

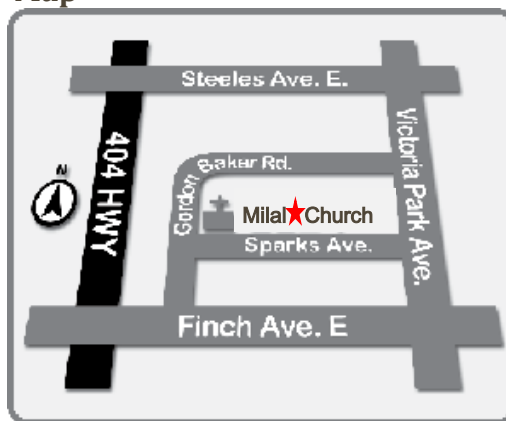


## ARIRANG/CHATS

### Senior Day Program

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 jlee@chats.on.ca

#### Map



#### [ Application Process ]

- Ask your family doctor to fill out the referral form
- Intake assessment interview at home with the client and caregivers.
- Eligible applicants will be invited to do a site visit of the ADP.
- In-person registration\* at the ADP.

\*we provide help with the registration



ARIRANG AGE-FRIENDLY COMMUNITY CENTRE  
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## ARIRANG/ CHATS Adult Day Program





## Senior Day Program

The ADP is intended to help seniors with physical and cognitive impairments. We promote clients' well-being and help improve their level of mental and physical functioning by providing programs and services in a safe and supportive environment. Seniors will have an opportunity to enjoy themselves in a culturally, emotionally, and socially safe environment with their peers where they will be encouraged to develop greater self esteem, independence, and connections within the community.

Our program offers a variety of therapeutic services and supports to promote independence, provide stimulation, and encourage social interaction between clients. Continual care is provided by caring, professionally trained staff members. In addition, clients can enjoy nutritious lunches and refreshments while attending the day program.

Day Program Schedule		
	Day 1	Day 2
8:30-9:00	Welcome	
9:00-9:30	Coffee Break	
9:30-10:30	Easy Trivia Exercise	
10:30-12:00	Small Group Project	Games
12:00-1:30	Lunch	
1:30-2:00	 Exercise	
2:00-3:30	Small Group Project	Games
3:30-4:00	Tea Time Favorite Tunes	
4:00~	Movie	

## Benefits of the ADP

- Opportunity for seniors to maintain and develop physical and cognitive functioning with individualized care plan based on unique needs related to health, culture, and language
- Nutritious meals and snacks provided with necessary assistance
- Health management and wellness education delivered in a safe and clean environment that leads to disease prevention
- Psychological stability and social skills improved through sense of accomplishment that can also reduce stress and anxiety
- Caregiver support, education, and respite care for family members so they can attend to their senior family members' personal needs at home and help reduce caregiver's stress and burdens.

