

The Golden Opportunities Program



Greeting and socializing with friends

Outstanding support by caring staff
and volunteers

Participating in planned activities



The Golden Opportunities Program

Is offered five days a week

Monday to Friday

9:30 am - 3:00 pm

At the

Allan Reuter Centre

507 King Street East

Cambridge, Ontario

N3H 3N4

A daily fee is charged to cover
meal, program and transportation
expenses.

For information and a tour of
the Allan Reuter Centre
please phone 519.740.4681 ext. 4424
TTY 519.623.6691

To make a referral please contact:

The Waterloo Wellington
Community Care Access Centre (CCAC)
Cambridge Office
519.748.2222
or
Senior Day Program Staff
519.740.4681 ext. 4424



Golden Opportunities A Day Program for Seniors

Allan Reuter Centre
507 King Street East
Cambridge, Ontario
N3H 3N4

Telephone 519.740.4681 ext. 4424
Fax 519.653.3429

Join Us!



For many older adults, remaining at home is very important in order to maintain their independence.

However, some older adults tend to isolate themselves and become socially withdrawn.

Therefore, the Corporation of the City of Cambridge, Community Services Department, in co-operation with the Waterloo Wellington Local Health Integration Network, offers its residents the opportunity to participate in a community program designed for them.

Friendly staff and volunteers will be available to help you feel comfortable and enjoy your day out.

The Golden Opportunities

Program is a day program for older adults, developed to assist them in their efforts to remain independent. The program provides a social/recreational day out in the community.

Take this “Golden Opportunity” to ...

- Make new friends
- Dine with others over a hot, nutritious noon meal
- Play a variety of recreational games
- Take part in gentle exercises
- Enjoy a variety of musical entertainment
- Activate your mind with educational programs
- Participate in intergenerational activities and pet therapy programs



The Golden Opportunities

Program is for older adults who

- Live alone and require extra assistance to remain independent
- Deal with a physical or cognitive impairment
- Experience depression, loneliness or social isolation
- Will benefit from social interaction and stimulation in a supportive setting
- Live with a caregiver who may desire some time to themselves



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of Cambridge

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