

## Reminders

If you are not able to attend on your scheduled day(s), please call us as soon as possible at either of these numbers.

236-332-6473 (*English*)

236-332-6136 (*Punjabi, English*)

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



Our nurse can help you to take them.

## Travel to the Day Program

To travel to the day program using the Archway Community van:

- Call 604-743-0354 to arrange your ride.

To travel to the day program by Abbotsford HandyDART:

- Call 604-855-0080 to arrange your ride.
- The cost is \$5.00 for a return trip.



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## Day Program location

- **Archway Community Services**  
Unit 4, 32700 George Ferguson Way

## Important phone numbers

- **Fraser Health South Asian Day Program**  
Coordinator (*English*) 236-332-6473  
Nurse (*Punjabi, English*) 236-332-6136
- **Archway Outreach Facilitator**  
*Punjabi, English* 236-380-0556  
*Punjabi, English* 778-345-4206
- **Home Health Service Line**  
*English* 1-855-412-2121

## South Asian Day Program for Older Adults

Abbotsford



Unit 4  
32700 George Ferguson Way  
(Beside Archway Community Services)



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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)



## What is the Day Program?

Day Program is for South Asian older adults who are:

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

Day Program is open from 9:00 a.m. to 3:00 p.m., Monday to Friday (except statutory holidays).

We provide activities in a safe and caring social environment. This allows caregivers time to care for their own needs. (We call this respite.)

We offer all of our services and activities in **Punjabi and English**.

## Who can I expect to be involved?

Along with you and your caregivers, expect these members of our team to be involved:



- recreation therapist
- nurse
- activity worker or health care assistant
- Archway Outreach facilitator

## What can I expect to happen at the Day Program?

We focus on promoting health and wellness such as staying physically active through exercise, engaging with others through discussion and games, and keeping the brain active through stimulating activities.

Activities include:

- crafts, gardening
- sharing stories
- celebrating birthdays, cultural events, and other important events
- table games, Bingo, word games
- reading, prayer
- cooking, baking
- learning about healthy food and lifestyle choices
- stretching, movement, exercise classes *(led by CareFIT certified instructors)*
- singing, music



We offer a hot lunch and refreshments such as snacks, chai, and water.

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

## How do I apply for the Day Program?

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

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

- Call Archway Outreach  
236-380-0556
- Call our Home Health Services Line  
1-855-412-2121

## What else should I know about the Day Program?

After you have applied, we will call you to arrange a meeting before you start the program.

We use this time to explain the Day Program schedule and the daily program fee.

We are happy to answer any questions you might have.

The number of days you attend will depend on your situation and your caregiver's needs.