



## **Adult Day Programs/Seniors' Lunch Programs**

### **Program Description:**

Our **Adult Day Programs** provide support to adults and seniors who have a cognitive or memory-related impairment such as Alzheimer's and dementia and/or are physically frail. Individuals attending this program are offered a supportive environment with social, therapeutic and recreational activities. This program also allows caregivers to receive some respite during the day to complete everyday tasks or to make space to rest and recharge.

Our **Seniors' Lunch Program** provides a social network for seniors in a friendly and inclusive environment. Seniors enjoy a nutritious, well-balanced meal, as well as benefit from taking part in social and recreational activities.

### **Volunteer Role:**

Volunteers assist the staff team with kitchen help, such as setting up tables, serving meals and clean-up after (i.e. wash dishes in the dishwasher), as well as participate in client-centered activities.

### **Commitment Requirements:**

Minimum 1 day per week 9:30am – 2:30pm for a minimum 6 months.