

## 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!**  
 Kyungsang Cho - Dec. 7<sup>th</sup>  
 Tae Yun Kim - Dec. 15<sup>th</sup>  
 Soon Ok Yoon – Dec. 20<sup>th</sup>  
**Welcome!**  
 Wanjin Whang,  
 Jeong Hi Lee, Sung Chol Yim  
**Education Corner**

## 한랭질환 이것만 기억하세요!

### 한랭질환 공통 건강수칙



생활습관

가벼운 실내운동,  
적절한 수분섭취,  
고른 영양분을 가진 식사하기



실내환경

실내 적정온도(18~20°C)를  
유지하고  
건조해지지 않도록 하기



외출 전

체감온도 확인하기  
(날씨가 추울 경우 야외활동 자제)



외출 시

따뜻한 옷 입기  
(장갑, 목도리, 모자, 마스크 착용)

# Arirang Wellness Adult Day Program Calendar & News December 2024

## December Special Days

- Dec 6 – Arirang Spa Day
- Dec 13 - Sing Along with Stan
- Dec 17 – Evergreen Concert
- Dec 20 - Ocarina Concert
- Dec 24 - Arirang Christmas Party
- Dec 25 - Christmas
- Dec 26 - Boxing Day
- Dec 27 - Melodies & Harmonies,  
Birthday Party
- Dec 31 – Shining Stars Awards  
Countdown



### REMINDER

We will close the program **at 1:30pm on Tuesday, December 24<sup>th</sup> and Tuesday, December 31<sup>st</sup>.**

We apologize for any inconvenience and appreciate your understanding.

## 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

(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 December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>DAILY ACTIVITIES</b></p> <p>10:30 News &amp; Morning Exercise            11:00 Cognitive Stimulation Activity            12:00 Lunch            1:00 Active Games/ Special Events            2:00 Afternoon Exercise            2:30 Snack Social</p>	<p>3</p> <p>10:30 Morning Exercise            11:00 Christmas Memory Tray            1:00 Cup Curling             2:00 Afternoon Exercise            2:30 Snack Social</p>	 <h1>December</h1>		<p>6</p> <p>10:30 Morning Exercise            11:00 Arirang Spa            1:00 Ladder Ball            2:00 Afternoon Exercise            2:30 Snack Social</p>
<p>9</p> 	<p>10</p> <p>10:30 Morning Exercise            11:00 Christmas around the world            1:00 Bean Bag Toss            2:00 Afternoon Exercise            2:30 Snack Social</p>	<p>11</p> 	<p>12</p> 	<p>13</p> <p>10:30 Morning Exercise            11:00 Bucket List Stories            1:00 Sing Along with Stan             2:00 Afternoon Exercise            2:30 Snack Social</p>
<p>16</p> 	<p>17</p> <p>10:30 Morning Exercise            11:00 Evergreen Concert            1:00 Yutnori            2:00 Afternoon Exercise            2:30 Snack Social</p>	<p>18</p> 	<p>19</p> 	<p>20</p> <p>10:30 Morning Exercise             11:00 Christmas Card Making            1:00 Ocarina Concert             2:00 Afternoon Exercise            2:30 Snack Social</p>
<p>23</p> 	<p>24</p> <p>10:30 Morning Exercise             11:00 Christmas Party  <b>ADP CLOSES at 1:30PM</b></p>	<p>25 Christmas </p> 	<p>26 Boxing Day </p> 	<p>27</p> <p>10:30 Morning Exercise            11:00 Top News Stories of 2024            1:00 Melodies &amp; Harmonies            2:00 Afternoon Exercise            2:30 Snack Social &amp; Birthday Party </p>
<p>30</p> 	<p>31</p> <p>10:30 Morning Exercise             11:00 Shining Stars Awards &amp; Countdown  <b>ADP CLOSES at 1:30PM</b></p>			