

# ARTC Adult Day Program Groups & Services



*Connect • Engage • Support*

## Half Day

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

## Cost

Half Day \$10

Full Day \$20

## Full Day

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

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



**Social**



**Physical**



**Cognitive**



**Emotional**



## Functional Exercise Program

By Appointment

\$5 Per Session

Non-Registered Kinesiologist



## Hot Lunch Program

Daily

\$8 Per Lunch

Chef Monica



## 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.**

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