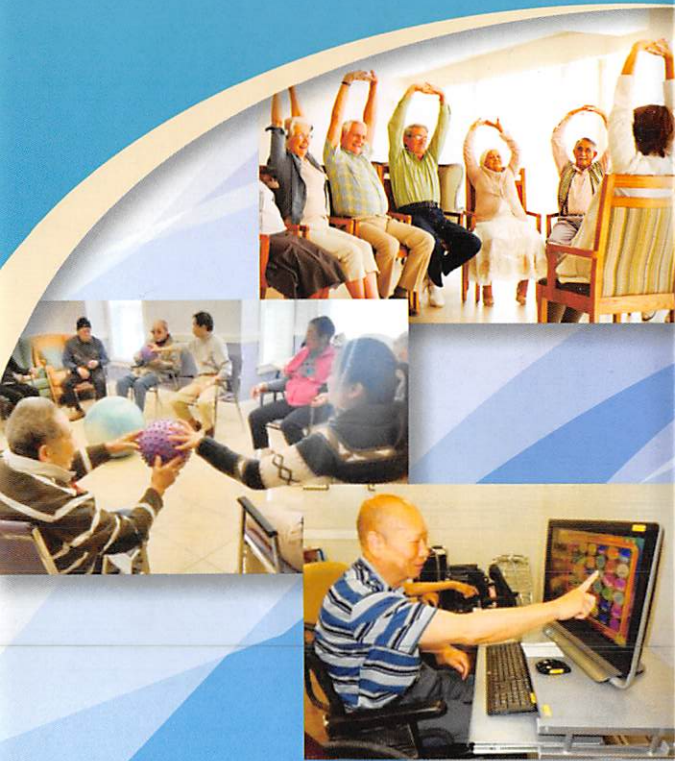


Carefirst Adult Day Program



**Join our Day Program
to Promote a Better
Quality of Life!**



Adult Day Program

Our Adult Day Program provides structured and supervised activities for frail or socially isolated older adults. We work together with the seniors and their caregivers for our goals to:

- Enable seniors to achieve and maintain their maximum level of functioning
- Promote independent self-care
- Maintain and maximize memory and cognitive function
- One-Stop Multiservice access for community services, prevent premature and inappropriate institutionalization

Socialization & Wellness

- Falls Prevention Program & Exercise
- Art Therapy
- Music Therapy
- Birthday Parties & Festive Celebrations

Professional Service

- Health Monitoring
- Physiotherapy*
- Foot care*
- Diabetes Education & Nutritional Counselling

Other Services

- Hot and Nutritious Meals
- Transportation to Day Program*
- Caregiver Respite and Support

Eligibility

- Seniors aged 55 or above
- Adults with difficulties to participate independently in community activities

Fees: \$26 and up per day

* Additional service fee applies

Service fee and services available in each centre may vary.

Hours of Operation

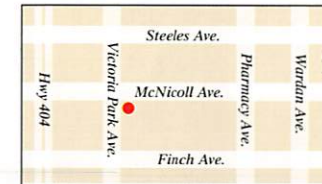
Monday to Friday: 9:30 a.m. to 3:00 p.m.
Saturday: 9:30 a.m. to 3:00 p.m.
Extended Hours: 8:30 a.m. to 6:00 p.m.
(Advance booking)

Locations

Scarborough

(Activities conducted in Cantonese & Mandarin)
3601 Victoria Park Ave., Suite 209
Scarborough, ON
M1W 3Y3
(Victoria Park / McNicoll)

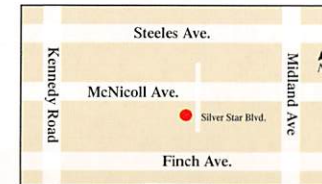
 **416.649.1212**



Scarborough

(Activities conducted in English & Multi-lingual)
300 Silver Star Blvd.,
Scarborough, ON
M1V 0G2
(Silver Star Blvd. / McNicoll)

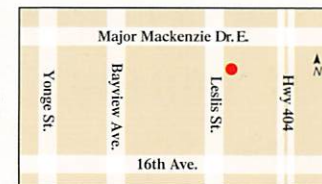
 **416.847.0277**



Richmond Hill

(Activities conducted in Cantonese & Mandarin)
9893 Leslie Street,
Richmond Hill, ON
L4B 3Y3
(Leslie Street / Major Mackenzie Drive)

 **905.780.9646**



**Carefirst Seniors & Community
Services Association**

**Where Care Always
Comes First**

300 Silver Star Blvd., Scarborough
Ontario M1V 0G2

Tel: 416-502-2323

Fax: 416-502-2382

Email: info@carefirstontario.ca

Website: www.carefirstontario.ca

