

# What We Offer

## Time for Socialization

Enjoy coffee/tea and light snack upon arrival

## Lunch

Hot meals served daily. Meal accommodations available.

## Care Needs

Our team of trusted PSW's are available to assist with any care needs.

## Recreation/Fitness

Join us for full days of activities that are catered to your interests. Programs are planned by our Recreational Therapist!

# Contact Information

## Program Membership & Intake

Nancy Hall

☎ (905) 627 - 3541 ext. 2325

✉ [nhall@sjv.on.ca](mailto:nhall@sjv.on.ca)

## Community Program & Services Manager

Jennifer Croy

☎ (905) 627 - 3541 ext. 2249

✉ [jcroy@sjv.on.ca](mailto:jcroy@sjv.on.ca)

🌐 [www.sjv.on.ca/community-services/adult-day-program](http://www.sjv.on.ca/community-services/adult-day-program)



# Adult Day Program

56 Governor's Road,  
Dundas, ON



# The Details

**Monday to Friday**

9:30 am - 4:00 pm

We support adults 18+ with all levels of cognitive and physical capabilities. We have four unique, engaging group programs!

We are conveniently located in downtown Dundas on a city bus and DARTS route, with free parking.



# Check out our Activities!

- Live Entertainment; musicians, plays, exotic animal shows
- Bowling on site!
- Arts & Crafts
- Group Walks
- Chair Yoga
- Guest Speakers
- Educational Sessions
- Explore your own hobbies
- Music Lessons
- Beading/Jewellery Making
- Scrapbooking
- Billiards



# Our Activity Program Groups

- **Group A** Activity Program with Older Adults - 10:30am to 4:00pm
- **Group B** Activity Program with Older Adults 9:30am to 3:00pm
- **Group C** Activity Program with younger adult population 9:30am to 3:00pm
- **Group D** Activity Program with a mixed Dementia population 9:30am to 3:00pm

