UNIONVILLE HOME SOCIETY

ADP PROGRAM
NOVEMBER 2026

THE ADP CONNECTION

Where every activity brings joy and every experience holds purpose



4300 Highway 7, Unionville, ON L3R 1L8

GREETINGS FROM THE ADULT PROGRAM TEAM



As we welcome November, let us open our hearts to a new season filled with warmth, joy, laughter, and gratitude. Although the days may grow cooler, may our hearts remain warm with kindness, friendship, and love.

Each new month is a blessing and a fresh opportunity to make beautiful memories, share stories, enjoy one another's company, and find happiness in the little things that make life special. Here at our Adult Day Program, every one of you brings something unique and valuable. Your smiles, wisdom, experiences, and presence make our program a brighter and more meaningful place to be.

This November, let us remember to be thankful for the blessings we have, encourage one another, celebrate the gift of each new day, and continue to fill our time together with positivity and purpose.
May this month bring you peace in your heart, joy in your spirit, good health, wonderful friendships, and countless reasons to smile.

May you always feel welcomed, appreciated, respected, and loved.

~Kate Papillo, ADP Manager

MEET THE ADP TEAM



Julie Robinson



Shane Hanay



Joyce Kwan



Marlene Pangilinan

Memories from October









NOVEMBER FACTS

Zodiac Signs

- Scorpio: October 24 – November 21
  - Traits: Intense, passionate, resourceful, mysterious
  - Element: Water
- Sagittarius: November 22 – December 21
  - Traits: Adventurous, optimistic, philosophical, independent
  - Element: Fire

Birthstones

- Topaz (especially Imperial Topaz)
  - Color: Warm yellow-orange
  - Symbolism: Love, affection, strength, and intelligence
- Citrine (alternative birthstone)
  - Color: Sunny yellow
  - Symbolism: Joy, abundance, and energy

These stones are believed to bring warmth and healing, reflecting the golden hues of autumn.

Birth Flower

- Chrysanthemum
  - Symbolism: Love, loyalty, joy, and longevity
  - Colors: Available in red, yellow, white, and purple
  - Cultural significance: In many cultures, chrysanthemums are associated with celebration and honor



CAREGIVER CORNER

MEMORY TIPS & TRICKS

Post-it Notes

- Post-it notes are a great way to write down reminders as needed or as you think of them
- Put the post-it note in a place where you know to look (such as on the bathroom mirror) and take the note down once you have done what the note says, to prevent you from doing it twice and to avoid confusion

Whiteboards

- Dry/erasable whiteboards are another great tool to help you remember things. Whiteboards come in a number of different sizes that can be hung on a wall
- You can also find magnetic whiteboards that can be put on the fridge
- Be sure to update the information on the whiteboards as you complete each task
- Whiteboards can be purchased at most stationary stores

Oven timers

- Almost all ovens have a timer, and if your, and if yours doesn't, you can buy one at many departments or hardware stores
- Timers can help you remember to turn off your stove or oven once your meal is ready to eat
- Timer can also be helpful when you are doing laundry and want a reminder that it is time to check if the laundry is ready
- Lastly, you can use your oven timer to help you bridge a memory from a reminder earlier in the day. For example, if you have an appointment at 11:00, and you need to leave the house by 10:30 am to be on time, you can set a timer to go off half an hour before you need to leave your house to help you remember that you need to get ready

Resource: Alzheimer Society

ACTIVITIES CORNER

AUTUMN'S HERE



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

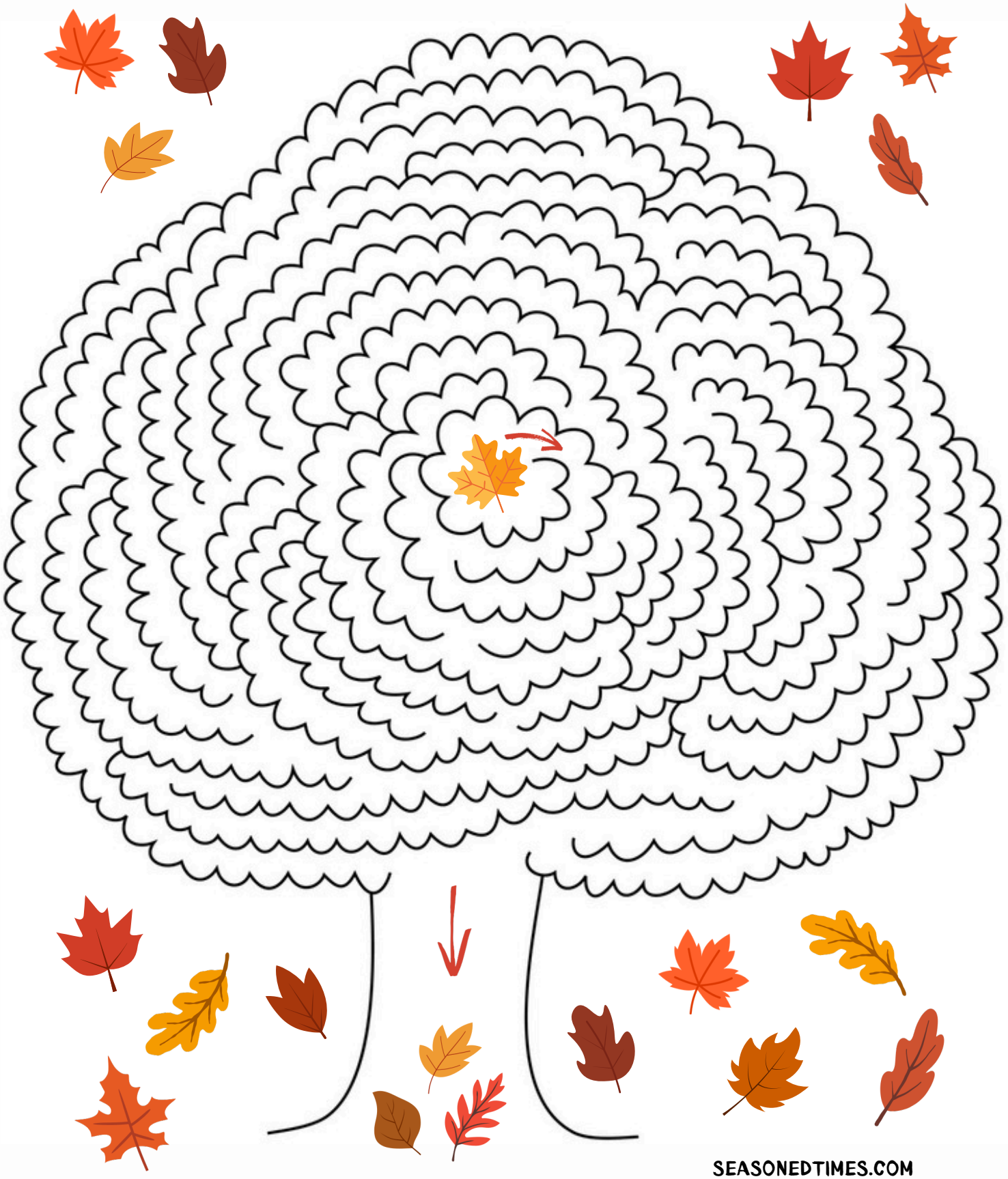
HINT: A FEW WORDS MAY SHARE LETTERS.

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LEAVES
SCARECROW
CROW
HAYRIDE
MAPLE
CHESTNUT
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TURKEY
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FALLING LEAF MAZE



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OUR MISSION

Enhancing the experience of aging, one person at a time.

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

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