

## Meeting your community involvement needs...

Designed to meet social, intellectual, spiritual, and emotional needs of adults living at home in the Haliburton Highlands. Our Adult Day Programs provide support & activity to Seniors with disabilities, social isolation or cognitive impairments through client-centered program planning.

Haliburton Highlands Health Services  
Community Support Services  
7185 Gelert Rd, PO Box 956  
Haliburton, ON  
K0M 1S0  
www.hhhs.ca  
Phone: 705 457 2941 ext. 3305  
Fax: 705 457 5077

## Adult Day Program Features;

- Weekly Falls Prevention & Balanced Fitness classes
- Community involvement
- Entertainment
- Special events/tea parties
- Home cooked meals
- Intergenerational activities
- Monthly calendar & newsletter
- Ongoing social interaction
- One on one activities
- Optional transportation supports if needed



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Haliburton & Minden Locations

# Adult Day Program Community Support Services



*Haliburton & Minden*



Haliburton Highlands Health Services  
[www.hhhs.ca](http://www.hhhs.ca)

**Tel: 705 457 2941**

## What are the hours & locations?

- 8:30am -4:30pm  
Monday-Friday  
(excluding holidays)
- **MONDAY/TUESDAY/THURSDAY**  
Hyland Crest Auditorium  
6 McPherson Street, **Minden**
- **WEDNESDAY/FRIDAY**  
Haliburton United Church  
Common Room  
10 George Street, **Haliburton**

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### Fees

- Full Day—\$19.00 (includes lunch)  
Half Day—\$16.00 (includes lunch )  
Morning or Afternoon - \$ 10.00  
***Subsidy may be available based on need***  
*\*All locations have mobility accessibility*



## Our Daily Programs...

Whether you are looking for a supportive, home-like atmosphere for yourself or your loved one, our **Adult Day Program** provides stimulating social & recreational activities offered at each client's own pace.

Our daily exercise routines, games and home cooked meals are the perfect solution for Seniors with physical, social or intellectual challenges.

A day of respite for family or caregivers may be the perfect fit for you or your family.



## How Adult Day Programming makes a difference...

Seniors & Adults with Disabilities, that take part in adult day programs, can reduce isolation and maintain a sense of community, interacting with their peers and taking part in activities that they enjoy. The activities, along with the routine, are proven to have positive health effects on participants. Spending time with peers keeps our clients physically and mentally engaged with life!

**Leave the day programming to us! Each client's individual interests and needs are taken into consideration when planning our daily activities. Call today if you would like to see what our programs have to offer. 705-457-2941**