

# Stroke Survivors Adult Day Program



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Stroke Survivors Adult Day Program provides a supportive, caring place where you can maintain and improve your health, regain confidence and independence, all while having fun and meeting new people.

Currently 2 programs that provide a social recreation environment geared to individuals who have experienced a stroke:

- **The Neighbourhood Group Stroke Survivors Adult Day Program**
- **Lumacare B.O.O.S.T. Adult Day Program**

# Tell me more about the Stroke Survivors ADP

- Operates Monday, Tuesday, Wednesday and Friday
- 349 Ontario Street – Central Neighbourhood House
- 9:30am-2:30pm
- Transportation is not provided.
- \$15.00 a day
- Includes a morning snack, exercise, hot lunch, social recreation programming.

# Michelle's Journey



# T.I.M.E

- Together In Movement and Exercise (TIME™) through Toronto Rehabilitation Institute UHN
- A group-exercise program, designed for individuals with mobility challenges. Our participants may use a cane or walker to get around and often find it difficult to walk longer distances in the community.
- Offered Tuesday and Thursday – 2 classes, 1 hour sessions.
- Requires an assessment with our instructor before attending program.

# T.I.M.E In Action

**T.I.M.E.**

# CONTINUED GROWTH...

- We continue to look at opportunities to partner with agencies and other allied health professionals to continue to support the journey based on our clients.
- Centennial College – Massage Therapy
- Sutherland Chan – Massage Therapy (Tuesdays for over 37 years)
- University of Toronto – Occupational Therapy
- Waitlist Support- Resource Guide and Toolkit

# FOR MORE INFORMATION

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