



A Place to celebrate our individuality.

What Is An Adult Day Program?

Adult Day Programs provide engaging activities in the community for people with physical or cognitive challenges, as well as people with Alzheimer's disease and related dementias.

The programs offer a great opportunity for new friendships and fun.

Benefits of Attending a Program

- Provides an opportunity to interact with peers in a stimulating and therapeutic environment.
- Offers respite and support to your family and caregivers.
- Can help you remain independent in the community.
- Creates a sense of fulfillment and enjoyment in a fun and safe environment.
- Promotes physical and cognitive wellness

Who We Are

West Coast Recreation is a small business providing social, recreational and therapeutic activities for people experiencing memory loss, communication disorders, social isolation and those with physical or cognitive disabilities.

Contact Us

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Adult Day Program

www.westcoastrecreationprograms.com



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*Supporting our
community*