

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 Jiyeon 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.

Arirang Adult Day Program: Calendar & News December 2025

Important Dates:

Dec. 5th – Arirang Spa Day
Dec. 9th – Winter Mitten Craft
Dec. 12th – Sing Along with Stan
Dec. 16th – Evergreen Concert
Dec. 19th – Christmas Card Making
& Birthday Party
Dec. 23rd – Christmas Social
& Minute to Win It
Dec. 25th – Christmas
Dec. 26th – Boxing Day/**ADP Closed**
Dec. 30th – Shining Stars Awards
& Countdown

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



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

Jiyeon Lee (Supervisor) Jlee@chats.on.ca | 416-346-9589

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

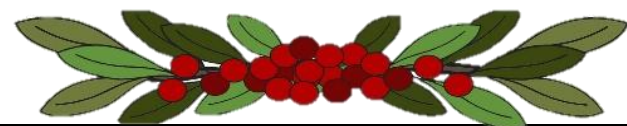
Sook Jin Kim (Personal Support Worker) SJKim@chats.on.ca

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




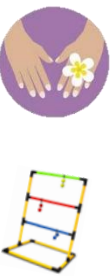










Vision: Older adults live best at home and in their communities

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 	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 🇨🇦  ADP CLOSED
29 	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 		DAILY ACTIVITIES 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