

## Client Birthdays:

Kyung Sang Cho – Dec. 7  
Yong Kyu Kim – Dec. 15  
Tae Yun Kim – Dec. 15  
Soon Ok Yoon – Dec. 20



## Important Note/Reminder:

**Please contact Jyeon Lee  
416-346-9589 if you cannot  
attend the program.**

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.

## Education Corner:

### **Winter Safety Tips for Seniors**

(Stay warm, safe, and healthy this winter!)

#### 1. **Dress in Layers**

Wear warm clothes, a hat, gloves, and scarf before going outside.

#### 2. **Watch Your Step**

Use shoes or boots with good grip. Walk slowly on icy sidewalks.

#### 3. **Stay Warm Indoors**

Keep your home cozy — around 68°F (20°C) or warmer.

#### 4. **Eat Warm & Drink Up**

Enjoy hot soups, tea, and plenty of water to stay strong and hydrated.

#### 5. **Be Ready for Outages**

Keep a flashlight, blanket, and medication nearby in case of power loss.

#### 6. **Ask for Help**

Don't risk slipping — ask staff, friends, or family to shovel or shop for you.



## **CHATS – Arirang Adult Day Program**

405 Gordon Baker Rd.

Mil-al Church, North York

(Please use the front door of the building)

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

**Jyeon Lee (Supervisor) [Jlee@chats.on.ca](mailto:Jlee@chats.on.ca) | 416-346-9589**

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

# **Arirang Adult Day Program: Calendar & News December 2025**



## **Important Dates:**

**Dec. 5<sup>th</sup> – Arirang Spa Day**

**Dec. 9<sup>th</sup> – Winter Mitten Craft**

**Dec. 12<sup>th</sup> – Sing Along with Stan**

**Dec. 16<sup>th</sup> – Evergreen Concert**

**Dec. 19<sup>th</sup> – Christmas Card Making & Birthday Party**

**Dec. 23<sup>rd</sup> – Christmas Social & Minute to Win It**

**Dec. 25<sup>th</sup> – Christmas**

**Dec. 26<sup>th</sup> – Boxing Day/ADP Closed**

**Dec. 30<sup>th</sup> – Shining Stars Awards & Countdown**

**Don't forget to follow us on Instagram  
@chatseniors**



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

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



# Activity Calendar: December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 10:30 Morning Exercise 11:00 All About Winter 1:00 Yutnori 2:00 Afternoon Exercise 2:30 Snack Social 	3 	4 	5 10:30 Morning Exercise 11:00 Arirang Spa 1:00 Ladder Ball 2:00 Afternoon Exercise 2:30 Snack Social 
8 	9 10:30 Morning Exercise 11:00 Winter Mitten Craft 1:00 Bean Bag Toss 2:00 Afternoon Exercise 2:30 Snack Social 	10 	11 	12 10:30 Morning Exercise 11:00 Winter Jeopardy 1:00 Sing Along with Stan 2:00 Afternoon Exercise 2:30 Snack Social 
15  Happy Hanukkah	16 10:30 Morning Exercise 11:00 Evergreen Concert 1:00 Arirang Golf 2:00 Afternoon Exercise 2:30 Snack Social 	17 	18 	19 10:30 Morning Exercise 11:00 Christmas Card Making 1:00 Christmas Bingo 2:00 Afternoon Exercise 2:30 Snack Social & Birthday Party 
22 	23 10:30 Morning Exercise 11:00 Christmas Social 1:00 Christmas Minute to Win It 2:00 Afternoon Exercise 2:30 Snack Social 	24 Christmas Eve 	25 Christmas 	26 Boxing Day  <b>ADP CLOSED</b>
29  HAPPY KWANZAA	30 10:30 Morning Exercise 11:00 Shining Stars Awards & Countdown 1:00 Bowling 2:00 Afternoon Exercise 2:30 Snack Social 	31 New Year's Eve 		<b>DAILY ACTIVITIES</b> 10:30 News & Morning Exercise 11:00 Cognitive Activity 12:00 Lunch 1:00 Active Game/ Special Event 2:00 Afternoon Exercise 2:30 Snack Social & Birthday Party