

Welcome Back. The New Unionville Home Society Adult Day Program has resumed service with modified hours and limited capacity for returning (no new) clients. Proof of vaccination is required. Masks must be worn at all times and physical distancing among program participants will be maintained.

OUR MISSION

Enhancing the experience of aging, one person at a time.

OUR VISION

A progressive community where older adults thrive;
aging well and living better.

OUR VALUES

The New Unionville Home Society, in its relationships with others,
values and commits itself to:

- Caring Genuinely and Passionately
- Respecting Each Person
- Serving with Integrity and Commitment
- Advancing Quality and Innovation
- Connecting Communities



ADULT DAY PROGRAM

WELCOME BACK
NOVEMBER 2021



4300 Highway 7, Unionville, Ontario L3R 1L8

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30- Stretch IT - VO 11:00 – Client Welcome - IN-P 12:00 - Lunch 1:00 - Get Fit (Tug Test) - IN-P 2:00 - Brain Games & Sip 'n' Snack - IN-P 2:45 – Bingo - VO	2 10:30- Getaway - VO 11:00 – Darts - IN-P 12:00 - Lunch 1:00 - Body Break - IN-P 1:15 - Brain Game - IN-P 2:00 – Sip 'n' Snack - IN-P 2:45 - Fitness - VO	3 11:00 - Bingo - VI 12:00 - Lunch 1:00 – Active Games - IN-P 2:00 - Brain Games & Sip 'n' Snack - IN-P 2:45 - Wild Card Wednesday - VO	4 11:00 – Morning Stretch - VI 12:00 - Lunch 1:00 - Body Break - IN-P 1:15 - Active Activity - IN-P 2:00 - Cranium crunchers & Sip 'n' Snack - IN-P 2:45 - Best Guess - VO	5 11:00 - Floor Games - IN-P 12:00 - Lunch 1:00- Body Break - IN-P 1:15- Arts & Crafts- IN-P 2:00 - Brain Games & Sip 'n' Snack – IN-P 2:45 - Focused Fitness - VO
8 10:30- Stretch IT - VO 11:00 - Music Therapy - IN-P 12:00 - Lunch 1:00 - Afternoon Stretch - VI 2:00 - Brain Game & Sip 'n' Snack – IN-P 2:45 – Bingo - VO	9 10:30- Getaway - VO 11:00 - Floor Games – IN-P 12:00 - Lunch 1:00 - Body Break - IN-P 1:15 - Music Trivia - IN-P 2:00 - Brain Games & Sip 'n' & Snack – IN-P 2:45 - Fitness - VO	10 11:00 - Bingo - VI 12:00 - Lunch 1:00 - Fitness (Tug test) - IN-P 2:00 - Cranium Crunchers & Sip 'n' & Snack - IN-P 2:45 - Wild Card Wednesday - VO	11 11:00 - Remembrance Day - VI 12:00 - Lunch 1:00 - Pure Fitness – (Tug test) - IN-P 2:00 - Brain Fitness & Sip 'n' & Snack - IN-P 2:45 - Best Guess - VO	12 11:00 - Floor Games - IN-P 12:00 - Lunch 1:00 - Workout - IN-P 2:00 - Brain Games & Sip 'n' Snack – IN-P 2:45 - Focused Fitness - VO
15 10:30- Stretch IT - VO 11:00 - Music Therapy - IN-P 12:00 - Lunch 1:00 - Diwali Celebration - VI 2:00 - Cranium Crunchers & Sip 'n' Snack - IN-P 2:45 – Bingo - VO	16 10:30- Getaway - VO 11:00 - Team Action - IN-P 12:00 - Lunch 1:00 - Watercolor Lynne - IN-P 2:00- Brain Games & Sip 'n' Snack - IN-P 2:45 - Fitness - VO	17 11:00 - Bingo – V 12:00 - Lunch 1:00 - Fitness and Stretch - IN-P 2:00 - Cranium Crunchers & Sip 'n' Snack - IN-P 2:45 - Wild Card Wednesday - VO	18 11:00 - Morning Stretch - VI 12:00 - Lunch 1:00 - Body Break - IN -P 1:15 - Craft Me - IN-P 2:00 - Brain Games & Sip 'n' Snack – IN-P 2:45 - Best Guess - VO	19 11:00 - Action Participation – IN-P 12:00 - Lunch 1:00 - Watercolor with Lynne - IN-P 2:00 - Cranium Crunchers & Sip 'n' Snack - IN-P 2:45 - Focused Fitness - VO
22 10:30 - Stretch IT - VO 11:00 - Music Therapy - IN-P 12:00 - Lunch 1:00 - Afternoon Stretch - VI 2:00 - Snazzy Synapses & Sip 'n' Snack - IN-P 2:45 – Bingo - VO	23 10:30 – Getaway - VO 11:00 - Team Action – IN-P 12:00 - Lunch 1:00 - “Move About”- IN-P 1:15 - Active Games - IN-P 2:00 - Synapses & Sip 'n' Snack - IN-P 2:45 – Fitness - VO	24 11:00 - Bingo - VI 12:00 - Lunch 1:00 – Active Game - IN-P 2:00 - Cranium Crunchers & Sip 'n' Snack - IN-P 2:45 - Wild Card Wednesday - VO	25 11:00 - Morning Stretch - VI 12:00 - Lunch 1:00 – “Get up and Move”- IN-P 1:15 - November Science - VI 2:00 - Brain Game & Sip 'n' Snack – IN-P 2:45 - Best Guess - VO	26 11:00 - Team Floor Games - IN-P 12:00 - Lunch 1:00 – Body Break - IN-P 1:15 - World Inventions - VI 2:00 - Synapses & Sip 'n' Snack - IN-P 2:45 - Focused Fitness - VO
29 10:30- Stretch IT - VO 11:00 - Music Therapy - IN-P 12:00 - Lunch 1:00 - “Shake It”- IN-P 1:15 - Hanukkah - VI 2:00 - Brain Games & Sip 'n' Snack – IN-P 2:45-Bingo - VO	30 10:30- Getaway - VO 11:00 - Team Action - IN-P 12:00 - Lunch 1:00 - Body Break - IN-P 1:15 - “Adult Art” - IN-P 2:00 - Brain Games & Sip 'n' Snack – IN-P 2:45 - Fitness - VO	LEGEND: IN-P = IN-PERSON - Clients will attend on their assigned day, 1x/week until further notice In-person programming will end at 2:30. The 2:45 program is a virtual program only. All clients that attend in-person are welcome to join in our virtual groups and ‘save the date’ events on alternate days (see insert) VI = VIRTUAL AND IN-PERSON – Programming will be a combined group. VO = VIRTUAL ONLY – Programming will be virtual groups only; a daily zoom reminder will go out with the associate zoom link. These programs will interchange between Shane and Julie and Kate (on occasion). Each group lead will have their own zoom link.		



ADULT DAY PROGRAM

WEEKLY CORE PROGRAMS

DAY	AM TIME	PROGRAM NAME	PM TIME	PROGRAM NAME
MONDAY	10:30	Stretch IT	2:45	Bingo
TUESDAY	10:30	Getaway	2:45	Fitness
WEDNESDAY	11:00	Bingo: <i>Virtual and In-person program</i>	2:45	Wild Card Wednesday
THURSDAY	11:00	Morning Stretch: <i>Virtual and In-person program</i>	2:45	Best Guess
FRIDAY	11:00	NO PROGRAM	2:45	Fitness

SPECIAL EVENTS for November 2021 – SAVE THE DATE

These programs will be offered both in-person and virtual simultaneously.

DATE	TIME	PROGRAM NAME
Thursday, November 11	10:45 am	*Remembrance Day Service
Monday, November 15	1:00 pm	Diwali Celebration
Thursday, November 25	1:00 pm	November Science
Thursday, November 26	1:00 pm	World Inventions
Monday, November 29	1:15 pm	Celebrating Hanukkah

*Note: *Time sensitive program, participants will not be let in after 10:50 am*