

## Reminders

If you are not able to attend on your scheduled day(s), please call us as soon as possible. **236-332-6136**

If you need to bring medications, please bring them in the container or blister pack that the pharmacy gives you.



If you travel by HandyDART:

- Call Abbotsford HandyDART to book or cancel your ride.  
604-855-0080
- There is small charge.



Translink. Used with permission.

## Day program locations

- **Emmanuel Mennonite Church**  
3471 Clearbrook Road
- **Khalsa Diwan Society Sikh Temple**  
33094 South Fraser Way

## Important phone numbers

(Punjabi and English)

- **Fraser Health South Asian Day Program**  
236-332-6136
- **Archway Outreach Facilitator**  
236-380-0556
- **Home Health Service Line**  
1-855-412-2121



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[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your health care provider.

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For more copies: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)

## South Asian Day Program for Older Adults

Abbotsford



Emmanuel Mennonite Church



Khalsa Diwan Society Sikh Temple



## What is this program?

This is a day program for South Asian older adults who are:

- living at home
- experiencing life challenges
- wanting to be as healthy and independent as possible

Our day program offers activities in a safe and caring social environment. It gives caregivers time to care for their own needs. (We call this respite.)

We provide all of our programs and services in **Punjabi**.

## Who can I expect to be involved?

- You, the client
- Your caregivers
- Activity Worker or Health Care Assistant
- Nurse
- Recreational Therapist
- Outreach Facilitator



If you are a client of Home Health, we work with them to make a plan to keep you as independent as possible.

## What can I expect to happen at the day program?

Our activities focus on staying physically active, connecting with others, and keeping the brain active.

Activities might include:

- crafts, gardening
- sharing stories
- birthday and cultural celebrations
- table games, Bingo, word games
- reading
- cooking and baking
- learning to make food choices that are good for you
- exercise classes  
(led by CareFIT certified instructors)
- yoga
- music classes



We offer refreshments such as snacks, tea, and coffee. The Khalsa Diwan Society serves lunch.

If needed, the nurse can assess your care needs and help with medicines. The nurse shares any changes to your care needs with your Home Health Professional, if one is involved. We might also connect you with resources in the community.

## How do I apply for the day program?

If you are a client of Home Health, call your Home Health Professional.

If you are not a client of Home Health, you can do either of the following:

- call us at 236-380-0556
- call our Home Health Services Line at 1-855-412-2121

## What do I need to know about the day program?

We call you to arrange a meeting before you start the program. We use this time to explain the day program and answer your questions.

We offer the Day Program from Monday to Friday, except statutory holidays.

The number of days you attend depends on your situation.

Fraser Health covers most of the costs of this program.