



CHIRS ADS Program Registration Form



Fall 2025 Program Dates

September 29 — December 19



Winter 2026 Program Dates

January 5 — April 2



Spring 2026 Program Dates

April 7 — July 3



CHIRS Adult Day Service Drop In

ADS Drop In is OPEN from 9:00am-4:00pm, Monday to Friday.
A limited amount of lunches will be available for purchase each day.

CHIRS Adult Day Services Program Schedule

We are pleased to offer FREE programming again this quarter for all clients eligible for subsidized services. Note that some of the programs will require you to bring money to cover your expenses (e.g. meal)

Special Events

We are planning a few special events each quarter but they will be advertised separately. Please stay tuned for more information!



How to Use this Form

1. READ THIS

This form is for clients who are eligible for subsidized services. Separate arrangements are available for those attending on a fee for service basis.

General guidelines for all CHIRS ADS groups and Drop In: All registrants must be able to participate with group support. Those who require support for personal care, orientation or self regulation must be accompanied by their individual support. Please note that an assessment may be required, even if you had participated without support in the past. We will arrange it with you separately.

2. IF YOU MEET THE GUIDELINES

You are welcome to register for our in-person programming or to attend the Drop In. Please indicate your registration for the in-person groups. If we get lots of interest, we may have to limit the number of programs each person can sign up for OR have a waitlist. Priority will be given to participants who are currently in the established programs.

3. FILL OUT THE FORM

You can fill it out electronically and email it to us, or print and hand in the paper version. Fill in your name, and indicate which programs you would like to take.

4. RETURN THE FORM

You can return this form to your Primary Worker OR just email your list to LisaC@chirs.com. We will contact you to confirm your enrollment and start date.

Client Name: _____

	PROGRAM NAME	ADDRESS	PROGRAM DESCRIPTION	REGISTER
MONDAY	Bird Watching and More! 10am-12pm	Evergreen Brickworks 550 Bayview Ave Bayview/Bloor St. E	Join us for a birdwatching & nature walk. Bring \$ for a snack if you prefer. Note: There is a free shuttle from Broadview Station.	Register
	Discussion Group 10am-12pm	CHIRS 62 Finch Ave W Yonge/Finch	We like to discuss a wide variety of topics, including current events, while respecting differences at all times and finding common ground.	Register
	BIST Behind the Sitcom 1pm-2:30pm	BIST Head office 40 St Clair E Yonge/St Clair E	This BIST/CHIRS social group discusses ethical questions about sitcoms in a gameshow format to create an engaging environment for participants to socialize and engage in friendly debate. Available in person or on Zoom.	Register
	Karaoke Club 1:30pm-3:30pm	CHIRS 62 Finch Ave W Yonge/Finch	This is a laid back karaoke group. A chance to channel your inner rock star! Something for everyone.	Register
	Mall Hop 1:30pm-3:30pm	Location varies, created in consultation with the group	Join us each week as we explore the different malls of Toronto. Bring \$ to shop and socialize with your fellow mall buddies in vibrant, community settings.	Register
TUESDAY	East Bocce 10am-12pm	Pleasantview C. C. 545 Van Horne Ave Victoria Park/Van Horne	Bocce is similar to lawn bowling, but is played on an indoor court. This program emphasizes team sport and friendly competition while allowing participants to work on their hand-eye coordination.	Register
	Seated Yoga /Meditation 10am-11am	CHIRS 62 Finch Ave W Yonge/Finch	Seated yoga and meditation. All of the benefits of yoga from a seated position. An initial assessment will be required. Limited virtual spots are available upon request.	Register
	Speakers Corner 11:00pm-12:00pm	CHIRS 62 Finch Ave W Yonge/Finch	CHIRS-style public speaking, all of the skill development and fun without the fee! New participants will need to meet participation criteria.	Register
	East Swim 1pm-2:30pm	Birchmount Pool 93 Birchmount Rd Birchmount/Hollis	Learn swimming techniques, walk in an aquatic setting, increase your range of motion, and practice strengthening/toning exercises. Note: Initial assessment required. \$4.50/week or application to City of Toronto Welcome Policy needed.	Register
	Community Fitness 1pm-2:30pm	CHIRS 62 Finch Ave W Yonge/Finch	Work on your fitness goals in a group setting. New participants will need an assessment before beginning OR may be put on a waitlist.	Register
	Drama 4pm-6pm	CHIRS 62 Finch Ave W Yonge/Finch	Want a taste of the dramatic arts? We play many different drama games, dabble in improv and just let loose and have fun! New participants may be put on a waitlist.	Register
WEDNESDAY	Walking & Games Group 10am-12pm	CHIRS 62 Finch Ave W Yonge/Finch	As long as the weather permits, we will walk and/or roll in the surrounding neighborhood, then afterwards come inside to play cards and/or board games. New participants may be put on a waitlist.	Register
	East Brunch 10am-12pm	Ikea North York 15 Provost Dr Leslie/Sheppard	Enjoy an affordable breakfast and relaxed discussion group at the Ikea restaurant. Bring \$ to cover the cost of your meal. Please note: this facility is licensed to sell alcohol, so may not be suitable for everyone.	Register
	Billiards 1:30pm-3:30pm	925 Warden Ave Warden/Eglinton	Join us for a friendly game of pool, all skill levels encouraged (accessible venue). Please note: this facility is licensed to sell alcohol, may not be suitable for everyone.	Register
	Dance 1pm-2pm	CHIRS 62 Finch Ave W Yonge/Finch	Learn dance routines, get moving and have fun. Seated performers or those with mobility aids are welcome, as well as those with no experience!	Register
	Photography 2pm-4pm	CHIRS 62 Finch Ave W Yonge/Finch	Got a phone or camera? Join us to learn the art of photography. Weather permitting, we may walk around the neighbourhood to practice our skills.	Register
	Wed Social Events 4pm-6pm	CHIRS 62 Finch Ave W Yonge/Finch	A different activity each week. Play cards, group games or enjoy special themed activities	Register
THURSDAY	West Bocce 10am-12pm	Amesbury Sports Complex 155 Culford Rd Keele/Lawrence	Bocce is similar to lawn bowling, but is played on an indoor court. This program emphasizes team sport and friendly competition. New participants may be put on a waitlist.	Register
	Yoga 10am-11am	CHIRS 62 Finch Ave W Yonge/Finch	Spend an hour on the mat strengthening body and mind. Open to all experience levels but this is aimed at those with more physical ability. An initial assessment will be required for new participants.	Register
	Seated Yoga /Meditation 11am-12pm	CHIRS 62 Finch Ave W Yonge/Finch	Seated yoga and meditation. All of the benefits of yoga from a seated position. An initial assessment will be required. Limited virtual spots are available upon request.	Register
	Art Group 1:30 pm-3:30 pm	CHIRS 62 Finch Ave W Yonge/Finch	Participants socialize while creating individual art/craft projects. Occasionally, the group will explore a specific craft or technique together (e.g. painting, loom knitting).	Register
	Euchre 2:30-4	CHIRS 62 Finch Ave W Yonge/Finch	Join us for a game of euchre. Socialize with friends while you play. If you have never played, we have staff and clients that will teach you.	Register
FRIDAY	Indoor Walking Group 10am-12pm	Stephan Leacock C.C. 2500 Birchmount Rd Birchmount/Sheppard	Get your heart rate up by...walking indoors! Join us at Stephen Leacock Centre, which has a large indoor track as well as outdoor walking areas for the nicer weather. Come join us for exercise, good company and great conversations.	Register
	Bucket Drumming 10am-11am	CHIRS 62 Finch Ave W Yonge/Finch	Looking for a different way to improve fitness AND do some drumming? Rock out to ball and bucket drumming. It is loud & social. A FUN way to work on movement & coordination!	Register
	Spill the T/BBN 11am-12:30pm	CHIRS 62 Finch Ave W Yonge/Finch	Express your thoughts and do some introspection in this journaling/creative writing program. Available in person or on Zoom. Those interested in helping with the BBN Newsletter should stay until 12:30.	Register
	Hootenanny 1pm-3pm	CHIRS 62 Finch Ave W Yonge/Finch	Energetic singalong group in the Drop in. Play a guitar or drums or just sing-along	Register