
THE ADP CONNECTION

Where every activity brings joy and every experience holds purpose



GREETINGS FROM THE ADULT PROGRAM TEAM

Dear ADP Clients and Families,

Welcome to April! As the days grow brighter and the signs of spring begin to bloom around us, we are excited to welcome you to a new month filled with creativity, connection, and joy. April brings a fresh energy to our program, with activities designed to inspire, engage, and celebrate the season together.



From spring-themed crafts and music to enriching social gatherings and wellness activities, our calendar is sprinkled with opportunities to spark creativity and nurture meaningful moments. We look forward to sharing laughter, learning, and the beauty of this season with each of you.

Thank you for being such an important part of our community. Here's to a vibrant and uplifting April!

We're looking forward to a vibrant and active April together.

Kate Papillo,
Adult Day Program Manager



MEET THE ADP TEAM



Julie Robinson



Shane Hanay



Joyce Kwan



Marlene Pangilinan

APRIL FACTS

Zodiac Signs

Aries (March 21 – April 19): Bold, lively, and full of spark.

Taurus (April 20 – May 20): Steady, warm-hearted, and grounded.

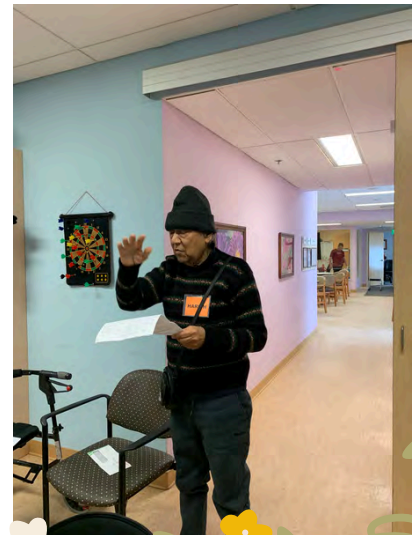
Birthstone

Diamond: A bright stone tied to strength and clarity.

Birth Flowers

Daisy: A sweet bloom tied to innocence.

Sweet Pea: A soft flower tied to kindness and gratitude.



QUOTE OF THE MONTH

“In April, the world wakes up softly, reminding us that growth doesn’t have to be loud.”



APRIL





APRIL

WORD SEARCH

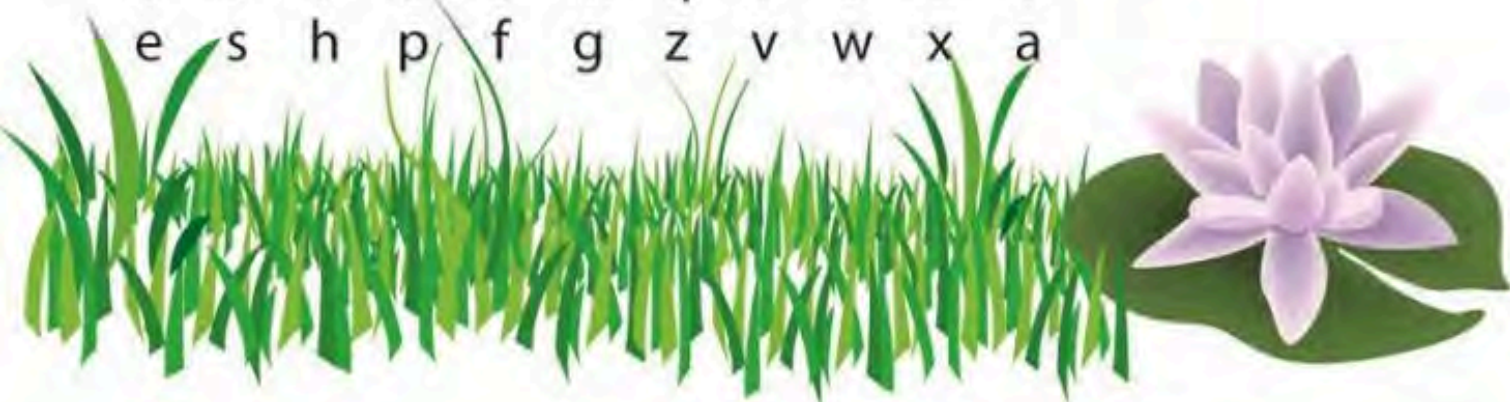


a d x a l i p c w a i
 y i g b e e d u j n s
 k a a i o l a v t h s
 u m e o h o f d u o e
 f b z i i u f h l i m
 a n c k j a o i i i y
 h d b n g r d o p u i
 a e e e l b i i o j v
 m a g f o o l u d p a
 e a s t e r v i k e x
 p s a l m e o i o u a
 b v t o u u n c t o t
 c u n d e r g r a d s
 p a s s o v e r u u e
 e s h o w e r s r y i
 d a t a b f e d u r n
 v b l o o m q f s a i
 e s h p f g z v w x a



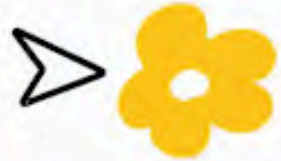
WORDS

- showers
 underground
 daffodil
 tulip
 bloom
 taurus
 diamond
 earth
 easter
 passover
 fool



FIND ME

CAN YOU LOCATE THIS FLOWER?
LOOK CAREFULLY!



Healthy aging it's your move!



SLEEP

Did you know that your sleep can change as you age?

Many factors interfere with a person's sleep. For older adults, age-related sleep changes, such as sleeping less, waking frequently at night, napping during the day or spending less time in deep sleep, may contribute to sleep difficulties and to an increased risk of falls. However, these age-related sleep changes often go unnoticed. Health issues, medication use and life stresses may also interfere with sleep. In fact, over time, poor-quality sleep has been linked to major health issues such as heart disease, diabetes and depression.

Talk to your health care professional about your sleep.

TIPS TO PROMOTE SLEEP

Keep a routine bedtime and wake-up time every day. This is helpful for setting your body's natural sleep and wake cycle, which can help you fall asleep or wake up easier.

Create a comfortable, restful sleep environment. Use a comfortable mattress and bedding. Adjust the room temperature to make sure that it is not too hot or too cold.

Keep your bedroom quiet and limit distractions. Consider making your bedroom free of electronic devices (e.g. TV, computer/tablet, cell phone) and other distractions such as pets, bright light, noise, etc.

Avoid caffeine before bedtime. Caffeine is a stimulant and may keep you awake at night. This includes coffee, some teas, soft drinks and chocolate.

Avoid alcohol. Alcohol has been known to cause sleep difficulties and can actually keep you from having a good night's sleep.

Get physically active! Regular physical activity will help you to better cope with stress, prevent falls and improve your sleep. The best time to exercise is morning or afternoon, not right before bed.

Review your medications. Talk to your doctor or pharmacist to check if your medications may be affecting your sleep.

PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

york.ca/healthyaging



OUR MISSION

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

OUR VISION

A progressive community hub 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

