the LTC (e.g. Castleview, Yee Hong Scarborough) and other homes. Let us know if interested; we'll let you know once it is confirmed. Japanese Unitのあるロングタームケアホーム (キャッスルビュー、イーホンスカボロー) やその他ホームの見学を希望する方はお知らせください。実施日が決まり次第ご連絡します。</p>	<p>Momiji: 416-261-6683 Client Intervention Department Marinel: x.244 marinel@momiji.on.ca Chie: x.249 ciw@momiji.on.ca</p>
Momiji – Toriichi Bento Fundraising とりいち弁当: Wed. Oct 18	<p>October Toriichi Bento Fundraising</p> <p>*Order by Fri. Oct 13 at noon</p> <p>*Pick-up at Momiji on Wed. Oct 18 (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. Oct 13, noon! 10/18受取分は10/13正午までに注文</p>

	 <p>TORIICHI BENTO FUNDRAISER No tricks at Momiji, only treats in the October bento! \$15 per bento ORDER INFO: Order by Friday, October 13th at noon Email: fundraising@momiji.on.ca Telephone: 416.261.6683, ext. 259 PICKUP INFO: When: Pick up on Wednesday, October 18th, between 3:00pm and 5:30pm Where: Curbside pick up at Momiji—3555 Kingston Road, Scarborough</p>		
<p>Momiji – JAPONICA ジャポニカ: Sat. Oct 14</p>	 <p>Discover a wide array of beautiful second-hand Japanese items at japonica Live ARTWORK KIMONO DOLLS TABLEWARE BOOKS OCTOBER 14TH, 2023 10:00 AM - 3:00 PM 3555 KINGSTON ROAD SCARBOROUGH, ON The Japonica Dining Room opens at 11am, with a menu of delicious Japanese dishes available! All proceeds go to Momiji Health Care Society.</p>	<p>JAPONICA Fundraising Sat. Oct 14 10:00 am – 3:00 pm Discover a wide array of beautiful second-hand Japanese items! See the Flyer</p>	<p>fundraising@momiji.on.ca 416-261-6683 x.259 ※ Dining room opens at 11 am with delicious Japanese dishes available! 日本食メニューのあるダイニングルームは11時から。</p>
<p>Momiji – IT Support for Seniors / IT機器サポート</p>	<p>IT device support for Seniors / シニアIT機器 個別サポート One-on-one in-person/zoom session (Tue/Fri) available by the volunteers – book your in-person / zoom today! ボランティアによる個別相談（火曜は英語、金曜は日英）の対面・ズームでの利用、要予約。</p>		<p>Momiji: 416-261-6683 Marinel: x.244 marinel@momiji.on.ca Chie: x.249 cw@momiji.on.ca Booking Link 予約リンク *Zoom: note “zoom” ズームはその旨記入</p>
<p>Momiji – Community Congregation Dinning / 地域での昼食会</p>	<p>Join our Community Luncheons!! 地域での昼食会のご案内 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 *Pre-registration required 要事前予約 *New Flyer (in EN & JP)</p>
<p>IKEBANA FLOWER SHOW –活け花展</p>	<p>Ikebana Flower Show: In Harmony with Nature Sat. Oct 22, 12 – 4:30 pm (JCCC). Arrangement by the members of Ikenobo, Misho, Ohara, Sogetsue, and demonstration by Sub. Grand Master of Ohara School. 日系文化会館：池坊・未生・小原・草月流会員の活け花の展示、小原流サブ・グランドマスターのデモンストレーション。</p>		<p>Japanese Canadian Cultural Centre 6 Garamond Court, Toronto 416-441-2345 *Admission 入場料 \$10 *Details & Flyer 詳細とちらし</p>
<p>OSSCO – Webinar</p>	<p>Digital Literacy: My Service Canada Account (MSCA) Wed, Oct 4, 1-2 pm (Zoom): Learn how to find information on Canada.ca, how to register MSCA, etc. Free for all Ontarians 55+.</p>		<p>*RSVP Required via online or: education@ossco.org 416-785-8570 x.224</p>
<p>Ontario Caregiver Organization (OCO) – Webinar & Caregiver Group</p>	<p>Webinar: Managing a Complex Relationship with the Person You Care Thu, Oct 5, 12-1 pm (Zoom), Learn strategies on accepting your caregiving role and person you care for, understanding what forgiveness is and how it can help you, letting go of negative feelings and setting boundaries, and more. Webinar: Power of Attorney – Information session for caregivers</p>		<p>info@ontariocaregiver.ca 1-888-877-1626 ext.1011 *RSVP: Oct 5 Webinar *RSVP: Oct 17 Webinar</p>

	<p>Tue, Oct 17, 1-2:30 pm (Online), Learn about who's, what's and how to's of power of attorney, from Advocacy Centre for the Elderly (ACE).</p> <p>Webinar: How Home and Community Services can support seniors and their caregivers</p> <p>Thu, Oct 19, 2-3 pm (Microsoft Teams), Learn about care options at home, retirement homes or long-term care (LTC) homes, application process to LTC, Advance Care Planning.</p> <p>4-week Program: Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Tuesdays, 12-1 pm (Zoom) Aims to empower caregivers with practical information and skills to focus on their mental health and well-being needs. Session 1: Oct 10 – 31 / Session 2: Nov 7 – 28</p>	<p>*RSVP: Oct 19 Webinar</p> <p>*RSVP: SCALE Program</p>
Providence – Unity Health Toronto - Webinar	<p>Catch Your Breath: Long-COVID Solutions</p> <p>Fri, Oct 13, 3-4 pm (Zoom): Having difficulty managing your breathing due to long COVID? Learn the strategies to help your breathing from a physiotherapist.</p>	<p>*RSVP Required</p>
MOSAIC – Dance & Music Event	<p>Free in-person Event: Dance Through the Decades</p> <p>Sat, Oct 14, 12-2 pm at BMO Atrium at Evergreen Brick Works (550 Bayview Ave); Live singers for your favourite songs, samba dancers, drag performances, Nia Fitness, etc.</p> <p>Community Café: Activating your brain health with nutrition, fitness and mindfulness</p> <p>Mon, Oct 16, 1-2 pm (Zoom), Learn the relationship between the brain, movement, nutrition and coping with stress.</p> <p>Knitting & Crochet Group</p> <p>Wednesdays, Sep 6 – Dec 13, 1-2 pm (Zoom); opportunity to chat, knit and make new friends.</p>	<p>info@mosaichomecare.com 416-322-7002</p> <p>*RSVP Required: Dance Event</p> <p>*RSVP Required: Community Cafe</p> <p>*RSVP Required: Knitting Group</p>
Circle of Care – Bereavement Support Group	<p>8-week Bereavement Support Group (zoom) *Flyer link</p> <p>Thursdays, Oct 26, Nov 29, 16, 23, 30, Dec 7, 14, 21 at 10:30 – noon, for those who are struggling with the recent loss of a family member or dear friend.</p>	<p>Email Charlotte at ckoven@circleofcare.com (Please include your phone number)</p>
Alzheimer Society Toronto (AST)	<p>8-week Program: CARERS (in person) *Flyer Link</p> <p>Thursdays, Oct 12 – Nov 30 at 2 – 4 pm at Providence Healthcare (3276 St. Clair Ave. E; Warden x St. Clair E). Spousal caregivers of people with dementia will learn how to deal with common challenging situations, guided by expert clinical coaches. Scroll down to see the details and register.</p> <p>In-Person: Explore Our Life's Story with Virtual Reality</p> <p>Tuesdays, Oct 10 & 17 (Choose 1 time slot for both dates) at AST. 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</p>	<p>Alzheimer Society of Toronto 416-322-6560 / write@alz.to</p> <p>CARERS (Katie MacLean): 416-985-5752 / kmaclean@alz.to</p> <p>*Register / contact from each RSVP link.</p>

	and up to 2 family members or friends. * RSVP Link	
Providence x Unity Health – Adult Day Program デイサービス	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