



OLDE FORGE
COMMUNITY RESOURCE CENTRE

Adult Day Program Client Guidelines

The Day Program is designed to enhance the mental, social and physical wellbeing of frail seniors in a stimulating and supportive environment. This program assists seniors in maintaining optimum independence. It offers respite for caregivers and provides entertainment and enjoyment for the senior. A morning snack and hot lunch (provided by Timesavers) are served. The Program includes chair exercises, games, discussion topics, mental aerobics and musical or guest speaker presentations.

- We welcome seniors 60 years of age and older who are independent in their care and would benefit from the mental and social stimulation of a small group.
- Transportation is the responsibility of the client. Options include OC or Para Transpo, caregiver-driven or self-driven. Olde Forge transportation is available to clients who live within our catchment area for an additional fee. (\$10.00 round trip)
- The Day Program is offered Mondays at The Olde Forge (2730 Carling Ave.) and Thursdays at the Ron Kolbus Lakeside Centre in Britannia Park 9:30am to 2:30pm*
- Cost: \$15.00 per day.
- For more information please call the Olde Forge Community Resource Centre at 829-9777 between 9:00 a.m. and 4:00 p.m. weekdays.

*The Thursday group is planning on moving from Ron Kolbus to The Olde Forge in the Fall of 2017.