



CHIRS Adult Day Services

Program Descriptions for Fall 2016, Winter & Spring 2017

The following programs are scheduled to be offered for Summer 2016. Fees are listed in the registration form, which is used to sign up for a program. Please be aware that this information may change depending on enrollment, and venue availability.

Program	Date/Time	Location	Description
Billiards	Tues 1:30pm-3:30	Bathurst/Bloor	The Billiards program is held in a public pool hall during regular public hours. It provides individuals with the opportunity to work on progressive skill development while engaging in friendly competition. The program is not for everyone—the hall is licensed and <u>not accessible</u>. Payment can be in advance, or pay as you go.
East & West Bocce	Thurs 10am -12	Victoria Park/Sheppard Keele/Lawrence	Bocce is similar to lawn bowling, but is played on an indoor court. This program emphasizes team sport and friendly competition while allowing participants to work on their hand-eye coordination. Bocce programs are wheelchair accessible.
East & West Bowling	Fri 1:30pm-3:30 & Wed 2:00pm-4:00	O'Connor/St. Clair Kipling/Rexdale	CHIRS Five Pin Bowling incorporates the social components of the sport while providing individuals with the opportunity to work on progressive skill development. Bowling alleys are wheelchair accessible and the game is adapted to meet the needs of those with physical and cognitive difficulties. Adaptive aids include ball ramps and lane bumpers as opposed to gutters, allowing individuals with physical challenges to enjoy the game.
Brunch	Wed 10am-12pm	North York Ikea Leslie/Sheppard	Meet us at North York Ikea for an affordable breakfast, and a chance to connect/socialize. There's a free shuttle from the Leslie subway station, and meals start at \$1 (plus coffee), so it's all very affordable.
Coffee Talk	Mon 10am- 12pm	CHIRS Head Office Yonge/Finch	Coffee Talk is a structured discussion group focusing on current events and/or topics important to the participants. You will have the opportunity to voice your opinions and ideas, practice social interactions and give/receive feedback in a supported environment. Coffee/tea is included.
Community Fitness	Thurs 10am-11:30	Bayview/Sheppard	Held at the North York YMCA workout gym during the open-access times supervised by YMCA staff. All individuals must undergo a fitness assessment by a CHIRS fitness Instructor prior to participating. An individualized fitness program is developed based on the participant's abilities and goals and may involve the following fitness equipment: treadmills, rowing machines, steppers and weight machines.
Thurs & Fri Computers	Thurs 10am-12pm & Fri 1:30pm-3:30	CHIRS Head Office Yonge/Finch	Aimed as a basic skills course for individuals who have a rudimentary knowledge of computers, the groups may include a focus on a specific program/area such as internet, or Publisher and are paced according to the needs of the group. A discussion component and an emphasis on team support allow individuals to practice social skills as well as technical ones.
Mon & Fri Cooking Club	Mon 3:30pm - 6:30 & Fri 10am - 1pm	CHIRS Head Office Yonge/Finch	The CHIRS cooking club participants create and enjoy a meal together. Participants have the opportunity to learn kitchen safety and learn food preparation skills as they follow a recipe in a social setting. The Monday group prepares dinner together, and the Friday group prepares lunch. Menus for both groups are prepared in collaboration with participants, and are usually three course meals so that everyone has the opportunity to participate in the creation of at least one course. A skills assessment for kitchen/cooking skills is required prior to joining.
Drama	Tues 7pm - 9	CHIRS Head Office Yonge/Finch	The Drama Group works together to choose and create a group project, often incorporating video and social media, but sometimes also performing live. In the creative process, participants work on various theatrical techniques such as voice projection, body positioning, reading/writing lines, character development, expression and improvisation.



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Games Group	Tues 1:30pm - 3:30	CHIRS Head Office Yonge/Finch	Board games & card games: whatever you want to play that day. The emphasis is on fun and socializing, with a little friendly competition to keep it interesting.
Music Club & Music Group	Wed 1pm - 3 & Wed 7pm - 9	CHIRS Head Office Yonge/Finch	CHIRS has two music programs-- both of which focus on singing with percussion instruments and a backup band of volunteers. Facilitated by a dynamic Music Instructor, both programs are fun and interactive. Song lists are developed in collaboration with participants, and individuals are offered the opportunity to participate at their own level—as soloists, or background singers as appropriate.
Voices and Vibes Music appreciation	Thurs 4pm - 5:30	CHIRS Head Office Yonge/Finch	The Voices and Vibes music appreciation group incorporates electronic media and participant presentations to review and discuss music in popular culture. Participants are supported to make presentations, and express their opinions and ideas in a supportive atmosphere.
Relaxation	Mon 2:00pm –3:00	CHIRS Head Office Yonge/Finch	Relaxation group allows you the opportunity to focus and “slow down’ to live in the present. Meditation techniques such as guided visualization, contemplation and music are used to encourage participants to attend to their breath, and to transform thoughts and sensations.
Self Defense 1& 2	Fri 9:30am-10:30 & Fri 10:30am-11:30	Earl Bales CC Bathurst/Sheppard	Self-Defense is a modified martial arts program run by an accomplished Black Belt in several disciplines. Through the use of gross motor control, coordination and fitness, individuals practice formal patterns and movements based in traditional martial arts while concentrating on key components of self-defense such as: confidence, respect and self-esteem.
Social Creations	Thurs 1:30pm-3:30	CHIRS Head Office Yonge/Finch	Formerly called Hobby Club, participants socialize while creating individual arts and craft projects OR enjoy an adult colouring book. Most projects are chosen/planned by the individual and completed at their own pace. Occasionally, the group will explore a specific medium or technique together (e.g. Tie dye, pottery)—cost for these optional workshops will be extra. This program allows individuals to express their creativity, and work on skills such as sequencing, planning, hand-eye coordination in a social setting.
Monday Night Social Club	Mon 6:30pm - 8:30	CHIRS Head Office Yonge/Finch	Social Club has a different activity each week (such as cards, board games or group games) which are selected in collaboration with the group. The activities give you a chance to connect with others and are designed to encourage you to recognize and respond appropriately in social situations while engaging in a fun social event.
Sports Night	Thurs 7:30pm -9:30	Bayview/Eglinton	Held in a gym at Holland Bloorview Kids Rehabilitation, this physically active program gives individuals of varying abilities the opportunity to compete in a range of sports and activities. The various sports played are chosen by group consensus and lately, focuses on floor hockey. These activities may be adapted in their pace, rules and equipment to everyone to play and compete in a fun and safe environment. A brief fitness screening assessment is required.
West Swim	Thurs 1:30pm - 3	Kipling/Albion	All individuals must undergo a swim assessment by a CHIRS staff prior to participating. Individual programs are developed based on these assessments, and depending on your goals, can include: learning actual swim techniques, walking in an aquatic setting, increasing range of motion, and strengthening/toning exercises.



Financial Assistance for Accessing Adult Day Services Programs

How do I apply for a reduction in fees for ADS programs?

Contact your CHIRS Primary Worker OR the Service Coordinator of Adult Day Services, Marnie Russell at 416 240 8000, ext 259. They will fill out a request on your behalf. Please Note: only clients who qualify for subsidized services may apply.

What information is needed?

We'll be asking about your monthly income, and your expenses (for example, how much you spend on transportation and medication). We may ask for some verification (for example, a monthly income statement).

What happens to my request?

The request will be reviewed within one week after the Request Deadline. The Service Coordinator of Adult Day Services will notify either you or your Primary Worker of the decision.

How is the decision made?

The decisions will be made according to the following guidelines. All of your basic expenses will be deducted from your income. Once the costs of programs is also deducted, if :

The remaining amount is: **\$0 to \$100:** eligible programs will be granted at NO COST (max \$200)

The remaining amount is **\$101 to \$250:** partial fee reductions will be granted

The remaining amount is **\$250 +:** request will be denied

Unfortunately, CHIRS is unable to reduce some program fees, and may not be able to accommodate everyone's request. Therefore, a **fee reduction is not guaranteed.**

How long is the decision for?

That depends. When you make the request, you'll be asked if you need assistance for the year, or just for one quarter. For example, you may need assistance just for this time since you have extra expenses. Everyone will be asked to redo their application every year for the Fall quarter, but if your original request was only for one quarter, you will have to reapply for the next quarter if your situation changes and you still need assistance.

What if I want to appeal the decision?

The decision can be appealed by notifying the Program Director , in writing, within 2 weeks of receiving notification of the decision.



CHIRS Adult Day Services Registration & Refund Process

Registration Process

CHIRS programs run in quarterly seasons. You only need to complete one registration form for Fall, Winter, Spring. Another form will be required for Summer. Payment for the first quarter will be due with the registration. Payment for subsequent quarters will be due two weeks before the end of the previous quarter. Should you wish to add or drop programs, please notify Adult Day Services in writing using the Change to Registration form.

If you have questions, or need assistance to fill out your registration form, please ask the Adult Day Services staff. Once your form is complete, please submit it to your Primary Worker, or to Club Coverage at Adult Day Services.

Please note: Space in the programs is limited and cannot be held without a completed registration form and payment. Cheques must be made payable to **Community Head Injury Resource Services (CHIRS)**. There is a \$10.00 surcharge for any cheque returned from the bank.

Refund Policy for Quarterly Programs

If you wish to cancel your participation in a program, you must notify us using the Change to Registration form. Refunds are based on the formula below:

- ☺ Notice received at least 2 weeks before the start of the quarter, 100% refund.
- ☺ Notice received prior to the second session, 65% refund.
- ☺ *No refunds* will be issued after the second session of any program *unless under extenuating circumstances (e.g. major illness)*
- ☺ To withdraw, we must receive a Change of Registration form.

Sometimes, CHIRS may need to cancel a program fully, or to cancel individual sessions. If the number of cancelled sessions is 3 or more, you will be refunded a pro-rated amount EXCEPT you will not be refunded for outdoor programs that are cancelled due to weather, or for programs that have been relocated to an alternate venue.

Cancellation and Refund Policy for Special Events

Special events require advance planning, and spending for supplies and facilities, so may cost CHIRS whether you attend or not. If you withdraw your registration for a special event, a full refund can only be granted if CHIRS is able to cover the cost of the event. We will consider all refund requests on an individual basis.