



CHIRS Adult Day Services

Program Descriptions for Fall 2019, Winter/Spring 2020

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The following programs are scheduled to be offered through CHIRS Adult Day Services. 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/Notes
Arts & Music Explorers NEW	Thursday 6:00pm-8pm approx	Group meets at Art Gallery of Ontario	<ul style="list-style-type: none"> Participants meet at the art gallery, then travel to different locations Attend different art/music events in the city each week Cost and time varies by event—Group will plan together
Billiards	Tues 1:30pm-3:30pm	Annex Billiards Bathurst/Bloor	<ul style="list-style-type: none"> Public pool hall during regular hours Caution: Alcohol is served at the venue AND there is a steep set of stairs Payment can be in advance, or pay as you go
Bocce	Thurs 10am -12pm	Amesbury Sportsplex Keele/Lawrence	<ul style="list-style-type: none"> Bocce is similar to indoor lawn bowling Ramps to get to the court Card games/socializing before/after
East Bowling	Fri 1:30pm-3:30pm	C4 Centre Eglinton/Brimley	<ul style="list-style-type: none"> Five Pin at public alley Ramps to the waiting area and up to the lane. Ball ramps are also available Old-school hand scoring at East, automatic scoring at West Bumpers are used to avoid gutter balls Food available for purchase
West Bowling	Wed 2:00pm-4:00pm	Rexdale Bowlerama Kipling/Rexdale	
East and West Brunch	Wed 10am-12pm	NEW Etobicoke Ikea Queensway/Kipling	<ul style="list-style-type: none"> In public café Affordable options Free Ikea shuttles from subway station
		North York Ikea Yonge/Sheppard	
Coffee Talk	Mon 10am- 12pm	CHIRS Head Office Yonge/Finch	<ul style="list-style-type: none"> Structured discussion group focusing on current events and/or topics important to the participants Coffee/tea is included
Thursday Computers	Thurs 10am-12pm	CHIRS Head Office Yonge/Finch	<ul style="list-style-type: none"> Basic skills course Discussion component, and a practical component Material is highly dependant on the group's skills and interests
Friday Computers	Fri 1:30pm-3:30pm		
Cooking Club	Mon 3:30pm - 6:30pm	CHIRS Head Office Yonge/Finch	<ul style="list-style-type: none"> Create and eat a meal together Some diet modifications are possible Skills assessment required
	Fri 10am - 1pm		
Move and Groove Dance	Mon 2:30pm-3:30 New day/time	CHIRS Head Office Yonge/Finch	<ul style="list-style-type: none"> Facilitated by Dance Instructor Learn dance moves, and develop a performance Seated performers, or those with mobility aids are welcome

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Drama	Tues 6:30pm-8:30pm	CHIRS Head Office Yonge/Finch	<ul style="list-style-type: none"> • Group project may include video, social media or live performance • Group involved in the creative process • Some memorization, but mostly improv
Community Fitness Exercise Program	Tues 1:30-3pm OR Thurs 10-11:30am	Edithvale CC Yonge/Finch	<ul style="list-style-type: none"> • In public centre during regular hours • Need CHIRS assessment before starting • Registration is with the city, not with CHIRS
Please Be Seated Exercise Program	Tues 9:30am-10:30 OR 10:30am-11:30	CHIRS Yonge/Finch	<ul style="list-style-type: none"> • Seated exercise program for all abilities • Assessment required before starting
Hootenanny Music Group	Friday 1:30pm-2:30	CHIRS Yonge/Finch	<ul style="list-style-type: none"> • Energetic singalong group in the Drop In • Play a guitar or drums or just sing a long
Music Club	Wed 1pm- 3pm	CHIRS Yonge/Finch	<ul style="list-style-type: none"> • Music Instructor leads both programs • Mostly singing, but if a participant plays an instrument, it can be incorporated • Dancing is encouraged • Occasional live performances
Music Group	Wed 6:30pm- 8:30 New time		
Voices and Vibes Music appreciation	Thurs 4pm - 5:00pm	CHIRS Yonge/Finch	<ul style="list-style-type: none"> • Review/discuss music in popular culture • Group discussions and presentations
Relaxation	Mon 1:00 –2:00pm New time	CHIRS Yonge/Finch	<ul style="list-style-type: none"> • Uses meditation techniques such as guided visualization, contemplation and music • Participants encouraged to attend to their breath, and to transform thoughts and sensations
West Swim	Thurs 1:30 - 3:30 pm	Albion Pool Kipling/Albion	<ul style="list-style-type: none"> • Assessment required before participating. • May include: learning swim techniques, walking in an aquatic setting, increasing range of motion, and strengthening/toning exercises
Not so Blue Mondays Social Group	Mondays 1pm-3pm	BIST St. Clair/Yonge	<ul style="list-style-type: none"> • Partnership with BIST • Creative, social group for more independent participants who want to connect & have fun
Monday Night Social Club	Mon 6:30- 8:30pm	CHIRS Yonge/Finch	<ul style="list-style-type: none"> • Different activities, such as cards, board games or group games chosen with the group • Fun, social program
Social Creations	Thurs 1:30 - 3:30pm	CHIRS Yonge/Finch	<ul style="list-style-type: none"> • Relaxed social setting • Individual projects such as crafts, adult coloring
Toastmasters	Tues 12:15-1:15 pm	CHIRS Yonge/Finch	<ul style="list-style-type: none"> • Structured meetings focused on public speaking • Membership is with Toastmasters International
Yoga NEW	Tues 2pm-3	CHIRS Yonge/Finch	<ul style="list-style-type: none"> • Gentle adapted yoga • Assessment required before participating