

Live Well & Remain Active

Remaining independent at home and active in the community is extremely important for overall health and well-being.

For some people it can be a challenge to find programs that allow them to participate at a pace that meets their mobility, emotional, cognitive, communication, and social needs.

Over time, these individuals and their caregivers may begin to isolate themselves, and become socially withdrawn as they find it more and more difficult to stay connected to friends in the community or to leave the safety and comfort of their homes.

The Community Services Department offers programs and services to:

- help reduce loneliness & social isolation
- encourage and support individuals to participate more fully in the community
- give caregivers a break from their care giving role.
- provide information & referrals to other community services



Enjoying the Fun of Theme Days

Adult Day Services...

- ★ Offer an opportunity for a day away in a safe & caring community setting to socialize, interact, make new friends and have FUN.
- ★ Benefit family members and caregivers as they gain much needed time away from their care giving role.
- ★ Allow people to remain living at home longer
- ★ Provide a variety of social, educational and recreational activities including:
 - ◆ gentle exercises
 - ◆ fun and stimulating games, cards & crafts
 - ◆ interactive musical programs
 - ◆ special events and outings
 - ◆ current event discussions & guest speakers
 - ◆ pet therapy visits
 - ◆ intergenerational programs

Day Away Programs

Golden Opportunities provides social, educational and recreational activities and offers frail participants personal care assistance, if required, for activities such as dressing, taking medications, transfers, hygiene. Offers a safe environment for individuals who are at risk due to cognitive impairment.

Monday to Friday

Wednesday is Multicultural Day
Allan Reuter Centre, Cambridge



Friday

North Dumfries Community Health Centre, Ayr

Living Well aims to improve and maintain participants' overall health, wellness and independence with a special focus on functional fitness, nutrition and healthy lifestyles. Includes access to Fairview's fitness equipment, warm water therapy pool and recreation facilities. Personal care assistance is not available. Caregivers are welcome to join us at Fairview while their family member or friend enjoys a day out at the Golden Opportunities program.

Tuesday

Fairview Centre for Community Health & Wellness, Cambridge



Boost aims to build new social networks with special focus on self renewal and recharging for individuals experiencing grief & loss, mental illness, depression or other health or lifecycle changes. Activities focus on information sharing, outings, & FUN. Personal care assistance is not available.

Wednesday

North Dumfries Community Health Centre, Ayr



Saturday

Allan Reuter Centre, Cambridge

All Programs....

- Operate 9:30 a.m. to 3:00 p.m.
- Provide nutritious snacks and lunch
- Consider special diets
- Arrange transportation if required
- Charge a minimal daily fee. Fee assistance is available

Connect



Support



Be Active

Services and Programs Are Provided for...



Any adult who is not able to attend other social and recreational programs offered in the community and meets one of the following criteria:

- ▲ has an age related dependency or frailty
 - ▲ is living with a physical or mental impairment or chronic or degenerative condition
 - ▲ is experiencing depression, loneliness or social isolation
 - ▲ requires assistance and encouragement to remain independent and socially connected
 - ▲ lives with a caregiver or family member or is a senior caregiver who desires and needs some time away from their care giving role
- and
- ▲ lives in or around Cambridge or North Dumfries Township
 - ▲ will benefit from social interaction and stimulation in a supportive setting
 - ▲ is willing and desires to attend an adult day services program

Programs are made possible thanks to funding Provided by the Ontario Ministry of Health & Long Term Care through the Waterloo Wellington Local Health Integration Network.

Volunteer Opportunities

✧ A wide variety of volunteer opportunities exist in our programs and at the Allan Reuter Centre....


- ★ Friendly Visitor
- ★ Cook's Assistant
- ★ Program Aide
- ★ Volunteer Driver
- ★ Host/Hostess
- ★ Tuck Shop Attendant
- ★ Phone Support Visitor
- ★ Food Service Coordinator
- ★ Group Discussion Leader

Please share your time



*Even a few hours will
**Touch a Life &
Make Difference.***

For more Information on Programs, Volunteering or to join the fun

 **519-740-4681**
ext 4424

Referrals to the programs may also be made through the Waterloo Wellington Community Care Access Centre (CCAC)
519-748-2222

♥ **Community Support Services**



Adult Day Services

Sponsored by



The Corporation
of the City
of Cambridge
www.cambridge.ca

Community Services Department
Your link to great Leisure activities!

Allan Reuter Centre
507 King St. E.
Cambridge, ON N3H 3N4

519-740-4681 ext. 4424
Fax: 519 – 653- 3429

***Supporting Adults to
Live Well and Remain
Active in the Community***