

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!

Choi, Pung Ja – APR 6th
 Cho, In Soon - APR 19th
 Pak, Jae Hyong - APR 22nd

Education Corner

Spring Greens
봄나물
 추운 겨울이 가고, 따뜻한 봄이 오면 꼭 먹어야 할 봄나물의 종류와 그 효능에 대해 자세히 알아봅시다.

<p>미나리</p> <p>해독의 왕, 미나리 비타민과 무기질이 풍부하여 활력을 함께 해준다. 칼슘이 많이 함유되어 있어 체내의 해로운 성분을 배출시켜준다. [[민간요법]] [[한방요법]]</p>	<p>두릅</p> <p>봄날의 피로회복제, 두릅 쓴맛을 내는 사포닌이 혈액순환을 도와 피로를 풀어주는 역할을 하고 칼슘성분이 신장을 안정시켜 스트레스를 풀어준다. [[민간요법]] [[한방요법]]</p>
<p>냉이</p> <p>봄에 나는 인삼, 냉이 향긋하고 독특한 향을 가진 냉이는 특히 눈 건강에 좋은 비타민 A와 준고온예방, 소화촉진, 해독작용에 좋은 비타민B를 많이 함유하고 있다. [[민간요법]] [[한방요법]]</p>	<p>달래</p> <p>알싸한 향이 매력적인 달래 비타민이 풍부하여 잇몸염을 예방한다. 칼슘과 칼륨이 많이 들어있어 체내 염분을 몰락으로 배출시키는데 도움을 준다. [[민간요법]] [[한방요법]]</p>
<p>쑥</p> <p>부인병 예방에 좋은 쑥 봄을 가장 먼저 알리는 쑥은 성질이 따뜻해 손발이나 어깨가 차서 생리통, 생리불순으로 고생하는 여성들에게 도움을 준다. [[민간요법]] [[한방요법]]</p>	<p>봄동</p> <p>달고 고소한 봄동 아이노산과 섬유질이 풍부해 위장 활동을 돕고 변비와 피부미용에 효과가 있다. 찬 성질을 지니고 있어 열을 내려준다. [[민간요법]] [[한방요법]]</p>

Arirang Wellness Adult Day Program Calendar & News April 2025

April Special Days

- Apr 1 – April Fools' Day
- Apr 11 – Sing Along with Stan
- Apr 15 – Easter Bunny Craft
- Apr 18 – Good Friday (CLOSED)
- Apr 20 – Easter
- Apr 21 – Easter Monday
- Apr 22 – Earth Day
- Apr 25 - Melodies & Harmonies



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

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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 April 2025

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DAILY ACTIVITIES 10:30 News & Morning Exercise 11:00 Cognitive Programs 12:00 Lunch 1:00 Active Games/Special Events 2:00 Afternoon Exercise 2:30 Snack Social</p>	<p>1 April Fools' Day 10:30 Morning Exercise 11:00 All About April Fools' Day 1:00 Bean Bag Toss 2:00 Afternoon Exercise 2:30 Snack Social</p>	<p>2</p> 	<p>3</p> 	<p>4 10:30 Morning Exercise 11:00 April Jeopardy 1:00 Ladder Ball 2:00 Afternoon Exercise 2:30 Snack Social</p>
<p>7</p> 	<p>8 10:30 Morning Exercise 11:00 Name That Flower 1:00 Yutnori 2:00 Afternoon Exercise 2:30 Snack Social</p>	<p>9</p> 	<p>10</p> 	<p>11 10:30 Morning Exercise 11:00 Timeless Tales 1:00 Sing Along with Stan  2:00 Afternoon Exercise 2:30 Snack Social</p>
<p>14</p> 	<p>15 10:30 Morning Exercise 11:00 Easter Bunny Craft 1:00 Ping Pong Bounce Game 2:00 Afternoon Exercise 2:30 Snack Social</p>	<p>16</p> 	<p>17</p> 	<p>18 Good Friday</p>  <p style="color: red; font-weight: bold; font-size: 1.2em;">ADP CLOSED</p>
<p>21 Easter Monday</p> 	<p>22 Earth Day </p> <p>10:30 Morning Exercise 11:00 Protecting Our Planet 1:00 Bowling 2:00 Afternoon Exercise 2:30 Snack Social</p>	<p>23</p> 	<p>24</p> 	<p>25 10:30 Morning Exercise 11:00 News from Every Corner 1:00 Melodies & Harmonies  2:00 Afternoon Exercise 2:30 Snack Social & Birthday Party </p>
<p>28</p> 	<p>29 10:30 Morning Exercise 11:00 Not Like the Others 1:00 Arirang Golf 2:00 Afternoon Exercise 2:30 Snack Social</p>	<p>30</p> 