



# ADULT DAY PROGRAM

## Community Support Services

### ***What is an Adult Day Program (ADP)?***

- Adult Day Programming offers a range of social, physical and recreational activities designed to meet the needs of frail older adults, individuals with memory impairment (Alzheimer's/Dementia) and/or adults with physical disabilities.

### ***What can I expect?***

- Caregiver respite
- Support for dependent individuals who struggle with social isolation, mobility issues and/or cognitive difficulties (Alzheimer's/Dementia)
- Nutritious food and daily supervised programming in a group setting

**Monday thru Friday 8:45 am—4:15 pm**

Monday, Tuesday, Thursday -Minden Auditorium

Wednesday, Friday– Haliburton United Church

Wednesday– Wilberforce Lloyd Watson Center



For more information about resources & services, please contact

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