

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



Happy Birthday!
SoJa Choo-10th, ChooSin Chang-15th
HyungJa Song-15th, YoungSook Pak-17th
ByungRock Ahn-25th



Cho, Sung Choon
Education Corner

건강한 여름나기
이렇게 준비하세요!



물 자주 마시기



- 갈증을 느끼지 않아도 규칙적으로 자주 물 마시기
- * 신장질환자는 의사와 상담 후 섭취

시원하게 지내기



- 샤워 자주 하기
- 외출 시 햇볕 차단하기(양산, 모자)
- 월렁하고 밝은 색깔의 가벼운 옷 입기

더운 시간대에는 휴식하기



- 가장 더운 시간대 (낮 12시~오후 5시)에는 휴식하기
- * 갑자기 날씨가 더워질 경우, 건강상태를 살펴며 활동강도 조절하기

매일 기온 확인하기



- 매일 기온, 폭염특보 등을 확인하여 폭염 시 야외활동 자제하기

Arirang Wellness Adult Day Program Calendar & News August 2024

July Programs (Clockwise)

- Noodle Exercise
- Sing Along with Stan
- Birthday Party
- Watercolor Painting
- Let's go Fishing



Arirang Wellness Adult Day Program



405 Gordon Baker Road, Mil-al Church.
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

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

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

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

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

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

Sook Jin Kim (Personal Support Worker) SJKim@chats.on.ca


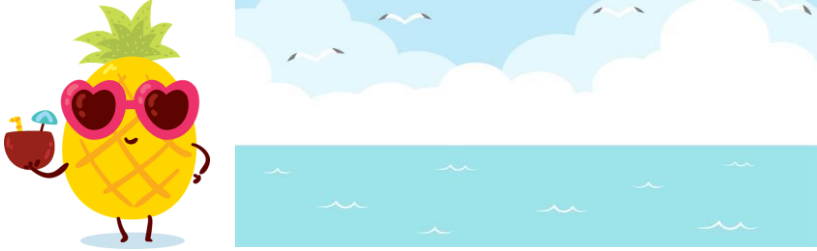









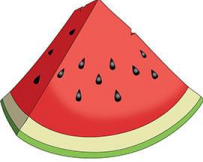







CHATS Head office: 240 Edward Street, Suite 1 Aurora, Ontario L4G 3S9

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

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

Arirang Wellness Adult Day Program August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DAILY ACTIVITIES 10:30 News & Morning Exercise 11:00 Cognitive Stimulation Activity 12:00 Lunch 1:00 Active Games/ Special Events 1:40 Afternoon Exercise 2:30 Snack Social</p>				<p>2 10:30 Morning Exercise 11:00 Summer Trivia 1:00 Ladder Ball 1:40 Afternoon Exercise 2:30 Snack Social</p>
<p>5 Civic Holiday</p> 	<p>6 10:30 Morning Exercise 11:00 Finish the Lines 1:00 Ping Pong 1:40 Afternoon Exercise 2:30 Snack Social</p>	<p>7</p> 	<p>8</p> 	<p>9 10:30 Morning Exercise 11:00 Heatwise: Summer Health for Seniors  1:00 Sing Along with Stan 1:40 Afternoon Exercise 2:30 Snack Social</p>
<p>12</p> 	<p>13 10:30 Morning Exercise 11:00 Poetic Expressions 1:00 Golf  1:40 Afternoon Exercise 2:30 Snack Social</p>	<p>14</p> 	<p>15 Korean Liberation Day</p> 	<p>16 10:30 Morning Exercise 11:00 Timeless Tales 1:00 Let's go Fishing 1:40 Afternoon Exercise 2:30 Snack Social</p>
<p>19</p> 	<p>20 10:30 Morning Exercise 11:00 Decorative Fan Art 1:00 Yutnori 1:40 Afternoon Exercise 2:30 Snack Social</p>	<p>21</p> 	<p>22</p> 	<p>23 10:30 Morning Exercise 11:00 Word Weavers 1:00 Arirang Hockey  1:40 Afternoon Exercise 2:30 Snack Social</p>
<p>26</p> 	<p>27 10:30 Morning Exercise 11:00 Fall Prevention Education 1:00 Bowling 1:40 Afternoon Exercise 2:30 Snack Social </p>	<p>28</p> 	<p>29</p> 	<p>30 10:30 Morning Exercise 11:00 Retro Reel Showcase 1:00 Sing Along with S&P 1:40 Afternoon Exercise  2:30 Snack Social & Birthday Party</p>