

Client Birthdays:

Boshin Kim – Feb 6
Ok Sun Kim – Feb 22



Welcome!

Sun Ok Lee

Important Note/Reminder:

If you cannot attend, please contact Jiyeon Lee (416-346-9589)

1. **ABSENT:** 24 hours' notice required — an absent fee will apply.

2. **NO SHOW:** Without 24 hours' notice, the full program fee will be charged.

Education Corner:

February is Therapeutic Recreation Awareness Month

What is Therapeutic Recreation?

Therapeutic Recreation is a process that utilizes functional intervention, education and recreation participation to enable persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviors that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society.

Benefits of Therapeutic Recreation

- Decrease in responsive behaviors.
- Decreased in loneliness, boredom and depression
- Improvement in overall Quality of Life and Wellbeing
- Decrease stress levels.
- Improves feelings of joy
- Improvement of cognitive abilities
- Increased Functional Independence
- Increased Sense of self worth
- Sense of Belonging



Arirang Adult Day Program: Calendar & News February 2026

Special Days:

- Feb 2 – Groundhog Day
- Feb 4 – Ipchun
- Feb 6 – Fall Prevention Education
- Feb 6 – Sing Along with Stan
- Feb 10 – Heart Buddies Craft
- Feb 14 – Valentine's Day
- Feb 16 – Family Day
- Feb 17 – Lunar New Year
- Feb 18 – Ash Wednesday
- Feb 27 – February Birthday Party

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




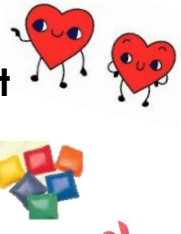



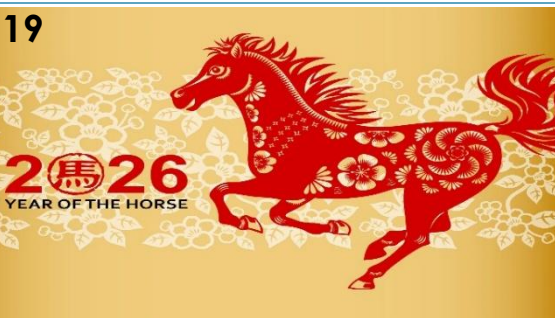



CHATS Head office: 240 Edward Street, Suite 1 Aurora, Ontario L4G 3S9



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

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

Activity Calendar: February 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| <p>2 Groundhog Day</p>  | <p>3</p> <p>10:30 Morning Exercise 11:00 Spot the Difference 1:00 Ping Pong Bounce Game 2:00 Afternoon Exercise 2:30 Snack Social</p> | <p>4 Ipchun</p>  | <p>5</p>  <p>National Therapeutic Recreation Month • FEBRUARY •</p> | <p>6</p> <p>10:30 Morning Exercise 11:00 Fall Prevention Education 1:00 Sing Along with Stan 2:00 Afternoon Exercise 2:30 Snack Social</p>  |
| <p>9</p> | <p>10</p> <p>10:30 Morning Exercise 11:00 Heart Buddies Craft 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 February Jeopardy 1:00 Ladder Ball 2:00 Afternoon Exercise 2:30 Snack Social</p>  |
| <p>16 Family Day</p>  | <p>17 Lunar New Year</p> <p>10:30 Morning Exercise 11:00 All About Lunar New Year 1:00 Yutnori 2:00 Afternoon Exercise 2:30 Snack Social</p>  | <p>18 Ash Wednesday</p>  | <p>19</p>  | <p>20</p> <p>10:30 Morning Exercise 11:00 Once upon a time 1:00 Bingo 2:00 Afternoon Exercise 2:30 Snack Social</p>  |
| <p>23</p> | <p>24</p> <p>10:30 Morning Exercise 11:00 Sound and Situation 1:00 Arirang Golf 2:00 Afternoon Exercise 2:30 Snack Social</p>  | <p>February is Client Bill of Rights Month at CHATS!</p> <p>Each year, we ensure that all clients and caregivers in our CHATS Adult Day Programs are aware of our Client Bill of Rights and Responsibilities.</p> <p>A copy of this document is attached for your review. Please take a moment to read it and reach out if you have any questions.</p> | | <p>27</p> <p>10:30 Morning Exercise 11:00 A Story Gathering 1:00 Ring Toss 2:00 Afternoon Exercise 2:30 Snack Social & Birthday Party</p>  |
|  |  | | | <p>DAILY ACTIVITIES</p> <p>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</p> |