

## Meeting your community involvement needs...

Our ADP program is designed to offer a range of social, physical and recreational activities to meet the need of frail older adults, individuals with memory impairment and adults with physical disabilities. In addition to providing a safe supportive environment for clients, Adult Day provides caregivers with respite from their caregiving role.

Haliburton Highlands Health Services  
[www.hhhs.ca](http://www.hhhs.ca)

**Tel: 705 457 2941**

## Adult Day Program Features:

- Weekly Balanced Fitness classes
- Community involvement
- Entertainment
- Special events/tea parties
- Home cooked meals
- Intergenerational activities
- Ongoing social interaction
- One on one activities
- Optional transportation provided for \$10.00, please call 705-457-2941 to arrange



**Community Support Services**  
7185 Gelert Rd, PO Box 956  
Haliburton , ON, K0M 1S0  
[www.hhhs.ca](http://www.hhhs.ca)  
Phone: 705 457 2941  
Fax: 705 457 5077

## Adult Day Program Community Support Services



*Haliburton, Minden and  
Wilberforce*



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**Tel: 705 457 2941**



## What are the hours and locations?

**8:45am - 4:15pm**  
**Monday-Friday**  
*(excluding holidays)*

**MONDAY/TUESDAY/THURSDAY**  
 – Minden

**WEDNESDAY**  
 – Wilberforce

**WEDNESDAY/FRIDAY**  
 – Haliburton

**Cost \$10.00**

*\*All locations have mobility  
 accessibility*

## Our Daily Programs...

Our community based programs are coordinated by experienced staff and volunteers who are on hand to ensure clients receive high quality support, including activation such as games and activities, crafts, exercises, discussion groups, sensory Stimulation, entertainment, community involvement and social interaction.



## How Adult Day Programming makes a difference...

Adult Day Programming is a therapeutic, social, and recreational service for seniors that are specifically designed to enhance the well-being of attendees through social, physical and mental stimulation in a supportive, home like environment. Attendance and participation is shown to strengthen the ability to remain independent for as long as possible as well as provide respite to caregivers.

**Leave the day programming to us! Each client's individual interests and needs are taken into consideration when planning our daily activities. Call today if you would like to see what our programs have to offer.**

**705 457 2941**