



CHIRS ADS Program Fall 2026 Registration

CHIRS Adult Day Service Drop In

ADS Drop In is OPEN from 9:00am-4:00pm, Monday to Friday.
A limited number 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)



Program Dates
Oct 5 — Dec 18



Snowed Out? Snow Problem!

If CHIRS is closed due to weather, we will offer programming over zoom. Make sure to check your email for details!



How to Use this Form

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.

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. To support continuity and ongoing participation, priority will be given to individuals currently enrolled in established programs whenever possible.

TO REGISTER:

STEP ONE: 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.

STEP TWO: RETURN THE FORM

You can return this form to your Primary Worker OR just email your list to LisaC@chirs.com.

Please submit your form by **Sept 30, 2026**.



MONDAY

PROGRAM NAME	ADDRESS	PROGRAM DESCRIPTION	REGISTER
Bird Watching and More! 10am-12pm	Evergreen Brickworks 550 Bayview Ave Bayview/Bloor St. E	A casual walking group for anyone who enjoys birds, wildlife & the outdoors. Discover local species, take photos & learn to identify plants and animals all while enjoying fresh air and good company. 🌿 🦋 📷	Register
NEW NAME: Grounds for Discussion NEW TIME: 10am-11:30am	CHIRS 62 Finch Ave W Yonge/Finch	We like to discuss a wide variety of topics, including current events, while respecting differences, finding common ground and drinking a warm beverage.	Register
NEW: Make and Take Lunch 10am-12pm	CHIRS 62 Finch Ave W Yonge/Finch	Calling all home cooks! We're looking for volunteers with basic cooking skills to help prepare meals with our food hamper team. Help make lunch & take home leftovers.	Register
BIST Not So Blue Mondays 1pm-2:30pm	NEW: CHIRS / Virtual 62 Finch Ave W Yonge/Finch	This BIST/CHIRS social group is part game show, part discussion group. Join us as we explore various topics in an entertaining way. Available in person or on Zoom.	Register
BIST Behind the Song 2:30pm-3:30pm	NEW: CHIRS / Virtual 62 Finch Ave W Yonge/Finch	This BIST/CHIRS group explores the stories, sounds, & inspiration behind your favourite songs. Share thoughts, discover music, & connect with fellow music lovers.	Register
NEW NAME: 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
Karaoke Club NEW TIME: 2pm-3pm	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
NEW: Beyond the Frame 3pm-4:30pm	CHIRS / Virtual 62 Finch Ave W Yonge/Finch	Have you ever wondered what it would be like to be a voice actor? Have you seen the viral videos of people dubbing movies? Join us for our new voice acting club where we test our skills and have some fun!	Register

TUESDAY

PROGRAM NAME	ADDRESS	PROGRAM DESCRIPTION	REGISTER
NEW: Boardgames Café 9:30am-11am	CHIRS 62 Finch Ave W Yonge/Finch	Step into our boardgame café & enjoy classics like <i>Apples to Apples</i> , <i>Clue</i> & <i>Ticket to Ride</i> , while the aroma of fresh coffee drifts through the air (beverages available for sale in the club.) Drop-in's welcome!	Register
East Bocce 10am-12pm	Pleasantview C. C. 545 Van Horne Ave Victoria Park/Van Horne	Bocce is similar to lawn bowling, but played on an indoor court. Enjoy team sport & friendly competition while improving hand-eye coordination.	Register
Seated Yoga / Meditation 10am-11am	CHIRS / Virtual 62 Finch Ave W Yonge/Finch	Seated yoga and meditation. All of the benefits of yoga from a seated position.	Register
Speakers Corner 11:00am-12:00pm	CHIRS 62 Finch Ave W Yonge/Finch	A supportive group designed to help participants build confidence in public speaking, communication, and presentation skills through practice, constructive feedback, and engaging speaking opportunities	Register
Podcast Group 1pm-2:30pm	CHIRS 62 Finch Ave W Yonge/Finch	Build communication skills & confidence while learning to create & record podcasts. Explore podcast formats, interviewing, & ABI awareness in a supportive environment.	Register
East Swim NEW TIME: 1:45pm-3:30pm	NEW LOCATION: Douglas Snow Aquatic Ctr 5100 Yonge St Yonge/Park Home	Practice swimming techniques, aquatic walking, range-of-motion and strengthening/toning exercises. Initial assessment required; doctor's note required for hot tub use. \$4.50/week or City of Toronto Welcome Policy required.	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.	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!	Register



WEDNESDAY

PROGRAM NAME	ADDRESS	PROGRAM DESCRIPTION	REGISTER
NEW: CHIRS Sports Club 9:30am-11:30am	Amesbury Community Ctr 1507 Lawrence Ave W Lawrence/Keele	A fun, inclusive sports club where participants build skills through a variety of rotating sports and enjoy friendly scrimmages that emphasize teamwork, confidence, and active participation.	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.	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
10-Pin Bowling 1:30pm-3:30pm	Planet Bowl 5555 Eglinton Ave W Etobicoke Eglinton/Satellite Dr	Let's bowl and be social! Accessible location and games. Please note: this facility is licensed to sell alcohol & may not be suitable for everyone. COST: \$8 for 2 games, plus money for snacks (CASH only)	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
NEW: Sports Talk 1pm-2pm	CHIRS / Virtual 62 Finch Ave W Yonge/Finch	Weekly gathering for sports enthusiasts to discuss current headlines, memorable moments from the past, and friendly competition through an engaging fantasy sport league.	Register
NEW NAME: Still Shots Photography Club 2pm-3:30pm	CHIRS 62 Finch Ave W Yonge/Finch	Join us to learn the art of photography, practice your skills on neighbourhood photo walks when weather permits, and showcase your favorite shots in our Spring Art Show.	Register

THURSDAY

PROGRAM NAME	ADDRESS	PROGRAM DESCRIPTION	REGISTER
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.	Register
Yoga 9:30am-11am	CHIRS 62 Finch Ave W Yonge/Finch	Join us on the mat to strengthen body & mind. Open to everyone but aimed at those with more physical ability. 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 is required. Limited virtual spots available upon request.	Register
NEW: Hoops and Hangout 10:30am-12pm	Amesbury Community Ctr 1507 Lawrence Ave W Lawrence/Keele	New Location! Let's shoot some hoops, build some skills, and cool down with some friendly games (board, card, you name it!). Bring water. All skills levels welcome. Note: not the same location as Bocce.	Register
NEW: Wii Sports League 1:00pm - 2:00pm	CHIRS 62 Finch Ave W Yonge/Finch	Compete in friendly league and tournament-style Wii Sports challenges while building skills, sportsmanship, camaraderie - and battling for bragging rights!	Register
Art Group 1:30pm-3:30pm	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
NEW: East Swim 1:45-3:30pm	Douglas Snow Aquatic Ctr 5100 Yonge St Yonge/Park Home	Practice swimming techniques, aquatic walking, range-of-motion and strengthening/toning exercises. Initial assessment required; doctor's note required for hot tub use. \$4.50/week or City of Toronto Welcome Policy required.	Register
Euchre & Friends 2:30pm-4pm	CHIRS 62 Finch Ave W Yonge/Finch	A relaxed weekly gathering where players of all skill levels come together to enjoy friendly games of euchre, good conversation, and social connection in a welcoming, non-competitive atmosphere. ♣️♥️♠️♦️	Register

FRIDAY	PROGRAM NAME	ADDRESS	PROGRAM DESCRIPTION	REGISTER
	NEW NAME: Strides and Social 10am-12pm	Meet: Boardwalk Café 1681 Lake Shore Blvd E Lake Shore E/Northern Dancer	A little social, a little exercise, it's a great way to start your day and get your steps! Bring your own step tracker if you please. Will move to indoor track in colder weather.	Register
	Bucket Drumming 10am-11am	CHIRS 62 Finch Ave W Yonge/Finch	No experience required, just bring your energy and get ready to make some noise! Join us for ball and bucket drumming, a fun, upbeat, and social activity where everyone can rock out, laugh, and improve movement, coordination, and fitness through simple rhythms and great music. 🥁🎵😊	Register
	NEW: Kitchen Connections 10am-12:30pm	CHIRS 62 Finch Ave W Yonge/Finch	🍳 Kitchen Connections is all about food, friendship, and community. Join others to help make lunch, learn new skills, and enjoy socializing in a welcoming environment. No cooking experience necessary!	Register
	Spill the T/BBN NEW TIME: 11am-12pm	CHIRS / Virtual 62 Finch Ave W Yonge/Finch	Express your thoughts & do some introspection in this journaling/creative writing program. If you wish, your work can be published in our Brainy Bugler Newsletter Blog.	Register
	NEW: Sole Sisters: Women's Social Walk 1pm-2:30pm	CHIRS 62 Finch Ave W Yonge/Finch	Come together for gentle walking, meaningful conversation, mutual support, and friendship in a relaxed and encouraging environment. 💜🚶 Walking will be indoors or outdoors weather permitting. Bring money for a hot beverage if desired.	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

Can't make it in person? We also have virtual programs!

*Have a computer or phone? Enjoy CHIRS ADS programs from the comfort of your home!
Our Zoom programs run weekly and links are sent out via email every Monday.*



CHIRS ZOOM VIRTUAL SCHEDULE

PROGRAM NAME	DESCRIPTION
MONDAY	
BIST Not So Blue Mondays 1:00pm - 2:30pm	This BIST/CHIRS social group is part game show, part discussion group. Join us as we explore various topics in an entertaining way. Available in person or on Zoom.
BIST Behind the Song 2:30pm - 3:30pm	This BIST/CHIRS group explores the stories, sounds, & inspiration behind your favourite songs. Share thoughts, discover music, & connect with fellow music lovers.
TUESDAY	
Seated Yoga 10:00am - 11:00am	Seated yoga and meditation. All of the benefits of yoga from a seated position.
Speakers Corner 11:00am - 12:00pm	A supportive group designed to help participants build confidence in public speaking, communication, and presentation skills through practice, constructive feedback, and engaging speaking opportunities
WEDNESDAY	
Wellness in Motion 9:30am - 11:00am	It's Please Be Seated PLUS - Gentle seated exercise, healthy living discussions, and social connection. All abilities welcome.
Sports Talk 1:00pm - 2:00pm	Weekly gathering for sports enthusiasts to discuss current headlines, memorable moments from the past, and friendly competition through an engaging fantasy sport league.
THURSDAY	
Seated Yoga 11:00am - 12:00pm	Seated yoga and meditation. All of the benefits of yoga from a seated position.
The World in 60 Minutes 6:30pm - 7:30pm	Explore a new global metropolis each week! This virtual journey blends history, culture, and cuisine with drone footage, virtual walking tours, and local phrases. Enjoy an immersive hour of global discovery from the comfort of home!
FRIDAY	
Spill the T(thoughts) 11:00am - 12:00pm	Express your thoughts and do some introspection in this journaling/creative writing program. If you wish, your work can be published in our Brainy Bugler Newsletter Blog.