



A.C.T.I.V.E at the Villa Summer 2016

We are so excited to see the sun shining and the warmer weather! All groups will take advantage of the better weather by implementing some of their programs outside for some fun in the sun.

With this being said,

We kindly ask that you please send in sun hats with your loved ones (labelled with their name) and sunscreen allowing them to enjoy the outdoors.

Staff Changes: More changes have been happening at the day program. We have successfully hired a new Therapeutic Recreationist for Group C. Stephanie has joined the program and is truly enjoying her group and offering some exciting programs. Welcome Stephanie! We also had Alisha, a program assistant, who just left us to start her maternity leave and we have hired Kinsey who will be taking on this role until Alisha's return. Welcome Kinsey!

CLOSURE DATES:

This is a quick reminder that we are closed for all statutory holidays except for Remembrance Day and we are also closed for an annual Summer and Christmas shutdown on the following dates:

SUMMER CLOSURE – Monday, July 25, 2016 – Sunday, August 7, 2016.
We will reopen on Monday, August 8th, 2016.

CHRISTMAS CLOSURE – Saturday, December 24, 2016 – Monday, January 2, 2017.
We will reopen on Tuesday, January 3rd, 2017.

Client Files:

It is very important for us to have each of our client's files up to date. We kindly ask that you please report any changes that we should be aware of such as client address, phone number, contact information and/or medication changes.

Once again, we thank you for your continued support and wish you a very happy and warm summer.

Sincerely, Deborah Fernandes, Manager, Adult Day Program/Volunteers



We kindly ask that you send in/mail in an updated medication list that includes all medications taken per day for your loved one.

Hello everyone and welcome to the newest edition of the Summer 2016 Newsletter! Summer has finally arrived! We are looking forward to new programs, special events, barbeques and spending time outside here at the Adult Day Program!

June is Senior's Month

We will have the pleasure of having the K9 unit (June 2), Senior Support Officer (June 10), Canadian Hearing Society (June 14), and CNIB (June 29) for presentations.

We have some wonderful entertainment for the summer which includes:

Michael Kelly Cavan (June 1), Wyatt Ladd (June 20), Peter Shaw (June 30), Paula French (July 5), Elvis will be in the building! (July 13), Joan Ballentyne (July 22), Gary Smith (August 9) and Martin Wall (August 17).

We are looking forward to celebrating Canada Day here on June 30th! On July 7th, we're off to Japan to celebrate Tanabata also known as the "Star Festival". July 17th will be our Peach festival and lastly, on August 26th, we will have our annual picnic at the Dundas Driving Park (stay tuned to our upcoming monthly calendars for more information)!

Throughout the summer, we will be enjoying some barbeque lunches!

Barbeques will be held on June 20th for Father's Day, June 30th for our Canada Day celebration and on August 17th.



Keeping Hydrated while Exercising!

Hydrate, hydrate, hydrate. Maintain salt-water balance by drinking plenty of fluids (preferably water) before, during and after physical activity.

Dress the part. Wear minimal amounts of clothing to facilitate cooling by evaporation. "Remember, it's not sweating that cools the body; rather, the evaporation of sweat into the atmosphere," Wear lightweight, light-colored clothing in breathable fabrics such as cotton.

*"A perfect summer day is when the sun is shining, the breeze is blowing,
and the birds are singing!" James Dent*