



THE SAUL AND CLARIBEL
SimkinCentre

GET IN TOUCH

For more information, please contact
The Simkin Centre Day Program
Coordinator

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ADULT DAY PROGRAM

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



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AVAILABLE SERVICES

Outings & Special Events

Mental Fitness & Intellectual Stimulation

Physical Fitness Program with Various
Equipment

Additional Programming as per group
choice/requests

Free Virtual Programming
(Thursdays 11 am to 12 pm)

Full Day Supervised Environment

Onsite Library

Medication Reminders

Spiritual Health

Kosher meals served onsite



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 Home Care Case Coordinator if registered with Home Care.

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

APPLICATIONS

The Simkin Centre Adult 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	Participant Arrival - Current Events & Coffee
11:00 am	Fitness Program
11:45 am	Scheduled program based on participant choice
12:15 pm	Lunch
12:45 pm	Rest & Relaxation/Small group program
1:45 pm	Scheduled program based on participant choice
2:45 pm	Dessert & Coffee
3:30 pm	Departure for home

