

Our Mission

To provide quality client-centered programs that support individuals and their caregivers while promoting health, well-being and maintaining community connections.

Activities Offered

- Intergenerational programs
- Exercise programs
- Group Discussions and reminiscing
- Art Therapy and crafts
- Singing/music programs
- Baking
- Pet visits
- Gardening and horticulture therapy
- Board and card games
- Nutritious meals and snacks
- Woodworking
-and more



A Place where friendships are made

Why Should You Go?

Friendly, trained experts who lead the programs make you feel safe and comfortable while you enjoy activities that will get you moving and keep you smiling.

Join a program and experience family-like companionship, mental and physical exercise, as well as fun activities that are tailored to your individual interests and abilities.

While you enjoy time with others, doing activities you enjoy at the Adult Day Program, your loved ones will have peace of mind knowing you're safe and having fun. They can take time to complete personal tasks and spend time with friends as well.

The bonus of this program is respite for me, but what a joy to see Mom smiling and laughing and looking forward to the next session.
— VALERIE

Our Day Program Includes

- Coffee, tea and snacks
- Enjoyable, stimulating activities throughout the day
- A nutritious, hot lunch
- An exercise program each session
- A friendly, safe and welcoming environment where you can be yourself
- Socialization with other wonderful people like you

