

CHIRS Adult Day Services InPerson Programs Summer 2024



CHIRS Adult Day Service Drop In

ADS Drop in will be OPEN from 9:00-4:00 Monday to Friday.
A limited amount of lunches are available for purchase each day.

CHIRS Adult Day Services Program Schedule

We are pleased to offer FREE programming again this quarter for all clients eligible for subsidized services.
The only cost will be the brunch and mall programs (pay for your own meal)

**In general, programs are expected to run from June 24 to September 27th 2024.
Existing programs will just roll over from Spring to Summer without a break in schedule.**

CHIRS Adult Day Services Inperson Special Events

We are planning a few special events. The Wednesday night group is included on this form since it is a regular location/time but we are also planning a series of day trips on Thursdays from June 27-August 22nd.
We'll advertise them separately, so stay tuned!

CHIRS General Covid Committee Guidelines for ALL In-Person Programs and Drop In:

Since CHIRS is considered a high risk setting, everyone must self-screen for Covid symptoms before attending.
These guidelines may change. We will do our best to keep you updated on the current information.

Don't see what you were looking for?

ASK an ADS staff—we are always open to new ideas!
Some of our programs will continue on Zoom—ask us how to join.

How to Use this Form

1, READ THIS

This form is for clients who are eligible for subsidized services. Separate arrangements are available for those attending on a fee for service basis.

General guidelines for all CHIRS ADS groups and Drop In: All registrants must be able to participate with group support. Those who require support for personal care, or self regulation must bring their individual support. Please note that an assessment may be required, even if you had participated without support in the past. We will arrange it with you separately.

2. IF YOU MEET THE GUIDELINES

You are welcome to register for our inperson programming or to attend the Drop In. Please indicate your registration for the inperson groups. If we get lots of interest, we may have to limit the number of programs each person can sign up for OR have a waitlist. Priority will be given to participants who are currently in the established programs.

3. FILL OUT THE FORM

You can fill it out electronically and email it to us, or print and hand in the paper version. Fill in your name, and indicate which programs you would like to take. Even if you are currently participating in the group, you must re-register. If you are not sure if you are registering or re-registering, that's ok, we'll figure it out!

4. RETURN THE FORM by TUES June 4th!

You can return this form to your Primary Worker OR just email your list to LisaC@chirs.com. We'll let you know if you are put on a waitlist.

**In general, NEW programs are expected to run from June 24 to September 27th 2024.
Existing programs will just roll over from Spring to Summer without a break in schedule.**

Please be aware
that this information may change depending on enrollment, and venue availability

Client Name:

CHIRS

**Adult Day Services Registration
Summer 2024**



Service Team:

Completed By:

	Program Name	Address	Program Description	Register
MONDAY	East Brunch 10am-12pm	Ikea North York 15 Provost Dr Leslie/Sheppard	Enjoy an affordable breakfast and relaxed discussion group at the Ikea restaurant. Bring \$ to cover the cost of your meal.	Register
	Discussion Group 10am-12pm	CHIRS 62 Finch Ave W Yonge/Finch	We like to discuss a wide variety of topics, including current events, while respecting differences at all times and finding common ground.	Register
	Music 1:30pm-3:30pm	CHIRS 62 Finch Ave W Yonge/Finch	Music Group is a laid back opportunity to sing songs led by a guitar player.	Register
	Mall Hop 1:30-3:30pm	Location varies, created in consultation with the group	Join us each week as we explore the different malls of Toronto. Enjoy a bite with your fellow mall buddies, explore various stores, and socialize with others in vibrant, community settings	Register
TUESDAY	Bird Watching 10am-12pm	Evergreen Brickworks 550 Bayview Ave Bayview/Bloor St. E	Bird Watching and More! Join us for a birdwatching & nature walk. Each week will also include another activity such as an art project or writing (i.e. journaling). Note: There is a Free shuttle from Broadview Station)	Register
	Please Be Seated 10am-11 am	CHIRS 62 Finch Ave W Yonge/Finch	Seated Exercise Program for all abilities. Work on your fitness goals in a group setting. No registration required if you only want to join on zoom.	Register
	Speakers Corner 11am-12pm	CHIRS 62 Finch Ave W Yonge/Finch	CHIRS-style public speaking, all of the skill development and fun without the fee! New participants will need to meet participation criteria.	Register
	Community Fitness 1pm-2:30pm	CHIRS 62 Finch Ave W Yonge/Finch	Work on your fitness goals in a group setting. New participants will need an assessment before beginning OR may be put on a waitlist.	Register
WEDNESDAY	Drama 4pm-6pm	CHIRS 62 Finch Ave W Yonge/Finch	Want a taste of the dramatic arts? We play many different drama games, dabble in improv and just let loose and have fun! New participants may be put on a waitlist.	Register
	Walking & Games Group 10am-12pm	CHIRS 62 Finch Ave W Yonge/Finch	Weather permitting, we walk and/or roll in the surrounding neighborhood then afterwards come inside to play cards and/or board games. New participants may be put on a waitlist.	Register
	Lakeside Social 10am -12pm	W side Palais Royale Lakeshore W/Budapest	Gather in the park to socialize and enjoy a stroll, snack, or a leisurely game in the summer weather.	Register
	Billiards 1:30pm-3:30 pm	925 Warden Ave Warden/Eglinton	Join us for a friendly game of pool (accessible venue). Please note: this facility is licensed to sell alcohol, so may not be suitable for everyone.	Register
	Dance 1:00pm-2:00pm	CHIRS 62 Finch Ave W Yonge/Finch	This group is facilitated by a Dance Instructor but you don't have to have any experience to join. Learn dance routines, get moving and have fun. Seated performers or those with mobility aids are welcome	Register
THURSDAY	Photography 2:00pm-4:00pm	CHIRS 62 Finch Ave W Yonge/Finch	Got a phone or camera? Join us at head office as we walk around the neighbourhood and learn the art of photography.	Register
	Special Event 4:30-6:30pm	CHIRS 62 Finch Ave W Yonge/Finch	A different activity each week—sign up now, or wait to rsvp per event! (Third Wed of the month will be the Mentors Meeting)	Register
	West Bocce 10am-12pm	Amesbury Sports Complex 155 Culford Rd Keele/Lawrence	Bocce is similar to lawn bowling, but is played on an indoor court. This program emphasizes team sport and friendly competition. New participants may be put on a waitlist.	Register
	Yoga 10am-11am	CHIRS 62 Finch Ave W Yonge/Finch	Spend an hour on the mat strengthening body and mind. Open to all experience levels but this is aimed at those with more physical ability. An initial assessment will be required.	Register
	Seated Yoga / Meditation 11am-12pm	CHIRS 62 Finch Ave W Yonge/Finch	Seated yoga and meditation. All of the benefits of yoga from a seated position. An initial assessment will be required. No registration required if you only want to join on zoom.	Register
FRIDAY	Art Group 1:30 pm-3:30 pm	CHIRS 62 Finch Ave W Yonge/Finch	Participants socialize while creating individual art/craft projects. Occasionally, the group will explore a specific medium or technique together (e.g. perspective drawing, seasonal crafts)	Register
	E Boardwalking 10am-12pm	Queen St. E/Lee	What can be better than a stroll by the lake in the summertime as the group walks (or rolls) along the Boardwalk?	Register
	Bucket Drumming 10am-11am	CHIRS 62 Finch Ave W Yonge/Finch	Looking for a different way to improve fitness AND do some drumming? Rock out to bucket drumming. It is loud & social. A FUN way to work on movement & coordination!	Register
	Hootenanny 1pm-3pm	CHIRS 62 Finch Ave W Yonge/Finch	Energetic singalong group in the Drop in. Play a guitar or drums or just sing a long	Register