



AN AFTERNOON OF CHESS

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Adult Day Program

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Available Services

Outings & Special Events

Mental Fitness & Intellectual Stimula-
tion Programs

Physical Fitness Programs with Vari-
ous Equipment

Additional Programming as per group
choice/requests

Hairdresser Onsite (fee applied & ap-
pointment only)

Full Day Supervised Environment

Onsite Library

Medication Reminders

Spiritual Health

Pet Therapy

For more
information
please contact
The Simkin Centre
Day Program
Coordinator at
(204) 589-9010



Helping Individuals
living in the
community to
maximize their
independence and
quality of life



DELICIOUS LUNCHES AND GREAT
GROUP CONVERSATION

What is Adult Day Program?

A community based program that provides social and recreational opportunities within a structured environment.

Adult Day Program Goals

To support individuals living in the community and prevent or postpone admission to long term care facilities

To provide relief for family caregivers

To maximize the individual's level of independence and personal/social skills through the provision of an individualized program/care plan designed to maintain maximum physical and social functioning

To further develop self-esteem through active participation within the community

To offer participants and families an introduction to the Simkin Centre

Criteria for Admission

The individual must have a need for planned and supervised recreation and socialization in a supportive environment, as identified by the WRHA Home Care Case Coordinator.

The individual must be independent or require only minimal guidance with activities of daily living.

Applications

All applications for the Adult Day Program are referred through the WRHA Home Care Program. Contact your Homecare Case Coordinator if registered with Homecare.

If not registered with Homecare, WRHA Central Intake can be contacted at 204-788-8003

Transportation

The Simkin Centre Day Program will contract transportation for those applicants living within the catchment area. Applicants not within the catchment area will be considered on a case by case basis.

A Typical Day at the ADP

10:00 am	Arrival of Participants
10:15 am	Morning coffee/Current Events
10:30am	Fitness
11:30 am	Lunch
12:30pm	Relaxation Time
1:30 pm	Afternoon Programming
3:00 pm	Participant Departure



DISCUSSING CURRENT EVENTS