

Eligibility Criteria

Program participants must be:

- medically capable and free from communicable diseases
- able to attend at least one day each week

Program Location

11 Main Street (at Kingston Road)
Toronto, Ontario

- A daily fee of \$20.00

Fee includes a hot lunch and transportation if required (transportation is limited)

- Only 12 spaces available (to meet everyone's needs)

For more information on
Adult Day Programs
please call
416-698-5908

Neighbourhood Link Support Services promotes the independence and dignity of seniors in their own homes. Any reasonable request will be met, from home support services to alternative forms of housing.

Services include:

- Crisis Intervention and Assistance
- Drives and Escorts
- Supportive Housing
- Arrangements for Homemaking
- Friendly Visiting
- Stroke Recovery Club
- Social and Recreational Programs

Catchement Area

Neighbourhood Link Support Services boundaries are from Coxwell Avenue to Victoria Park and from Lake Ontario to the former East York border. Services may be provided in adjacent areas as needed.

Head Office
3036 Danforth Avenue
Toronto, ON M4C 1N2
8am - 5pm Monday - Friday



Neighbourhood Link

Support Services

Independence, Dignity, and Community

Adult Day Programs



Together with all of Neighbourhood Link Support Services, the Adult Day Centre promotes the independence and dignity of those with a cognitive impairment, and the frail elderly in our community.





Neighbourhood Link

Support Services

Independence, Dignity, and Community

Adult Day Programs

Adult Day Program for Frail Seniors

Wednesdays and Fridays
9:30 am - 3:00 pm

- **Designed to provide an enjoyable day for those who are physically limited or isolated and may need support with daily living.**

Social and recreational activities include:

- Group Outings
- Guest Speakers
- Exercise
- Discussion Groups
- Trivia
- Social Events

These activities promote physical and emotional health in a friendly, peer-focused environment.

Adult Day Program for the Cognitively Impaired

Monday, Tuesday, Thursday, Saturday
9:30am - 3:00 pm
Wednesday and Thursday evenings
3:30pm - 9:00 pm

- **Designed for those with an irreversible dementia.**
- **Provides a safe, stimulating, and social environment while giving caregivers a worry-free day.**

Social and recreational activities include:

- Mental Aerobics
- Sing-a-longs and Entertainment
- Travelogues
- Fun, Stimulating Activities
- Fun and Fitness
- Gardening
- Intergenerational Programs

Planned daily routines, with a structured environment, minimize disorientation and confusion.

*“The tragedy of old age is not that one is old, but that one is young.”
~ Oscar Wilde ~*