

# THE ADP CONNECTION

Where every activity brings joy and every experience holds purpose



## GREETINGS FROM THE ADULT PROGRAM TEAM

Dear ADP Clients and Families,

February is shaping up to be an exciting month in our Adult Day Program as we celebrate Therapeutic Recreation Month and the spirit of the Winter Olympics.



Throughout the month, we'll be offering engaging programs that highlight the power of recreation in enhancing well-being—creative arts, music sessions, cognitive games, gentle fitness, and meaningful social activities.

To add to the fun, we'll be hosting our very own Winter Wellness Games, featuring friendly challenges, Olympic-inspired moments and opportunities to learn about different countries and traditions. These programs are designed to promote connection, joy, and a sense of accomplishment for everyone who participates.

We're looking forward to a vibrant and active February together, and we can't wait to share these special experiences with you.

Kate Papillo,  
Adult Day Program Manager

### MEET THE ADP TEAM



Julie Robinson



Shane Hanay



Joyce Kwan



Marlene Pangilinan



# FEBRUARY FACTS

## Zodiac Signs

Aquarius (January 20 - February 18):  
Known as bright, bold, and visionary.

Pisces (February 19 - March 20):  
Known as the Fishes, they are kind, artistic, and deeply intuitive.

## Birthstones

Amethyst: A calming purple stone tied to wisdom and comfort.

## Birth Flowers

Violet: A gentle flower that stands for faithfulness.  
Primrose: A lively bloom that marks new beginnings and early spring.

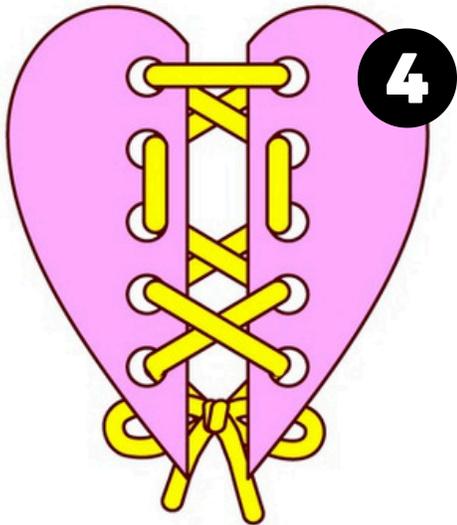
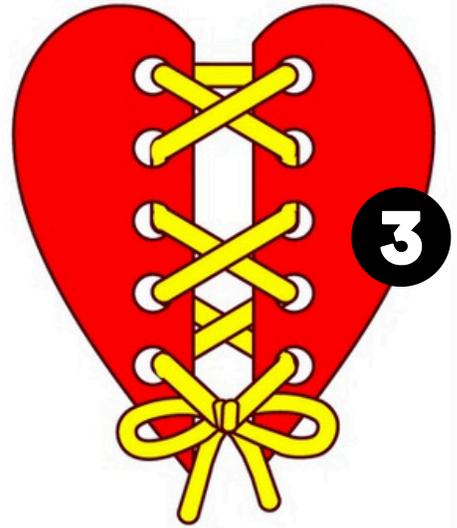
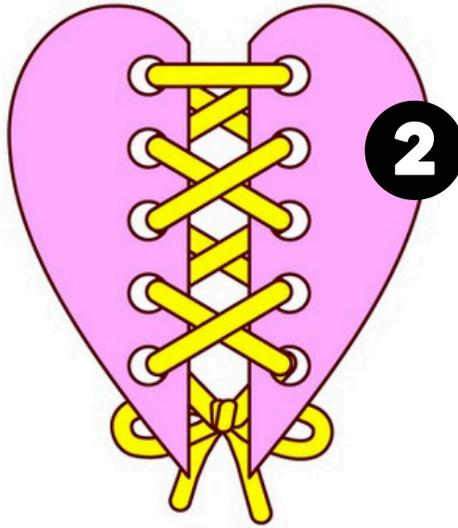
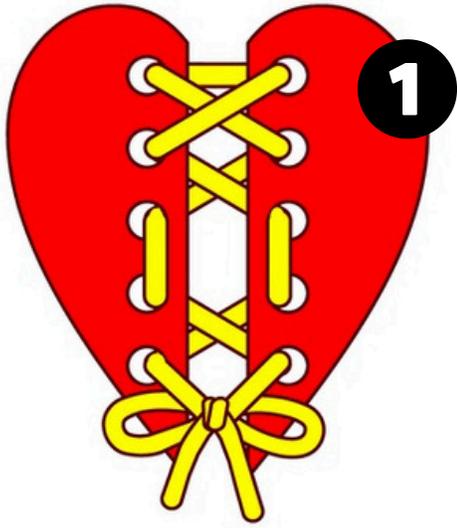
## QUOTE OF THE MONTH

"In February, let gratitude be the compass that guides us towards greater abundance and contentment." – Oprah Winfrey

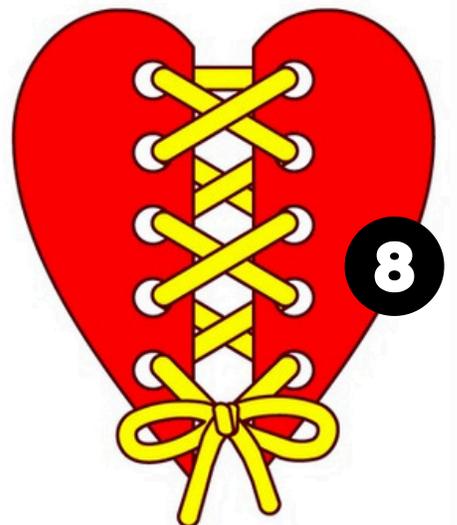
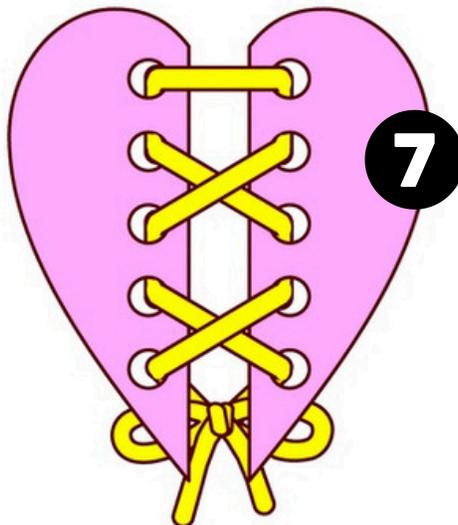
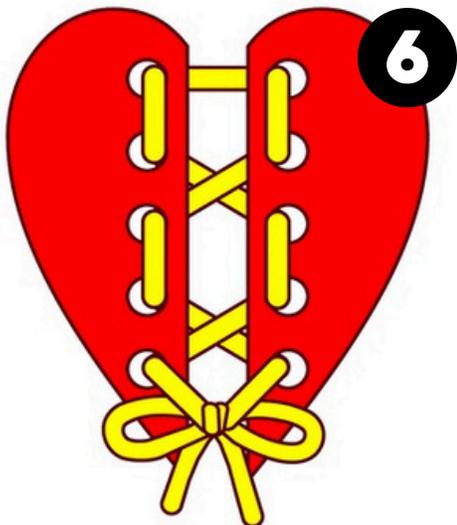
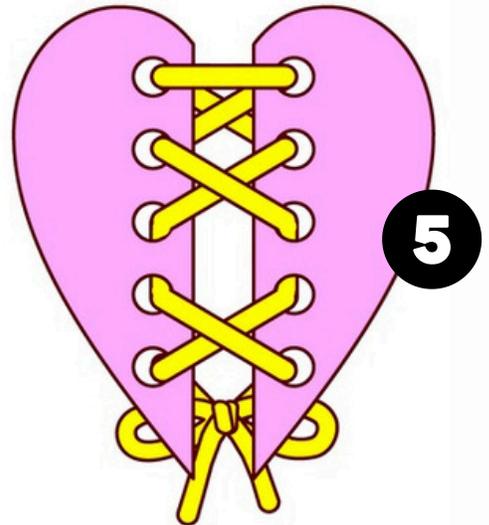


# GAMES CORNER:

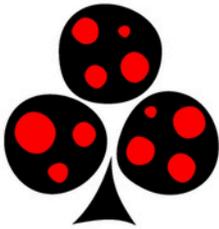
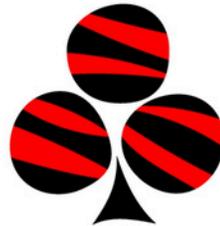
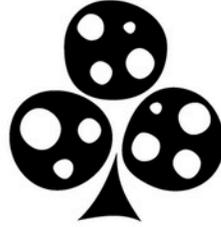
## Happy Valentine's Day Match Up



For every front view image, find the corresponding back view.



**Find three (3) sets  
of identical twins...**





# IS IT LOVE?



G	I	M	J	E	R	U	S	A	E	R	T	I	R	G	A
S	A	S	K	O	P	J	A	T	U	H	A	V	L	T	N
D	W	E	G	A	I	R	R	A	M	E	W	B	M	O	H
E	K	E	Y	T	S	C	N	I	O	A	O	K	I	A	Y
T	U	S	E	S	E	K	H	K	C	R	P	T	A	F	N
T	I	D	I	T	O	C	J	E	B	T	C	U	D	F	O
O	P	K	R	A	H	Z	N	T	R	A	R	H	M	E	T
S	C	R	U	S	H	E	O	A	R	I	F	O	I	C	R
E	E	G	O	B	U	S	A	T	M	U	S	J	R	T	I
B	R	A	U	P	K	E	T	R	A	O	T	H	E	I	L
X	X	X	X	H	X	A	X	X	T	X	R	X	X	O	F
X	X	X	X	X	I	D	O	L	I	Z	E	X	X	N	X

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Look for the following words associated with love. They may be spelled forward, backward, downward, upward, or diagonally.

TREASURE

ATTRACTION

ADMIRE

BESOTTED

IDOLIZE

FLIRT

SWEETHEART

KISS

AFFECTION

ROMANCE

HEART

MARRIAGE

CHERISH

HUG

CRUSH



# Caregiver Corner:



## Staying Social

Staying social is great for brain health as it reduces stress and boosts one's mood. Staying social can also increase one's safety. Being socially active allows for a strengthened support network and community profile, enabling others to offer assistance if there is a safety concern.

To increase social activity, people living with dementia can:

Connect with your local Alzheimer Society to learn more about how to stay social and active in the community. A local Society may have programs that can help.

Keep a sense of humour: Laughing is great for the body and soul, and a great way to engage with others. Try activities that will be entertaining and fun, like seeing live comedy or a play.

Maintain friendships and networks: have an ongoing social date (e.g. third Thursday of every month) with friends to keep the connection strong.

Setup a Facebook, Skype or other social media account to stay connected with friends and family. This will help to stay connected even if friends and family live far away, or if it becomes difficult to meet in person.

Become a volunteer in the community! Volunteering can help maintain connections and engagement with others in the neighbourhood and improve physical and mental well-being. Keep an eye on newspaper listings and local postings for places to volunteer.



For local Alzheimer Society contact information, call 2-1-1  
Visit: [FindingYourWayOntario.ca](http://FindingYourWayOntario.ca)

*Société Alzheimer Society*

Funded by





## OUR MISSION

Engaging our communities through a continuum of services that enhance the experience of aging.

## OUR VISION

A progressive community where older adults thrive, age well and live better.

## OUR VALUES

The Unionville Home Society, in its relationships with others, values and commits itself to:

- Connecting Communities
- Advancing Quality and Innovation
- Caring Genuinely and Passionately
- Respecting Each Person
- Serving with Integrity and Commitment

