

Important Notes:

< Cancellation Police >

Absence/ No Show- Please call supervisor 24 hours ahead of your absence.

Please contact Jiyeon Lee Arirang ADP supervisor if you are unable to attend the day program.

Tel. 416 346 9589



Celebrating Birthdays

Chung Soon Kim (17)

KukBum Kim (29)

Welcome to New Staff

Ri Yeon Kim

***** Education Corner *****



무



사과



고구마



전복



늪은호박



게



귤



석류



배



해삼



고등어



굴



갈치



꽁치



홍합



삼치



대하



광어

10 월 제철음식

Arirang Adult Day Program: Calendar & News October 2018

September Programs

(Clockwise)

- Craft with Coloured Paper
- Bocce Ball
- Tuho- Korean Game
- Noodle Exercise
- Sabangchigi- Korean Game



Feel free to contact us

CHATS- (Arirang) Adult Day Program

Tuesday and Friday | Program Hours: 9:00 am-4:00 pm | Office Hours: 8:30 am-4:30 pm
405 Gordon Baker Road, Mil-al Church Main Entrance: temporarily)

(Program Supervisor: Jiyeon Lee) Jlee@chats.on.ca

(Recreation Programmer: Sung A Kim) Skim@chats.on.ca

(Recreation Programmer: Shinyoung Oh) Soh@chats.on.ca

(Personal Support Worker: Sun Sook Oh)

(Personal Support Worker: Ri Yeon Kim)

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





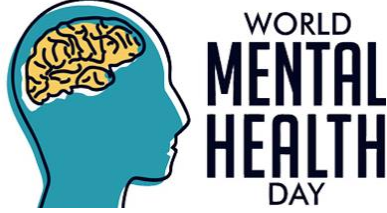




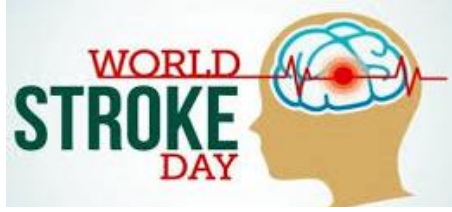


(905) 713-6596 or toll-free 1-877-452-4287 • www.chats.on.ca • seniorshelp@chats.on.ca

Toll Free: 1-866-677-9048 • www.chats.on.ca • seniorshelp@chats.on.ca

Mission: To deliver high quality home and community services and experiences for older adults and caregivers.

Values: • Respect • Empathy • Collaboration • Creativity • Quality • Accountability

Activity Calendar: October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Korean Armed Forces Day 국군의 날	2 10:30 Exercise with SungA 11:20 Korean Language Game 1:00 Shoot, Goal In! 2:00 Dumbbell Exercise	3  National Foundation Day of Korea 개천절	4  World Animal Day 세계 동물의 날	5 10:30 Exercise with Sharon 11:15 News 1:00 Sing Along 2:00 Ear Exercise 12 th Korean Day 세계 한인의 날
8 Thanksgiving Day 	9 10:30 Exercise with SungA 11:20 Arirang Choir 1:00 Marshmallow Picking 2:00 Facial Muscle Exercise Hangeul Day 한글날	10  World Mental Health Day 세계 정신건강의 날	11 	12 10:30 Exercise with Sharon 11:20 Quiz 1:00 Golf 2:00 Gentle Stretches
15  Global Handwashing Day 세계 손씻기의 날	16 10:30 Craft- Maple Leaves 11:20 Exercise with SungA 1:00 Yutnori 2:00 Hand Exercise			19 10:30 Follow Me & Draw 11:20 Exercise with Sharon 1:00 Sing Along 2:00 Noodle Exercise
	23 10:30 Exercise with SungA 11:20 Arirang Choir 1:00 Bowling 2:00 Birthday Party			26 10:30 Exercise with Sharon 11:20 Health Knowledge 1:00 Bingo/ Emergency Code 2:00 Ear Exercise
29  World Stroke Day 세계 뇌졸중의 날	30 10:30 Exercise with SungA 11:25 Word Puzzle 1:00 Arirang Salon and Spa/ Movie 2:00 Small Ball Exercise	31  Halloween	October is INFLUENZA IMMUNIZATION AWARENESS MONTH! 	DAILY ACTIVITIES Morning Social 9:30~10:30 Exercise Class 10:30~11:15 Lunch 12:00~1:00 Sitting Exercise 2:00~2:15 Snack Social 2:15~3:00