

Carefirst Seniors Information & Active Living Fair

Saturday July 25, 2026 10 AM - 2 PM

耆暉 [活躍社區 豐盛人生] 長者資訊同樂日
2026年7月25日 (星期六) 上午10時 - 下午2時
📍 300 Silver Star Blvd. Scarborough



HEALTH & WELLNESS TALK 專題講座

- Your Family Health Team: Comprehensive Care Close to Home (English/Cantonese)
- Living Well with Diabetes: Community Resources & Education (English/Cantonese)
- 真定假? 手機騙案大挑戰 (Cantonese)
- Socially Active with Technology (English/Cantonese)
- 姿勢如何影響日常活動 (Cantonese) - Dr. Christina Choi
- 哽塞急救 (Cantonese) - SJA Cadet

PERFORMANCES

- Health Qigong Dance (Henry Chan)
- Zuimei Zuimei Fitness Dance (Lorna Chung)
- Qigong - Ba Duan Jin (Brenda Ho)
- When Tai Chi Encounters Guitar (CP Chu, Lesley Liao)

表演節目

- 四季氣韻 (Henry)
- 最美最美健身舞 (Lorna)
- 健身氣功八段錦 (Brenda)
- 太極遇上結他 (CP, Lesley)

PARTY
Time!

1:15 - 2:15 Line Dance Party with Teresa Cheung

WELLNESS CAFE 悠閒閣

Bake Sales	Charity Sales	Plant Sales
Games Zone	Hotdog	Ice-cream
甜品閣	盆栽亭	雪糕
遊戲區	精品區	熱狗

MOBILE HEALTH CLINIC 流動健康檢查站

- Health Screenings
- Fall Risk Assessment/ Balance Screening
- Hearing Screening & Resources

SERVICE BOOTHS 服務站

- OACAO & MSAA
- Carefirst Programs & Services
- Amity Health
- Chartwell Retirement Residences
- Seniors Safety Line
- St John Ambulance



報名
[CLICK LINK](#)

預先登記，當日即可到接待處領取免費餐券及50周年紀念環保袋！

Pre-register now for complimentary snack ticket & a 50th Anniversary souvenir tote bag !

Inquiries:

416-847-8939

Wellness@carefirstontario.ca