



ADULT DAY / SENIORS PROGRAMS – Etobicoke

ADULT DAY PROGRAMS

Adult Day Programs	Program Day and Hours	Fee	Transportation	Details
Dorothy Ley Hospice (The) Wendy Julia Hiscox Day Program 416-626-0116 220 Sherway Dr Etobicoke, ON M9C 0A7 www.dlhospice.org	Wed 10am-2pm	Free		Program for people living with life-limiting illness in a group setting. It offers activities such as: personal check-in time, games, expressive arts therapy, music therapy, general arts and crafts and complementary therapy such as Therapeutic Touch, Tai Chi or seated exercise and Guided Visualization Maximum capacity of 15 participants Offered through Mississauga-Halton LHIN * Client to contact local LHIN to start referral process
Etobicoke Services for Seniors Adult Day Program 416-243-0127 2245 Lawrence Ave W Etobicoke, ON M9P 3W3 www.esssupportservices.ca	Mon-Fri 8:30am-4:30pm Extended hours: Mon-Fri 7am-9:30pm Weekends at select locations	\$22/day Subsidies available if eligible	\$7 round trip	Program available at 4 locations <ul style="list-style-type: none"> - Wesburn Manor, 400 The West Mall, Etobicoke - 1447 Royal York Rd, Etobicoke - Village of Humber Heights, 2245 Lawrence Ave W, Etobicoke - 525 Horner Ave, Etobicoke Provides supported activities to seniors and adults who are diagnosed with dementia, acquired brain injury, chronic illness and those who are physically frail. Offers adaptive physical exercise, therapeutic social programs, and activities of daily living. Lunch and snacks provided Offered through Mississauga-Halton LHIN* Client to contact local LHIN to start referral process

Adult Day Programs	Program Day and Hours	Fee	Transportation	Details
Evans House Adult Day Program or Respite with 24 Hours attendant services 416-247-1569/647-718-4015 63 Evans Ave Etobicoke, ON M8H 1Z4 www.evanshouse.ca	Mon-Sun 6am-8pm	\$45/day for 8hrs for clients who have basic care needs Additional fees for extended hours or clients with heavy care needs	\$20 for South and North Etobicoke residents For other areas depends on mileage	Services provided to seniors who are disabled, have mild cognitive impairment, Alzheimer's and dementia, chronic frailties, independent seniors who would like to be active during the day, those that are dependent and would like assistance with ADLs as well as have some fun Offer exercises, swimming, guest speakers, educational training, arts and crafts, computer training, etc
Mimico S.N.A.P. (Special Needs Adult Program) Adult Day Program for people with intellectual and developmental disabilities 905-580-7937 156 Sixth St Etobicoke ON, M8V 3A5	Mon- Fri 9am- 4:30pm, extended hours, evenings and weekends are negotiable	\$80/day additional care can be provided with additional cost.	Public transportation Carpooling may be arranged for transportation to and from the program	Day program for Adults (18+) with intellectual and developmental disabilities. Program is provided 5 days a week but individuals may register from 1-5 days a week and will pay the fees at the beginning of each month. An initial assessment meet and greet will be necessary prior to enrollment.
Villa Colombo Alzheimer's Day Program 416-789-2113 40 Playfair Ave North York, ON M6B 2P9 www.villacharities.com	Mon-Fri 9am-3:30pm	\$39/day	\$7 to \$17 for home pick up and return depending on the distance	Specializes in providing culturally sensitive services for Italian-Canadians – a program for cognitively impaired seniors Offers clients the opportunity to participate in a broad range of cultural activities and festivities. There are linkages with other day programs, such as the Elderly Persons Centre, Frail Elderly and Transition Programs, as well as interaction with residents of the long term care facility. Provides clients and their families an opportunity to experience and learn about all phases of care associated with cognitive impairment. Activities designed for different levels of cognitive awareness. Breakfast, lunch and snacks provided. Offered through Central LHIN * Client to contact local LHIN to start referral process

Adult Day Programs	Program Day and Hours	Fee	Transportation	Details
Villa Colombo (Contd) Transition Group-Adult Day Program 416-780-0407 40 Playfair Ave North York, ON M6B 2P9	Mon-Fri 7:30am-4pm	\$39 per day Subsidy available for eligible participants	\$7-\$12 depending on distance Caregiver assistance required at pick up and drop off if needed by client	Adult day program * social, recreational, and therapeutic activities for frail older adults with mild intellectual and muscular disabilities in a group setting for part of the day * helps to support family caregivers who provide day-to-day care Mobility aids can be accommodated, assistance provided. Toileting assistance provided. Urinary and bowel incontinence care provided Offered through Central LHIN* Client to contact local LHIN to start referral process
Wesburn Manor Adult Day Service 416-243-0127 ext.231 400 The West Mall Etobicoke, ON M9C 1V2 www.esssupportservices.ca	Mon-Fri 8:30am-4:30pm	Set Fee		Adult Day Program <ul style="list-style-type: none"> •provides support for persons with Alzheimer disease and independent with mobility •participants are offered a secure environment to participate in mental and gentle physical exercises, social, recreational, and therapeutic activities •offers relief to support family caregivers who provide day-to-day care •individual interests and hobbies are incorporated into the program •snacks and meals are tailored to meet dietary restrictions Offered through Mississauga-Halton LHIN* Client to contact local LHIN to start referral process

SENIORS PROGRAMS/GROUPS

Seniors Programs/Groups	Program Day and Hours	Fee	Transportation	Details
CANES Community Care Newcomer Elderly Outreach – South Asian 416-743-3892 ext 228 135 Queens Plate Dr, Suite 400 Etobicoke, ON M9W 6V1	R J Smith – Tue 12:30pm-3pm North Kipling – Wed 10am-12:30pm North Kipling – Thu 1pm-3pm Humberwood Mon 12noon-2pm	Free	TTC tickets and assisted transportation to and from the program is also available	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: <ul style="list-style-type: none"> • R. J. Smith Apartments Auditorium, 101 Kendleton Dr • North Kipling Community Centre, 2 Rowntree Rd - for Gujarati speaking clients • North Kipling Community Centre, 2 Rowntree Rd • 850 Humberwood Blvd. Room 1016
Dixon Community Services Somali Seniors Programs 416-243-5154 1735 Kipling Ave, Lower Level, Suite A Etobicoke, ON M9R 2Y8 www.dixoncommunity.com	Mon-Sat 9am-5pm	Subsidy available to eligible clients	Provide free transportation	Program for Somali Seniors who live in the Etobicoke North - Dixon Corridor. A program for seniors and caregivers where seniors are able to engage themselves in meaningful ways through discussion, interaction, play, exercise, art and craft, drama, spiritual engagement, poetry and the creative use of electronic media. Educational workshops on senior's health issues are also organized
Franklin Horner Community Centre 416-252-6822 432 Horner Ave Etobicoke, ON M8W 2B3 www.franklinhorner.org	Mon-Fri 9am-5pm Sat-Sun 9:30am-4pm	Membership fee		Community centre for older adults * fitness room * rental space available <ul style="list-style-type: none"> • fitness classes • crafts (woodworking, art classes) • recreation • line dancing • luncheons • tax clinic Foot Care Clinic -registration through LAMP Community Health Centre Call or drop-in * no referral required
Rexdale Community Health Centre Ethno Cultural Seniors Program 416-744-6312 ext 2317 8 Taber Rd Etobicoke, ON M9W 3A4	Mon, Tue, Thu, Fri 10:30 am-3pm	No fees	Offers childcare TTC tickets	Ages: 55 year(s) and up. Service is available to residents within the geographic boundaries - W to Highway 427, N to Steeles Ave, E to Humber River, S to Dixon Rd Offers - Exercise classes, health and wellness workshops and seminars, diabetes education English language classes, arts and crafts, congregate dining, healthy snack program, cooking classes, peer support program, cultural celebrations,

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Rexdale Community Health Centre (Contd) www.rexdalechc.com Community Programs - Self-Support Exercise Program 416-744-6312 ext. 2231	Wed 12noon-1:30pm	No Fees		advocacy and civic engagement sessions, music workshops, trips Drop-in exercise program made up of self-motivated individuals from every cultural group who want to enhance and maintain their physical fitness and stay healthy Registration is required- Call Maryan Barre 416-744-6312 ext 2231 Coffee and tea is provided
Ethno-Cultural Seniors Programs and Services 416-745-0062 21 Panorama Court, Suite 2300 Etobicoke, ON M9V 4E3	Various locations and dates, depends on ethno-cultural group Please call for details	No fees		The Centre offers many programs and services for ethno-cultural seniors in their own language. In addition, seniors engage with other seniors from other cultures, share views, ideas, traditions and learn new skills assistance in establishing social-recreational groups, fitness classes, computer and internet training, leadership development, civic engagement and community matters, social events and activities, community and educational workshops, excursions, information on community resources and services Ethno-cultural groups: West Indian/Caribbean/Tamil Men/Italian Women/ Punjabi Men/Punjabi Women/Gujarati Men and Women
Somali Canadian Association of Etobicoke 416-742-4601 Thistletown Multi-Services Center 925 Albion Rd NW, Unit 202 Etobicoke, ON M9V 1A6 www.somalicanadian.com		Free		Drop-in Program for Somalian seniors