



ADULT DAY / SENIORS PROGRAMS-GROUPS

Brampton, Caledon, Malton

ADULT DAY PROGRAMS – Brampton, Caledon, Malton

Adult Day Programs	Program Day and Hours	Fee	Transportation	Details
Creative Aspirations Centre for Creativity and Skill Development For Young Adults with Special Needs 647-680-6265 5975 Glen Erin Dr Mississauga, ON L5M 5P9 creativeaspirations10@gmail.com www.creativeaspirations.ca	Mon-Fri 9am-4pm	\$80/day		Adult day program * social, recreational, and therapeutic activities for young adults with special needs for part of the day * all training will be provided individually, as well as within a group * each client has an individualized plan Main areas of focus: art and craft, social skills, personal grooming and self-care, language and communication, basic computer skills, light physical exercises, recreational activities, functional literacy and numeracy, general knowledge, fine motor skills, yoga - relaxation exercises, shopping and meal preparation, dance and music
Halton-Peel Community Aphasia Programs Central West Aphasia Program 905-877-8805 Brampton Civic Centre 150 Central Park Dr, Brampton, ON L6RT 2Y3 Nance Horwood Place 525 Main S N, Brampton, ON L6X 1N9 www.h-pcap.com	Brampton Civic Centre: Wed, Fri 9am-12noon Nance Harwood: Wed, Fri 1:30pm-4:30pm	No fee		Aphasia program - social recreation program * emphasizes communication activities * focuses on effective communication, not just speech * provides support to family members * educates the community about Aphasia Application: Contact Halton Aphasia Centre for referral Referral process: Self-referral, family or friends of the person with aphasia Call or complete referral form and fax (905-873-7291) to Halton Aphasia Centre, for review and determination of eligibility to the program

Adult Day Programs	Program Day and Hours	Fee	Transportation	Details
Heart House Hospice Day Program 905-712-8119 ext 229 1-855 Matheson Blvd E Mississauga, ON L4W 4L6 www.hearthousehospice.com	Wed 1pm-3pm	No fee	Volunteer drivers	Open to individuals over 18 years who reside in Mississauga or Brampton living with a life-threatening illness Must be mobile, cognitive, manage own personal care and medication administration Includes following activities: Cards, games, puzzles, woodworking, birthday celebrations, cultural/special events/lunches, therapies – music, relaxation, therapeutic touch, light refreshments served
Indus Community Services ADP Mississauga Hurontario location 905-361-0463 3038 Hurontario St, Suite 307 Mississauga, ON L5B 3B9 ADP Mississauga-Matheson Blvd 905-507-6099 415 Matheson Blvd E Mississauga, ON L4Z 2H2 www.induscs.ca	Mon, Tue, Thu, Fri 8am-5:30pm Wed 8am-9pm Sat 9am-4:30pm	\$19 per day * subsidy available for eligible participants	Transportation assistance is provided in accessing transportation services from TransHelp, Red Cross	Adult day program * social, recreational, and therapeutic activities for the frail elderly/mild cognitively impaired seniors with long term illness and/or disability in a group setting for part of the day * help to support family caregivers who provided day-to-day care Offered through Mississauga-Halton LHIN * Clients to contact their local LHIN to start the referral process
Luso Canadian Charitable Society- Support Centre Peel - Adult Day Program 905-858-8197 6245 Mississauga Rd Mississauga, ON L5N 1A2 info@lusoccs.org www.lusoccs.org	Mon-Fri 8am-3pm	\$70 per day		Providing support services to individuals (18+) with developmental and physical disabilities New modern facility in Mississauga for adults with special need offers daily programs for clients living in the Region of Peel Programs include: Arts and Crafts, Theatre and Drama, Computer Training, Daily Physical Activity, Life Skills such as Cooking, Local Community Walks and Educational seminars covering a wide array of topics
Next Step to Active Living South Common Community Centre 905-615-4770 ext 2294 2233 South Millway Dr Mississauga, ON L5L 3H7	Mon, Wed 9am-3pm Tue 9am-3pm Fri 9:30am-4pm			Adult day program for people 21 years or older, with acquired physical disabilities such as stroke, Parkinson's disease, Multiple Sclerosis * social, recreational, and therapeutic activities for adults with acquired physical disabilities in a group setting for part of the day * helps to support family caregivers who provide day-to-day care participation in this program will assist physical, social, emotional and cognitive development •fitness classes (yoga, tai chi, chair exercise, pool activities, balance classes, table games and social activities)

Adult Day Programs	Program Day and Hours	Fee	Transportation	Details
Next Step to Active Living (Contd) Huron Park Recreation Centre 905-615-4770 ext 2294 830 Paisley Blvd Mississauga, ON www.mississauga.ca/nextstep				•community outreach activities Mississauga Halton Local Health Integration Network care coordinators assess the needs of applicants * program is not appropriate for people with a diagnosis of Alzheimer's disease or other dementias
Peace Ranch Green Spaces – Day Program 905-584-9156 ext 27 19179 Centreville Creek Rd Caledon, ON L7K 2M3 www.peaceranch.org	Tue, Wed Thu 10am-3pm	Free		Day program Social recreational rehabilitation programs for individuals with serious mental illness as well as those who are dealing with co-occurring addiction challenges Green Spaces provides opportunities and skills for participants to cultivate the friendships that are so important in mental health recovery Program include: arts, animal care, horticulture, physical fitness, nutritional cooking and lunch for \$3 Rosie's Kitchen Provide nutritional education and information, held one day a week in the community, offers socializing and learning about healthy cooking and lifestyles
Rosa's Centre Day Program 905-791-7444 221 Deerhurst Dr, Unit 10 Brampton, ON L6T 5L7 www.rosascentre.com	Mon-Fri 8am-4:30pm	\$70-100/day	Accessible Transportation Coordination Office, Region of Peel 905-791-7800	Age: 18 and over Day Program for people with physical, intellectual or developmental disabilities and also Seniors Program Creates individualized programs that help build upon each person's skills/knowledge, such as reading and spelling, communication skills, basic computer training, exercise classes/light cardio, food preparation, personal hygiene Activities such as community outings, arts and crafts, games and parties, a fun environment to foster everyday life skills Two types of funding are available for clients – Passport Funding and Special Services at Home Funding. Eligibility is determined by the Ministry of Community & Social Services. Your application helps them determine what type of supports best fit your unique situation. Waiting periods can be lengthy - we suggest families apply for funding 1-1/2 to 2 years before their child(s) school graduation

Adult Day Programs	Program Day and Hours	Fee	Transportation	Details
White Birch Special Needs Day Program 416-918-8711 17090 Peel Regional Rd. 50 Palgrave, ON, L7E 0K6	Daily	\$75 per day	\$7 per day	Day program for adults with special needs. Programs include: nature walks, games, sports, fishing, crafts Transportation for Brampton Caledon and Orangeville area is provided

SENIORS PROGRAMS/GROUPS - BRAMPTON

Seniors Programs/Groups	Program Day and Hours	Fee	Transportation	Details
African Community Services of Peel 905-460-9514 Gillingham Dr, Unit 308 Brampton, ON L6X 5A5 www.africancommunityservices.com	Thu 12noon-2pm	None		Seniors Support Program Drop-in program for seniors from the African Canadian community in Peel * assist older adults who, due to language and cultural barriers were unable to access mainstream community or other seniors programs * Offer bi-weekly information sessions on relevant issues such as elder abuse, dieting , physical activity, income support, nutrition, older adults' rights and responsibilities, family relationships, safety and self – care Weekly meetings at: First Baptist Church, 2 Wellington St, Brampton Languages: English ; French ; Arabic ; Fanti ; Ga ; Somali ; Swahili ; Twi ; Lingala, Yoruba, Edo, Ibo
Brampton Multicultural Community Centre 905-790-8482 150 Central Park Dr, Suite 107 Brampton, ON L6T 2T9 197 County Court Blvd Brampton, ON L6W 4P6 www.bmccentre.org	3 rd Wed of the month - 1pm-3pm Mon 2pm-3:30pm Last Mon of the month 3pm-4pm	No fee		Senior Connection Program – for South Asian senior women, drop-in program helps reduce the risk of social isolation of immigrant seniors who have limited culturally sensitive activities. Activities include educational information sessions, celebration of various festivals, arts/crafts, poetry, discussion on topics of interest for seniors
CANES Community Care Newcomer Elderly Outreach – South Asian 416-743-3892 ext. 228 135 Queens Plate Dr, Suite 400 Etobicoke, ON M9W 6V1 www.canes.on.ca	Wed, Thu 12noon-2:30pm	No Fee		The program helps newcomers learn what supports are available in their community, from government and social service programs, to social norms * language and culturally specific service Support group meetings held at: 1295 Williams Pkwy Brampton, Terry Miller Rec Center

Seniors Programs/Groups	Program Day and Hours	Fee	Transportation	Details
Elder Help-Peel 905-457-6055 37 George St N, Unit 102 Brampton, ON, L6X 1R5 www.elderhelppeel.org	Wed 1pm-4pm	Membership \$15/yr		Weekly Group Meeting * Social recreational activities such as: games; craft; exercise; bus outings; sing-a-longs; pot luck lunches; monthly birthday celebrations; special event celebrations; cultural sharing, etc. Provides referrals to appropriate agencies, as well as advocates on behalf of clients Age: 55 years and up
Indus Community Services 905-595-1667 245 Queen St E, Unit 2 Brampton, ON L6W 2B5 www.indiarainbow.org	Thu 12:30pm-4pm			Seniors Wellness Program Provides group programs, educational, cultural and recreational outings, support groups, workshops, provides health and nutrition information etc. Foot care Services offered to the senior wellness program and adult day program clients. A nominal fee of \$10 dollars is charged for providing foot care services
Mary Centre 905-866-6300 ext. 221 1 Bartley Bull Pkwy, Suite 18 Brampton, ON, L6W 3T7 www.marycentre.com		Set Fee		Integrated Seniors Program for seniors living at home or one of the residences or apartments offers: One-on-one matches seniors with support workers, and sometimes volunteers. Together, they plan activities according to personal interests utilizing community resources such as public libraries, recreational and senior centres, schools, parks and special events to participate in fun and interesting excursions
Muslim Community Services 905-790-1910 150 Central Park Dr, Suite 304 Brampton, ON L6T 2T9 www.muslimcommunity.org	3 rd Wed of the month 1pm-3pm	No fee		Senior Connection Program Activities include: arts/crafts, poetry, field trips, and discussions on topics of interest as well as and a little light exercise. This social interaction empowers seniors by maintaining better mental and physical health and improving self-esteem

Seniors Programs/Groups	Program Day and Hours	Fee	Transportation	Details
Punjabi Community Health Services 905-677-0889 50 Sunny Meadow Blvd Brampton, ON L6R 1X5 www.pchs4u.com	Wed 11am-2pm	No fees	CANES 416-743-3892 TransHelp 905-791-1015	Services for seniors (55+) and their caregivers – high functioning seniors
	Mon 11am-2pm	No Fees	CANES 416-743-3892 TransHelp 905-791-1015	Sahara Seniors Program-Men's Group Offers: health education and awareness workshops * information on community resources * referrals and linkages to internal programs and external resources * social engagement * recreational activities (arts, crafts, games, etc) * skills training - painting, photography, computers, gardening, cooking, etc Sahara Seniors Program-Women's Group Offer health education and awareness workshops * information on community resources * referrals and linkages to internal programs and external resources * social engagement * recreational activities (arts, crafts, games, etc) * skills training - painting, photography, computers, gardening, cooking, etc
United Achievers Community Services 905-455-6789 36 Queen St E, Lower Level Brampton, ON L6V 1A2 www.unitedachievers.org	Mon 12noon-4pm Tue, Wed 9:30am-2pm Thu 9am-4pm	Membership \$15/yr		Adults 55+ Multiservice organization providing culturally sensitive programs, services and other supports primarily to the Caribbean and Black communities in the Region of Peel Congregate Dining - The Program operates from three locations: Chris Gibson Recreation Centre at 125 McLaughlin Rd * Fortinos at 36 Brisdale Dr * Nance Harwood Place at 529 Main St Exercise and fitness , Friendly Visiting, Safety Checks Health, Nutrition and Well-Being workshops Community Events and Social Activities
WellFort Community Health Services - Bramalea Community Health Centre 905-451-8090 40 Finchgate Blvd, Suite 224 Brampton, ON L6T 3J1 www.bramaleachc.ca	Office Hours Mon, Wed, Thu 8am-8pm Tue 1pm-8pm Fri 8am-4pm Sat 8am-12noon	No fee		Frail Elderly Outreach Program Age: 65 years and up, residents of Bramalea with postal code L6T, L6R and L6S To reduce isolation and allow seniors to share their passion and skills, the following activities will be offered: media programs, art workshops, monthly brunches

SENIORS PROGRAMS/GROUPS - CALEDON

Seniors Programs/Groups	Program Day and Hours	Fee	Transportation	Details
Caledon Community Services 905-584-2300 ext. 235 Royal Courtyards, Upper Level 18 King St, 2nd Fl Bolton, ON L7E 1E8 www.ccs4u.org	Program times vary	No Fee		Seniors Helping Seniors program offers Cyber Seniors: Learn computer skills in a relaxed environment Glam Girls: Relish in a social or spa-like activity Knotty Knitters: Enjoy the art of needle work Pen Pals: Write memoirs, short stories or poetry Seniors Helping Seniors is working in close partnership with the Caledon Public Library who hosts Cyber Seniors and Pen Pals
Caledon Meals On Wheels Caledon: 905-857-7651 Orangeville: 905-584-2992 80 Allan Dr Bolton, ON L7E 1P7 www.cmow.org	Social Programs: 12noon-3pm	Varies per program Lunch \$5-8 per person		For older adults 55+ Health and Wellness Programs WISE (Wellness Interactive Social Exercise) Programs for Seniors 55+ - Weekly programs are held throughout the community and provide a variety of activities to promote health and wellness while socializing with other people from the community * activities include but are not limited to; workshops, discussion groups, exercise, art/ crafts, celebrations, social recreational programs * snacks and refreshments are provided with each session * monthly luncheons are also organized at each site Luncheon and Card Parties - A monthly luncheon and card game can be enjoyed with a great group of seniors at the Margaret Dunn Library in Valleywood every second Tue of every month. Pre-registration is required

SENIORS PROGRAMS/GROUPS - MALTON (MISSISSAUGA)

Seniors Programs/Groups	Program Day and Hours	Fee	Transportation	Details
Heart House Hospice 905-712-8119 ext 229 1-855 Matheson Blvd E Mississauga, ON L4W 4L6 www.hearthousehospice.com	Wed 1pm-3pm	No fee	Volunteer drivers	Day Program Open to individuals over 18 years who reside in Mississauga or Brampton living with a life-threatening illness. Must be mobile, cognitive, manage own personal care and medication administration. Includes following activities: Cards, games, puzzles, woodworking, birthday celebrations, cultural/special events/lunches, therapies – music, relaxation, therapeutic touch, light refreshments served
Indus Community Services 905-275-2369 3038 Hurontario St, Suite 206 Mississauga, ON L5B 3B9 www.indiarainbow.org	Wed, Thu, Fri 1pm-3:30pm	\$1/- per day		Seniors Wellness Program Provides group programs, educational, cultural and recreational outings, support groups, workshops, referral and assistance, will accompany clients to various appointments, provides health and nutrition information Foot care Services - offered to the senior wellness program and adult day program. A nominal fee of \$10 dollars is charged for providing foot care services
Malton Neighbourhood Services 905-677-6270 3540 Morning Star Dr Mississauga, ON www.mnsinfo.org	Wed 12noon-4pm Daily 12noon-4pm Mon 1:30pm-3:30pm	Membership \$5/year Membership \$10/year No fee		Italian Seniors Group for Women Participants play bingo, engage in friendly discussions * coffee and cookies provided Conducted in Italian Italian Seniors Group for Men Participants play cards, engage in friendly discussions * Coffee and cookies provided Conducted in Italian Malton Caribbean Seniors Group Participants play games, go on trips, watch movies and engage in friendly discussions. Refreshments provided Meetings conducted in English * Open to all seniors Spanish Speaking Group Participants engage in friendly discussions on a wide-range of issues. Members also participate in dancing, arts and crafts and other fun activities

Seniors Programs/Groups	Program Day and Hours	Fee	Transportation	Details
Malton Neighbourhood Services (Contd)	Last Thu of the month 4pm-6pm	No fee		For women who would like to use their Spanish speaking skills and/or wish to meet other Spanish speaking women to converse with South Asian Women's Group Seniors group for women who identify with South Asian cultures Activities: healthy eating discussions * education and information regarding safety issues and other community concerns * light exercise, knitting, crochet, discussions and more Light refreshments are served
Punjabi Community Health Services 905-677-0889 2980 Drew Rd, Unit 241 Malton, ON L4T 0A7 www.pchs4u.com 45 Glenn Hawthorne Dr Mississauga, ON, L5R 4J9	Fri 12noon-3pm	No Fees	CANES 416-743-3892 TransHelp 905-791-1015	Sahara Senior Program - Women's Group Services for seniors (55+) and their caregivers – high functioning seniors Offer health education and awareness workshops * information on community resources * referrals and linkages to internal programs and external resources * social engagement * recreational activities (arts, crafts, games, etc) * skills training - painting, photography, computers, gardening, cooking, etc
	Thu 1pm-4pm	No fees	CANES 416-743-3892 TransHelp 905-791-1015	Senior Women and Men's Group Seniors 65+ and over, linguistically and culturally appropriate program for South Asian Seniors. Services are in Punjabi, Hindi, and Urdu Seniors can attend the day program which includes a variety of activities such as arts and crafts, health education and awareness workshops, resource development and participation in the Community Garden, trips, picnics, computer classes. The program educates seniors about falls prevention and diabetes. Seniors are assisted in organizing cultural celebrations. Also offers friendly visiting and telephone support