

Around the World with

By Marilyn Sitar, Program Coordinator

The Adult Day Program

What if you could experience the tastes of the orient, the culture of the Ukraine, and the sights and sounds of many other exotic countries, with the company of your friends, all without having to leave the comfort of your familiar surroundings? That is just the experience that the Adult Day Program in Whitemouth hopes to accomplish for its seniors in 2010!

This year, we are embarking on a cross cultural journey with our new theme: "Around the World With the Adult Day Program". Each month, a different country and culture is experienced through pictures, video, books, group discussion, cooking and taste testing various foods. We have presentations and show and tell from people who have travelled to different countries, and other activities. What a wonderful opportunity for seniors to experience "travelling"!

January saw us preparing Ukrainian foods, such as buckwheat kasha and knydli, and reading about a culture that is rich in tradition. Did you know that the 12 meatless dishes that are prepared for Christmas Eve represent the 12 apostles, or that hay is strewn under the table to represent the manger? Or that single men or women are not supposed to sit on the corner of the table. Why? Because this means that the man will go bald, or that the

woman will remain a spinster! In February, we learned about the hard life of a French voyageur, through the heartbreaking letter of a voyageur to his father. And we played "Voyageur Bingo", with our student visitors helping us with French translations! And how can we forget the delicious tortiere, crepes and French onion soup? For March, we adopted Irish names, and cooked up a St. Patrick's Day Party and an Irish Stew. April will see us with a recent tourist to Japan, enjoying a power point presentation, trying our hand at origami, and trying thick green tea and sushi!

What will the rest of 2010 hold for the Adult Day Program? Well, these pages of history are still to be written. We are looking for more "armchair travel" opportunities and ideas. Does anyone have pictures or other items that they would like to show to the group? We invite people from the community to please share their ideas and their experiences with us.

The Adult Day Program in Whitemouth is open two days a week, Tuesdays and Thursdays. A typical day starts at 9:30 a.m. Seniors are involved in a variety of projects and activities,



which are based on the interests of the group. A hot lunch at noon provides important nutrition, followed by afternoon activities until 3:00 pm. Safe and reliable transportation to and from the program is provided by the excellent service of the Whitemouth Handivan.

If you or someone you know is interested in attending the program, please contact the Adult Day Program at 348-3940 for more information. Although a senior need not be receiving home care services, a referral and assessment through home care will be made prior to attending the adult day program, to ensure that this program is right for you. Not sure about attending? Come for a visit, or come for a free trial, to see what this program is all about. January 2011 will mark the 10th anniversary of the Adult Day Program in Whitemouth – watch for details of this upcoming celebration.



Come join us on
our next
adventure.
Bon voyage!