



ADULT DAY PROGRAM NEWSLETTER

OCTOBER

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DID YOU KNOW?

Invoices are issued to all Better Living clients every 2nd week of the month and clearly state that payments are due upon receipt. We trust that all clients/caregivers will make payments in a timely fashion to avoid any interruption of service.

- ▶ **ADDITIONAL DAYS** are available to all Day Program clients! Requests may be made 48 hours in advanced, provided space is available.

SEPTEMBER PROGRAM HIGHLIGHTS

Origami

Ori means "folding" and Gami means "paper" in Japanese. This month client's tried their hands at the beautiful craft of origami that has been in existence since the 1600's. Through the actual folding, our ADP Clients use their hands to follow a specific set of steps in sequence, producing a visible result that is at once clever and pleasing. They performed the steps in a prescribed order and with a fine attention to detail to yield a successful outcome. It is an excellent memory improvement technique, and has been known to help in brain function and development, as well as improving memory and other cognitive functions.

Oktober Fest Celebration

Clients celebrated the Oktoberfest in the last week of September. Our ADP Clients enjoyed the delicious lunch and entertainment of Oktoberfest celebrations. The clients took an active part in creating beautiful fall center pieces which were displayed at lunch. Oktober fest is a two-week festival held each year in Munich, Germany during late September and early October. It is attended by six million people each year and has inspired numerous similar events using the name Oktoberfest in Germany and around the world.



UPCOMING OCTOBER

PROGRAM HIGHLIGHTS

PUMPKIN CARVING

Clients will sit together and enjoy the fun of carving pumpkins. They will also discuss the background history of how the carving originated. It wasn't until immigrants brought the custom of carving jack-o'-lanterns to North America that the more commonly available (and easier to carve) pumpkin came to be used for that purpose, and not until the mid-to-late 19th century that pumpkin carving was an established Halloween tradition.

HALLOWEEN PARTY

ADP will be hosting a Halloween party for the clients celebrating the occasion. The staff, clients and volunteers will be all dressed up in costumes. The day will be full of Halloween traditions. There will be a special lunch served and all will be taking part in singing and dancing.

WHO: DONIA CLEMAN

FUN FACTS: DONIA LOVES MUSIC AND WRITING. SHE HAS BEEN ATTENDING THE DAY PROGRAM SINCE 2013.

CLIENT SPOTLIGHT



This month the day program would like to highlight our client Donia who has been attending Adult day Program since May 12, 2013. Donia originally hails from Warsaw Poland and has 3 accomplished children and two granddaughters in University. Donia was married for 64 years to her loving husband Martin who also shared her passion of the arts and was a talented concert pianist. Donia is an accomplished author who has published numerous publications ranging from poetry to children's stories titled **The Moon and the Oyster**. That is about a special relationship between Oyster and Moon. Donia donate one book to our ADP library. We would like to extend a heartfelt thanks for sharing her passion, talent and skills with us.



WE ARE HERE FOR YOU

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CLIENT BIRTHDAYS
RHEA P. OCT 17

NOTICE BOARD

PAYMENT POLICY:

Invoices are issued to all Better Living client's every 2nd week of the month and clearly states that payments are due upon receipt. We trust that all clients/caregivers will make payments in a timely fashion. However, in the event that you should have any questions, concerns or troubles regarding your invoice, please contact the Adult Day Staff department Immediately to avoid interruption of service.

CANCELLATION POLICY:

If a client is going to be absent, we require at least 24 hours' notice or the daily fee will still be charged for the missed day. Transportation fees will only be charged if the vehicle arrives to pick up a client and they are not there. Please speak with one of our Day Program Staff to enquire about substituting another day.

UPCOMING EVENTS...	DATE
Turkey Trivia Game	Tuesday, October 2
Making a wreath with cloth pins	Tuesday, October 16
Healing Dance	Thursday, October 25
Pumpkin carving	Tuesday, October 30
Halloween party	Wednesday, October 31
Sock Hop Social	Thursday, November 29

Thursday, November 29th
5:30 - 7:30 pm

SOCK HOP
★★★
SOCIAL





WE INVITE YOU TO JOIN US FOR A DELIGHTFUL EVENING OF LIVE ENTERTAINMENT, A DELECTABLE MEAL, DESSERT, DOOR PRIZES, AND MORE!

ADULT DAY PROGRAM

AUGUST PROGRAM CALENDAR AT A GLANCE

DAILY PLAN:
 9:00 AM WELCOME
 9:30 AM NEWS & VIEWS
 9:45 AM GENTLE STRETCH
 10:00 AM CLIENT'S CHOICE
 10:30 AM MORNING PROGRAM
 11:30 AM EXERCISE
 12:30 PM LUNCH
 1:30 PM AFTERNOON PROGRAM

PROGRAM TITLES BELOW ARE COLOR-CODED
 TO MATCH THE SERVICE DELIVERY ICONS:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 MIND JOGGERS WELCOME FALL	2 TURKEY TRIVIA GAME TARGET GAMES	3 MAKING CARAMEL APPLES FELINE FRIENDS	4 MUSIC THERAPY THINGS TO BE THANKFUL FOR	5 BOWLING KARAOKE	SOCIAL 
8 ADP CLOSED	9 WHO AM I? ALL ABOUT POLAR BEARS	10 BINGO HEALING DANCE	11 THE FALL HARVEST ALL ABOUT COFFEE	12 GUINNESS WORLD RECORD MIX MEDIA ART	LEISURE 
15 AMAZING ANT FACTS HEALING DANCE	16 OCTOBER TRIVIA CLOTHES PIN WREATH	17 POPCORN FUN SUNFLOWER	18 MUSIC THERAPY YOU BE THE JUDGE	19 APPLE CAKE HEALING DANCE	HEALTH & WELLNESS 
22 GLENN GOULD SPIDER WEB CHALLENGE	23 HAUNTED TORONTO TV SHOWS FROM THE 50'S	24 CHEESE IDENTIFICATION THERE'S NO BUSINESS LIKE SHOW BUSINESS	25 BASEBALL HISTORY AUTUMN ART	26 HALLOWEEN TRADITIONS CHALKBOARD PAINT SLIME	EDUCATION 
29 FAMOUS MONSTERS HOY CARD GAME	30 PRICE IS RIGHT PUMPKIN CARVING	31 HALLOWEEN POYARADE HALLOWEEN PARTY			

 **BetterLiving**
 Health and Community Services

 **OCTOBER** ADULT DAY PROGRAM