

What is the Adult Day Program?

Helping older adults 60+ stay physically active, cognitively stimulated and socially connected. The Adult Day Program offers a safe atmosphere where seniors can socialize and engage in meaningful programming. Program content encourages clients to reminisce, take notice, learn something new and participate in fun and meaningful activity. Exercise class is designed to get clients active and promote physical health and wellness. Caregivers can benefit from valuable respite and peace of mind.



Other Seniors Community Programs

- Healthy, Safe and Strong Exercise Program
- Niagara Gatekeepers
- Outreach Services
- Respite Companion Program
- South Niagara Health and Wellness Centre
- Virtual Wellness Services
- Assisted Living

Seniors Community Programs

Niagara Region, Campbell East
1815 Sir Isaac Brock Way, PO Box 344
Thorold, ON L2V 3Z3

Office Hours: Monday - Friday
8:30 a.m. - 4:30 p.m.

905-984-2621
or toll free 1-877-212-3922

Program funding is supported
through Ontario Health

Niagara  Region

niagararegion.ca/seniors

Seniors Community Programs

ADULT DAY PROGRAM



**Helping older adults stay
active and socially connected
with planned programming**

Niagara  Region

Who can participate/eligibility?

The client eligibility criteria include:

- 60 years or older
- Has a valid Ontario Health Card number
- Does not reside in a long-term care facility

The client suitability criteria include:

- Ready and willing to attend the Adult Day Program
- Able to regularly attend the Adult Day Program
- Able to tolerate and appropriately participate in a group setting
- Does not exhibit behaviours that pose a risk to self or others
- Does not consistently require one-to-one programming or services
- Medically stable

What are the hours?

The Adult Day Program offers planned programming currently in 3 hour half day sessions 9 a.m. - 12 p.m. or 1 p.m. - 4 p.m. Monday to Friday.

Is there a cost?

A daily user fee billed monthly. Contact Seniors Community Programs for more information and current rates.

How do I register?

Call the Seniors Community Intake Line at 905-984-2621 or toll free 1-877-212-3922 or contact Ontario Health atHome 905-684-9441 or toll free 1-800-810-0000.

Program Locations

West Niagara

18 Livingston Avenue, Grimsby

Niagara Falls

6623 Kalar Road, Niagara Falls

Welland

920 Pelham Street, Welland

Port Colborne

2 Fielden Avenue, Port Colborne

Fort Erie

60 King Street, Fort Erie

Niagara-on-the-Lake

14 Anderson Lane (Community Centre), Niagara-on-the-Lake

St. Catharines

403 Ontario Street, St. Catharines



Niagara Aphasia Program

This specialized program provides small supportive conversation groups for individuals with aphasia (communication difficulties related to a brain injury or stroke). Programs are guided by a Speech Language Pathologist and Communication Disorder Assistant to help clients communicate with increased confidence and promote community re-integration strategies. This program is available online.