



### How do I apply?

- Review the list of Adult Day Programs available in the region.
- Call the programs you're interested in and book a tour.
- Call your Mississauga Halton CCAC care coordinator, or the Mississauga Halton CCAC at **310-CCAC** (no area code required).
- Complete and return a Mississauga Halton CCAC choice form.
- Wait to be contacted by your selected Adult Day Program, regarding suitability and admission.

### How long will this process take?

- If your chosen Adult Day Program has space, you can start having fun immediately.
- If there is a wait list, the Adult Day Program staff will discuss the wait list process with you, as well as other options to assist you while you wait.
- We invite you to attend another Adult Day Program while you wait for your first-choice program.

### Contacting your choice Adult Day Program

There are 10 Adult Day Programs in the Mississauga Halton region, offered at 17 locations. Please refer to the map and contact information listed when choosing your preferred program.



### Activities offered:

- Exercise programs
- Group discussions and reminiscing
- Art therapy and crafts
- Singing/music programs
- Baking
- Pet visitors
- Gardening and horticulture therapy
- Board and card games
- Recreational activities such as bocce ball and shuffleboard
- Social outings
- Nutritious meals and snacks

### Optional services include:

- Transportation to/from the program
- Foot care and other medical clinics
- Assistance with daily living activities
- Bathing, hairdressing and esthetics
- Aphasia support
- Caregiver support and education

To decide if an Adult Day Program is right for you or a loved one, please contact the program to book a tour.

Please visit:

[www.healthcareathome.ca/mh](http://www.healthcareathome.ca/mh) to watch videos that feature each Adult Day Program.

Call the Mississauga Halton CCAC at **310-2222** (no area code required) to be referred to your choice program.



## Mississauga Halton Region Adult Day Programs



### What is an Adult Day Program?

Adult Day Programs provide interesting activities in the community for people with physical or cognitive challenges, as well as people with Alzheimer's disease and related dementias. The programs offer a great opportunity for new friendships and fun.

### Why should you go?

Friendly, trained experts who lead the programs make you feel safe and comfortable while you enjoy activities that will get you moving and keep you smiling.

Join a program and experience family-like companionship, mental and physical exercise, as well as fun activities that are tailored to your individual interests and abilities.

While **you** enjoy time with others, doing activities you love at your Adult Day Program, **your loved ones** will have peace of mind knowing you're safe and having fun. They can take time to complete personal tasks and spend time with friends as well.

### Program availability:

- Partial or full-day programming on weekdays
- Extended evening and weekend hours at select locations
- Programming in various languages at some locations

**1 Acclaim Health Alzheimer Services**  
905-847-9559 or 1-800-387-7127  
www.acclaimhealth.ca  
1430 Trafalgar Road,  
Oakville, ON

**Alzheimer Society of Peel**  
www.alzheimerpeel.com

**2 Brunel Centre**  
385 Brunel Road,  
Mississauga, ON  
289-632-2273

**3 Meadowvale Day Centre**  
6535 Millcreek Drive, Unit 1,  
Mississauga, ON  
905-542-7424

**4 Sam McCallion Day Centre**  
157 Queen Street E.,  
Mississauga, ON  
905-278-2989

**5 ESS Support Services**  
416-243-0127  
www.esssupportservices.ca  
Westburn Manor  
400 The West Mall,  
Etobicoke, ON

**Halton Region Adult Day Services**  
905-825-6000 or 1-866-442-5866  
www.halton.ca.scs/seniors/ADP

**6 Friend's Landing and Milton Place**  
185 Ontario Street,  
Milton, ON

**7 Silver Creek**  
235 Guelph Street, Unit 5A,  
Georgetown, ON



## Adult Day Programs

Find the Adult Day Program that is right for you or your loved one.  
Check out videos of the region's 10 programs at  
[www.healthcareathome.ca/mh](http://www.healthcareathome.ca/mh). Call the program to book a tour.

**India Rainbow Community Services**  
www.indiarainbow.org

**8 3038 Hurontario Street, Suite #307**  
Mississauga, ON  
905-361-0462

**9 415 Matheson Blvd. East,**  
Mississauga, ON  
905-507-6099

**Next Step to Active Living**  
905-615-4770 x2279  
www.mississauga.ca/nextstep

**10 South Common Community Centre**  
2233 South Millway,  
Mississauga, ON

**11 Huron Park Recreation Centre**  
830 Paisley Blvd. West,  
Mississauga, ON

**S.E.N.A.C.A. Seniors Day Program**  
www.senaca.ca

**12 Central**  
53 Bond Street,  
Oakville, ON  
905-337-8937

**13 Palermo**  
2521 Dundas Street W.,  
Oakville, ON  
905-847-3394

**14 Coptic**  
1245 Eglinton Avenue W.,  
Mississauga, ON  
905-812-8222

**15 Seniors Life Enhancement Centres (SLEC)**  
905-279-9061 or 905-829-9065  
www.slec.ca  
2030 Bristol Circle, Suite #120,  
Oakville, ON

**16 Sheridan Villa Adult Day**  
905-791-8668 x 2925  
www.peelregion.ca  
2460 Truscott Drive,  
Mississauga, ON

**17 Yee Hong Centre for Geriatric Care**  
905-568-0333  
www.yeehong.com  
5510 Mavis Road,  
Mississauga, ON

To be referred to your choice program:  
**Call the Mississauga Halton CCAC at**  
**310-2222**  
(no area code required)