

Office Hours:

Monday - Thursday 8:30am - 4:00pm
Friday 8:30am - 3:00pm



How do I get Started? Contact Information

Call the Intake Department and the Intake Coordinator will guide you through the intake process.

Your referral will be forwarded to the program coordinator who will conduct an in-home assessment and provide additional information and answer questions.

Contact the Intake Coordinator at:

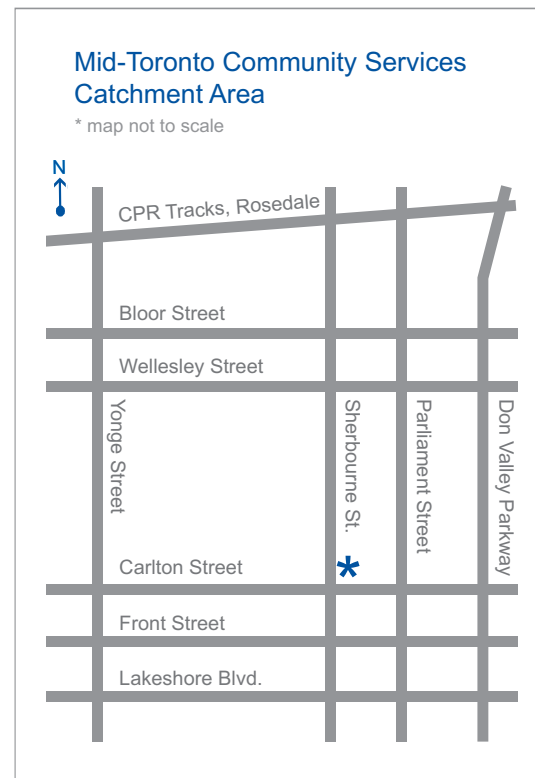
416-962-9449 ext. 222

intake@midtoronto.com

Hours: Mon. – Thurs. 10:00am – 2:00pm

Fri. 10:00am – 3:00pm

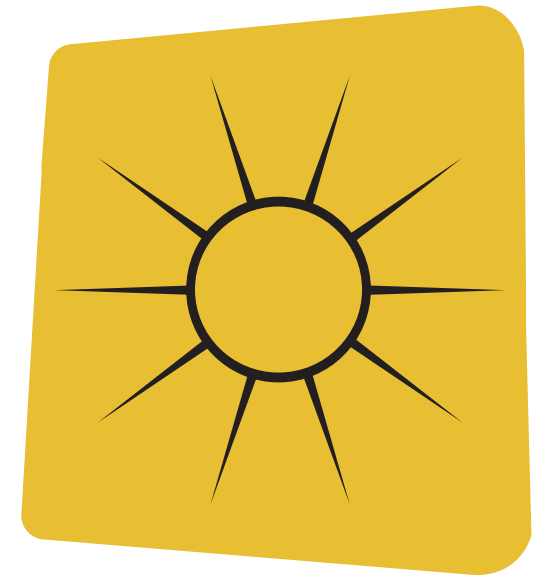
Transportation is available for those who live within our catchment area.



Mid-Toronto Community Services - October, 2009

Adult Day Program

Social Recreational Programs for seniors and adults with disability or illness



This program provides social and recreational activities for frail and socially isolated seniors and adults with disabilities and/or illness. Two-way wheelchair accessible transportation is offered if the person lives within our catchment area. A hot nutritious meal and snack are provided (special diets may be accommodated).

Eligibility

- Must be a frail senior or an adult with a disability and/or illness
- Must be a one person transfer
- Must be able to attend a minimum of one day a week

Referrals

Referrals are accepted from family, friends, doctors, community care access centres, health care professionals and social workers. Self referrals are also permitted.

Operating Hours

Monday - Thursday 10:00am - 3:00pm
Friday and Saturday 10:00am - 2:00pm
Extended hours are available upon request.

Fees

Fees are based on a sliding scale.

Program Details

Programs incorporate both physical and mental stimulation activities.

Programs offered:

- Exercises
- Discussions/Reminiscing
- Crafts
- Outings
- Music
- Mental Aerobics
- Gardening
- Active games
- Baking