

Spring 2015

GET ACTIVE
AT THE VILLA

St. Joseph's
Villa Dundas

Welcome to Spring-time at the Adult Day Program. We are anxious for the warm sunny weather to come our way. We can then start digging and planting beautiful flowers, spend some time outdoors and catch a breath of fresh air. Spring is known for new beginnings.

This being said, we have a new beginning - a new staff member will be joining our team. I would like to introduce Nancy Hall who has accepted the position of Community Programs Clerical Assistant. She will be assisting with the Adult Day Program, Volunteers, Clinics and the S.I.M Gym programs. She will bring with her an abundance of experience in the local community and many contacts and experiences that she can use to help promote all of our programs to community members and help us grow. Welcome Nancy!

I want to take this opportunity to thank you for your suggestions when we were deciding on a new name for the Adult Day Program. We now have a new pamphlet that has been designed with our new logo "Get Active at the Villa – Recreational, Social and Fitness Programs."

As our client groups continue to change, and we strive to meet the needs of the community, our programs continue to change and adapt. The Therapeutic Recreationists work hard to implement a new program or two every month, in addition to their themed events to keep things interesting. We have been offering alternate programming on most mornings throughout the week for the past few months and plan to continue this. Alternate programming allows our Group B and C clients a choice of two programs in the mornings. Whichever program is of interest to the clients, this is the program that they will attend. The needs in our groups are so diverse that we continue to think of strategies to better assist the clients that we serve. We are pleased to say that we are offering more Montessori one to one programming including visits to the snoezelen room for those clients that we believe require some-one to one stimulation.

There are a couple of reminders that I would like to pass along to you:

- **Just a reminder that the membership daily fees will be going up 2 % April 1st**
- **Please note that our annual summer closure will take place from Monday, July 27th – August 9th. We will be reopening on Monday, August 10th, 2015.**

Well, as always we thank you for being so supportive of our programs and the clients we serve. We look forward to coming to the Adult Day Program every day to spend time with each and every one of you. Thanks for bringing joy to our lives and we hope we can bring some joy to yours. Have a wonderful and blessed spring.

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What's Happening at the ADP



Well I am sure we all have had our fill of winter weather, lets cross our fingers it doesn't last too much longer and we will soon be seeing everything coming up green again. We will look forward to doing programs outside again, getting our green thumbs out with horticulture programs and our daily walks outside.

We have been dealing with the cold weather with wonderful celebrations like New Year's party, Robbie Burns Day with a taste of the haggis, Valentine's Day and Mardi Gras just to name a few. Our clients are really enjoying the yoga program we have, all the new physical games we got at Christmas and continue to enjoy bowling and lots of other programs including painting, Montessori and pottery.

St. Joseph's Villa Adult Day Program would like to take this opportunity, to welcome all our new members to our program. We hope that you are enjoying trying new things and meeting new people. If you have any questions, concerns or suggestions, please know you can contact any of our staff. Also just want to say thanks again for all our volunteers and students in the community who help with our program, it really helps with our goal in improving the quality of life of our clients and their caregivers.



Some of the things to look

forward to over the next couple months:

March 2nd – Entertainment with Wyatt Ladd

March 12th – Music with Pat Murray

March 17th- St. Patrick's Day Celebrations with Don Dunham

March 19th- Irish Dancers

April 2nd – Easter Celebrations with Michael Kelly

April 13th- Entertainment with Cameron

April 22nd- Earth Day with Hand on Exotics gets ready to see a Kangaroo

May 8th- Mother's Day Celebrations with Pat Murray

Daylight Savings is MARCH 8TH Spring Ahead!!!

**Friendly Reminder: We are closed for Good Friday
April 3rd & Easter Monday April 6th**