

## Highlights from January:

Over the past month, our clientele participated in a simple mobility testing, Timed Up and Go (TUG), to track their improvements in mobility. The initial testing took place in early January and re-testing in 3 months.

The **TUG** "is a simple test used to assess a person's mobility and requires both [static and dynamic balance](#).<sup>[1]</sup> It uses the time that a person takes to rise from a chair, walk three meters, turn around, walk back to the chair, and sit down. During the test, the person is expected to wear their regular footwear and use any [mobility aids](#) that they would normally require.<sup>[2]</sup> The TUG is used frequently in the elderly population, as it is easy to administer and can generally be completed by most [older adults](#).<sup>[3]</sup>" (Taken from Wikipedia)

This has given our staff a baseline and assisted in client goal setting.

We welcomed back the heartwarming sounds of the talented Emilio. He serenaded us with a musical interlude over the lunch hour and Connected our clients to the past and present with his songs.



Clients played table top scrabble using large cut out letters. Each table was given a set of letters and asked to make words. Each letter had a different value and was totaled up at the end for a friendly competition. Scrabble can lower the risk of mental illness; it makes you happy, reduces blood pressure, improves the immune system and memory.

Clients have been working on their fine motor skills through wood working. This project spanned over a period of time where our clients glued the pieces together then personalized them with paint. It was a soothing program where focus, attention to detail and manual dexterity were challenged.



We are excited to introduce a Music Therapist and Aromatherapist to our compliment of programs. Look out for these highlights and pictures in our March newsletter.

January was a predictably difficult month with staff and clients sick but we look forward to healthier February.

### Feeling sick or wishing to notify us of an absence?

- Please call the staff extension at (905)477-2839 ext. 4265 as messages are picked up throughout the day.
- If you require a call back, just let us know.
- Please do not bring your loved one to the centre if they are sick, keep them home to heal.



Wishing you happy & safe February!



# Adult Day Program Newsletter

## FEBRUARY 2019 Edition

### Adult Day Program Team:

MANAGER  
*Kate*  
(905) 477-2839  
ext 4221

ACTIVITY  
PROGRAMMER  
*Julie*

RECREATION  
THERAPIST  
*Shane*

PERSONAL  
SUPPORT  
WORKERS  
*Joanna &  
Toyoko*

For more  
information, visit:  
[www.uhs.on.ca](http://www.uhs.on.ca)

## BENEFITS OF PARACHUTE PLAY



Parachute play is more than just lifting up a colorful circle and watching it float down. It encourages cooperation and strengthens the upper torso, engages the core (stability) muscles and challenges reaction time and anticipatory responses.

It is a non-competitive activity, inclusive of all ability levels. It refines perceptual skills, turn taking and teamwork toward a common goal. It promotes social interaction, often producing fits of laughter and enhances language development.

Such a simple activity has tremendous skill development built in, inexpensive and great as a family activity in the backyard or large basement.

Check out the concentration and collaborative work to get the ball to its destination.

NEW UNIONVILLE HOME SOCIETY ADULT DAY PROGRAM  
4300 Highway 7 • Unionville, Ontario • L3R 1L8 • (905) 477- 2839 ext 4265

# FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLIENT DAILY EVENTS</b> <b>8:00 -9:30 ~ MEET YOUR NEIGHBOUR</b> <b>10:00 ~ FLOOR GAMES</b> <b>11:30 ~ BRAIN BOOSTERS</b> <b>1:15 ~ 15 MINUTES OF PERPLEXITY</b> <b>1:30 ~ MOVING MY WAY</b> <b>2:30 ~ GROUP FUN</b>				
4. 9:30 HOW TO MAKE A FORTUNE COOKIE 11:20 UNITING THE MIND, BODY & SOUL THROUGH YOGA	5. 9:30 CHINESE NEW YEAR 11:20 UNITING THE MIND, BODY & SOUL THROUGH YOGA 1:30 MUSICAL HEALING WITH OUR MUSIC THERAPIST	6. 9:30 DESIGNER FORTUNE DEMO 11:00 HYMN SING / BRAIN TEASSERS 2:00 CHINESE CHOPSTICK EVENT	7. 9:30 CHINESE NEW YEAR 10:45 CHINESE ZODIAC IN WATERCOLOUR / PICK AND CHOOSE 2:00 CHINESE CHOPSTICK EVENT	8. 9:15 FORTUNE FRIDAY 10:00 P-FIT 11:00 CHINESE ZODIAC IN WATERCOLOR / CARD BINGO 2:00 CHINESE CHOPSTICK EVENT
11. 9:30 APPLE CRISP 11:20 UNITING THE MIND, BODY & SOUL THROUGH YOGA	12. 9:30 FOCUS FITNESS 10:45 WATERCOLOUR HEARTS / MUSICAL MELODIES 1:30 MUSICAL HEALING WITH OUR MUSIC THERAPIST	13. 9:30 CAKE DECORATING FROM THE "HEART" 10:45 WATERCOLOUR HEART CARDS THINKABLE PUZZLING 2:00 HAVE A HEART AND EAT IT TO!	14. 9:30 FOCUS FITNESS 11:00 WATERCOLOUR HEART CARDS / WHAT'S YOUR LINE? 12:00 PIZZA LUNCH	15. 9:30 MORNING SOCIAL 10:00 P-FIT 10:45 CLUB BINGO
18. <b>FAMILY DAY PROGRAM CLOSED</b>	19. 9:30 COOPERATIVE GAMES 11:20 UNITING MIND, BODY & SOUL THROUGH YOGA 1:30 MUSICAL HEALING WITH OUR MUSIC THERAPIST	20. 9:30 FOCUS FITNESS 11:00 HYMN SING / MIND BENDERS	21. 9:30 SWEETHEART CRAFT 10:45 VALENTINE EXPRESSIONS USING WATERCOLOUR / WHAT 'S YOUR THOUGHT? 11:45 EMILIO PERFORMS WITH LOVE	22. 9:30 WORLDLY NEWS 10:00 P-FIT 10:30 <i>YOUR CALL</i> BINGO
25. 9:30 SENIOR ACTIVE GAMES 11:20 UNITING THE MIND, BODY & SOUL THROUGH YOGA	26. 9:30 BUTTERFLY NOTE CLIP CRAFT 10:45 HEARTFELT TREE WATERCOLOUR <b>12:00 SPECIAL LUNCHEON</b> 1:30 MUSICAL HEALING WITH OUR MUSIC THERAPIST	27. 9:30 CHERRIO BIRD FEEDER CRAFT 10:45 VALENTINE EXPRESSIONS USING WATERCOLOUR 1:30 SPECIAL PRESENTER—"POWER OF THE PEN"	28. 9:30 PLATED RED NOTE HOLDER CRAFT 11:20 UNITING THE MIND, BODY & SOUL THROUGH YOGA	