

ARTC Adult Day Program Services



Connect • Engage • Support

Half Day

Morning 8:30 - 11:30 a.m.
Afternoon 12 - 3 p.m.

Full Day

8:30 a.m. - 3 p.m.

Cost

Half Day \$10

Full Day \$20

Adult Day Program is **facilitated** by
Recreation Therapists.



Social



Physical



Cognitive



Emotional



Functional Exercise Program

By Appointment

\$5 Per Session

Functional Exercise Lead



Hot Lunch Program

Daily

\$8 Per Lunch



Massage Therapy

By Appointment

Free

Mohawk College Students



Foot & Nail Clinic

By Appointment

\$22 - Feet \$5 - Nails

Footcare Specialist

For more **information** please **contact Chris Ayres.**



519-753-1882 Ext. 102



cayres@artc.ca