

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



Education Corner

불면증을 이기는 수면위생 수칙

- ① 잠자리에 드는 시간과 아침에 일어나는 시간을 규칙적으로 하라.
- ② 잠자리 소음을 없애고, 온도와 조명을 안락하게 하라.
- ③ 낮잠은 피하고 자더라도 15분 이내로 제한하라.
- ④ 낮에 40분 동안 등에 땀이 날 정도의 운동을 한다. 단, 늦은 밤엔 운동을 하지 않는다.
- ⑤ 카페인, 함유된 음식, 알코올, 니코틴은 피하라.
- ⑥ 잠자기 전 과도한 식사를 피하고 적당한 수분 섭취를 하라.
- ⑦ 수면제의 일상적 사용을 피하라.
- ⑧ 과도한 스트레스와 긴장을 피하고 이완하는 것을 배우면 수면에 도움이 된다.
- ⑨ 잠자리는 수면과 부부생활을 위해서만 사용하라. 잠자리에서 책을 읽거나 TV를 보지 말자.
- ⑩ 잠자리에 들어 20분 이내 잠이 오지 않는다면 일단 잠자리를 벗어나다가 피곤한 느낌이 들 때 다시 잠자리에 든다.

Arirang Wellness Adult Day Program Calendar & News March 2025

March Special Day

- Writing a poem for Korean Independence Day
- St. Patrick's Day Craft
- Movie Day
- Korean Traditional Game: Yutnori



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

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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 MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1st Korean Independence Day</p> 	<p>4</p> <p>10:30 Morning Exercise with SA 11:00 Big Picture Quiz 1:00 Ping Pong Game 1:40 Afternoon Exercise with HY 2:30 Snack Social</p>			<p>7</p> <p>10:30 Morning Exercise with HY 11:00 Writing a Poem 1:00 Ladder Ball Game 1:40 Afternoon Exercise with SA 2:30 Snack Social</p>
	<p>11</p> <p>10:30 Morning Exercise with SA 11:00 St. Patrick's Day Craft 1:00 Yutnori 1:40 Afternoon Exercise with HY 2:30 Snack Social</p>			<p>14</p> <p>10:30 Morning Exercise with HY 11:00 Jeopardy 1:00 Bingo 1:40 Afternoon Exercise with SA 2:30 Snack Social</p>
<p>17</p> 	<p>18</p> <p>10:30 Morning Exercise with SA 11:00 Sound or Shape? 1:00 Arirang Bowling 1:40 Afternoon Exercise with HY 2:30 Snack Social</p>			<p>21</p> <p>10:30 Morning Exercise with HY 11:00 Movie Day 1:00 Bean Bag Toss 1:40 Birthday Party 2:30 Snack Social</p>
<p>DAILY ACTIVITIES</p> <p>10:30 Morning Exercise 11:00 Cognitive Stimulation Activity 1:00 Active Games, Special Events 1:40 Afternoon Exercise 2:30 Snack Social</p>	<p>25</p> <p>10:30 Morning Exercise with SA 11:00 Name that Bird 1:00 Arirang Golf 1:40 Afternoon Exercise with HY 2:30 Snack Social</p>			<p>28</p> <p>10:30 Morning Exercise with HY 11:00 5names matching 1:00 Arirang Soccer 1:40 Afternoon Exercise with SA 2:30 Snack Social</p>

905-713-3397 ext. 6502
www.chats.on.ca