

Reminder: Cancellation Policy

1. **ABSENT** - 24 hours' notice of cancellation of scheduled ADP service is required. With 24 hours' notice, clients will be billed an absent fee.

2. **NO SHOW** - Clients who do not provide 24 hours' notice of service cancellation will be billed for the program day at their full rate.

Discharge Policy

1. Client is on hold for greater than 30 days due to vacation, respite, hospitalization, or other medical reasons.

2. Attendance – chronic absenteeism

Please contact Jiyeon Lee (Adult Day Program Supervisor) if you cannot attend the Day Program.
416-346-9589

November Birthday
11th Soon Duk Lee
23rd Young Suk Kim

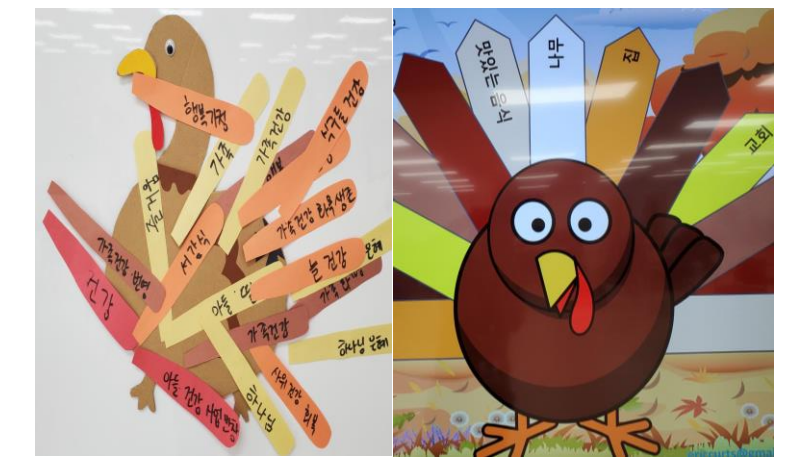
Education Corner

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 월별 | 계절 | | |
|--|---|--|---|---|---|---|---|--|----|--|----|---|----|--|--|
| 11월 | | | | | | | | | | | | | | | |
| 배추 11,12월 배추 잎을 찢어 보면 고소한 맛이 나고 결구의 상태가 둥근... | | 유자 11,12월 껍질이 단단하고 출통 불통 한 것, 상처가 없는 것이 좋다. | | 과메기 11,12,1월 통통하고 살이 단단한 것을 고른다. | | 꼬막 11,12,1,2,3월 껍질이 깨지지 않고, 물결 무늬가 선명하고, 깨끗한 것을 고른다. | | 무 10,11,12월 잎이 푸르고 단단하며 잔뿌리가 많지 않는 것이 좋다. | | 늪은호박 10,11,12월 크기가 매우 크며 몸체의 윤기가 있고 담황색을 띤 것이 좋다. | | 가리비 11,12월 조개 껍질에 광택이 있어 아 하고 파르스름한 빛을 내는 것이 좋다. | | 도미 11,12,1,2,3월 몸은 길동글고 납작하며 몸빛은 황색, 홍색, 회색 등이다. 손으로... | |
| 굴 9,10,11,12월 비교적 껍질이 얇고, 단단하며, 크기에 비해 무거운 것이 | | 해삼 10,11월 상식한 해삼은 살에 매우 작은 석회질 뼈 | | 콩치 10,11월 작고 살이 통통하게 오르는 것이 맛이 있다. | | | | | | | | | | | |

Arirang Wellness Adult Day Program Calendar & News November 2023

October Programs (Clock wise)

- Thanksgiving Craft
- Sing Along with Accordion
- Birthday Party
- Game: Baddukal Curling



Arirang Wellness Adult Day Program



405 Gordon Baker Road, Mil-al Church Back.
(Please use the front door of the building)

Tuesday and Friday | Program Hours: 9:00 am-4:00 pm | Office Hours: 8:30 am-4:30 pm

(Program Supervisor: Jiyeon Lee) Jlee@chats.on.ca

(Recreation Programmer: Sung A Kim) Skim@chats.on.ca

(Recreation Programmer: Heeyoun Karen Park) Kpark@chats.on.ca

(Personal Support Worker: Riyeon Kim) Rkim@chats.on.ca









(Personal Support Worker: Eunkyung Lee) Elee@chats.on.ca

CHATS Head office: 240 Edward Street, Suite 1 Aurora, Ontario L4G 3S9
(905) 713-6596 or toll-free 1-877-452-4287 • www.chats.on.ca

Vision: Older adults live best at home and in their communities

Values: Respect | Empathy | Quality | Collaboration | Equity | Innovation

Arirang Wellness Adult Day Program November 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | | Fall Prevention Month | | 3 10:30 Fall Prevention Exercise with SJ 11:00 Let's Scrabble Words! 1:00 Sing Along with Guitar 2:30 Snack Social |
| DAILY ACTIVITIES Morning Social 9:30~10:30 Exercise Class 10:30~11:00 Brain training 11:00~11:45 Lunch 12:00~1:00 Sitting Exercise 1:00~1:20 Game 1:20~2:00 Snack Social 2:15~3:00 | 7 10:30 Morning Exercise with SA 11:00 Art therapy 1:00 Afternoon Exercise with HY 1:20 Arirang Bowling 2:30 Snack Social |  |  | 10 10:30 Fall Prevention Exercise with SJ 11:00 Tips of Fall Prevention 1:00 Sitting Exercise with SA 1:20 Bean Bag Toss 2:30 Snack Social |
| | 14 10:30 Morning Exercise with SJ 11:00 Once upon a time 1:00 Afternoon Exercise with SJ 1:20 Baddukal Curling 2:30 Snack Social |  |  | 17 10:30 Fall Prevention Exercise with HY 11:00 Today's News 1:00 Sing Along with Accordion 2:30 Birthday Party & Snack Social |
| | 21 10:30 Morning Exercise with SA 11:00 Can you Picture This? 1:00 Afternoon Exercise with HY 1:20 Yutnori 2:30 Snack Social |  |  | 24 10:30 Fall Prevention Exercise with HY 11:00 Initial Sound Game 1:00 Ocarina Concert 1:20 Ladder ball Game Emergency training 2:30 Snack Social |
| | 28 10:30 Morning Exercise with SA 11:00 What's Your Choice? 1:00 Afternoon Exercise with HY 1:20 Arirang Golf 2:30 Snack Social |  |  | |