

2019

HELLO NOVEMBER

ADULT DAY PROGRAM NEWSLETTER

1 OVERLAND DRIVE - TORONTO, ON

HIGHLIGHTS

- PAYMENT POLICY
- OUR CANCELLATION POLICY

• WE ARE ALL CREATIVE

The Adult day program clients will now be enjoying and participating in a creative Music Therapy program conducted by Cari Shim.

WE ARE HERE FOR YOU

FOLLOW BETTER LIVING TO SEE
WHAT WE'VE BEEN UP TO THIS
MONTH!



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DAY PROGRAM

8:30 AM - 9:30 AM
9:00 AM - 9:30 AM
9:30 AM - 10:30 AM
10:30 AM - 11:30 AM
11:30 AM - 12:30 PM
12:30 PM - 1:30 PM
1:30 PM - 2:30 PM
2:30 PM - 3:00 PM
3:00 PM - 4:00 PM

OVERVIEW

ARRIVALS
CHIT CHAT/COFFEE TIME
MORNING MENTAL PROGRAM
EXERCISE
MORNING PROGRAM
LUNCH
AFTERNOON PROGRAM
DEPARTURE TIME
EVENING PROGRAM

COUNTRY HOEDOWN

FOR MORE INFORMATION CALL AT:
416-447-7244 X 640 OR EMAIL
SIQBAL@BETTERLIVINGHEALTH.ORG

JOIN US FOR A DELIGHTFUL
EVENING ON THURSDAY,
NOVEMBER 7, 2019.

5:30 - 8:00 PM

DRESS IN YOUR
COUNTRY WESTERN
THEME

BETTER LIVING CENTRE
1 OVERLAND DRIVE.
AUDITORIUM

OUR CANCELLATION POLICY:

To avoid being charged, please note that we require a minimum 24 hours' notice if you are not going to attend the Day Program. If you take transportation, a call must be placed no later than 12pm the day before. If you are ill, a call must be placed to let us know first thing in the morning. If you do not notify staff, you will be charged for the regular day. Please contact us if you have any questions..

WWW.MYBETTERLIVING.CA
416 447 7244

BetterLiving

FLU SEASON & SICK POLICY:
Cold and flu season is here and this means that we have to be mindful of hand hygiene and ways to minimize the spread of germs to others. We ask that any Clients who are exhibiting cold/flu symptoms stay home from the program until their symptoms have cleared (at least 48 hours symptom free) to help minimize the risk to the other clients. If you are unsure of if a client should or should not attend, please feel free to contact Adult Day Program staff, for further guidance.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>ADULT DAY PROGRAM CALENDAR</div> <div>BetterLiving</div> <div>WWW.MYBETTERLIVING.CA</div>			<div>NOVEMBER</div> <div>2019</div> <div></div>		
				<div>1</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 True or false?</div> <div>12:30 Lunch</div> <div>1:30 Movember</div>	<div>2</div> <div>9:30 News & Views</div> <div>10:15 Morning Song & Stretch</div> <div>10:20 Heart Mandela with Cari</div> <div>11:00 Exercise</div> <div>12:00 Lunch</div> <div>1:00 Story Circle</div>
<div>4</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Nuts about Nuts</div> <div>12:30 Lunch</div> <div>1:30 TV shows from 60</div>	<div>5</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Tongue twister</div> <div>12:30 Lunch</div> <div>1:30 Famous Duets</div>	<div>6</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 November Trivia</div> <div>12:30 Lunch</div> <div>1:30 The wizard of Oz</div>	<div>7</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Music Therapy</div> <div>12:30 Lunch</div> <div>1:30 Healing Dance</div>	<div>8</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Animal Talk</div> <div>12:30 Lunch</div> <div>1:30 Bingo</div>	<div>9</div> <div>9:30 News & Views</div> <div>10:15 Morning Song & Stretch</div> <div>10:20 All about bats</div> <div>11:00 Exercise</div> <div>12:00 Lunch</div> <div>1:00 Paper Poppies Craft</div>
<div>11</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Remembrance day Activities</div> <div>12:30 Lunch</div> <div>1:30 Who Am I?</div>	<div>12</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Notable Quotes</div> <div>12:30 Lunch</div> <div>1:30 How sharp is your nose?</div>	<div>13</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 World Kindness Day</div> <div>12:30 Lunch</div> <div>1:30 Airplane Evolution</div>	<div>14</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Bird Migration</div> <div>12:30 Lunch</div> <div>1:30 The Facts on Pickles</div> <div>3:00 Meditation Hour</div>	<div>15</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Believe it or not</div> <div>12:30 Lunch</div> <div>1:30 Music Trivia</div>	<div>16</div> <div>9:30 News & Views</div> <div>10:15 Morning Song & Stretch</div> <div>10:20 Saturday At the Movies</div> <div>11:00 Exercise</div> <div>12:00 Lunch</div> <div>1:00 Paper Leaf Mosaic</div>
<div>18</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Drum Circle with Cari</div> <div>12:30 Lunch</div> <div>1:30 Felines</div>	<div>19</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Butter cookies</div> <div>12:30 Lunch</div> <div>1:30 International Men's Day</div>	<div>20</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Healing Dance</div> <div>12:30 Lunch</div> <div>1:30 Childhood Toys</div>	<div>21</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Music Therapy</div> <div>12:30 Lunch</div> <div>1:30 Family Feud</div> <div>3:00 Funny Animal Videos</div>	<div>22</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Making Brownies</div> <div>12:30 Lunch</div> <div>1:30 Seven wonders of the world</div>	<div>23</div> <div>9:30 News & Views</div> <div>10:15 Morning Song & Stretch</div> <div>10:20 World Sponges</div> <div>11:00 Exercise</div> <div>12:00 Lunch</div> <div>1:00 Dean Martin Music Hour</div>
<div>25</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Origami</div> <div>12:30 Lunch</div> <div>1:30 Arm Chair Travel to Costa Rica</div>	<div>26</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Hello Around the World</div> <div>12:30 Lunch</div> <div>1:30 Finish the lyrics</div>	<div>27</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Expresive Arts with Cari</div> <div>12:30 Lunch</div> <div>1:30 Word Games</div>	<div>28</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Brain Teasers</div> <div>12:30 Lunch</div> <div>1:30 Wishbone Game</div> <div>3:00 Finger Painting</div>	<div>29</div> <div>9:00 Chit Chat/Coffee</div> <div>9:30 Client's choice</div> <div>10:30 Exercise</div> <div>11:30 Karaoke</div> <div>12:30 Lunch</div> <div>1:30 Kids say the darndest things</div>	<div>30</div> <div>9:30 News & Views</div> <div>10:15 Morning Song & Stretch</div> <div>10:20 Drumming with Cari</div> <div>11:00 Exercise</div> <div>12:00 Lunch</div> <div>1:00 Finger Painting</div>

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



SOCIAL



LEISURE



HEALTH & WELLNESS



EDUCATION