

Seniors Community Programs

Adult Day Program Open House

Niagara-on-the-Lake

Tuesday, Dec. 1

8 a.m. - 3 p.m.

Niagara-on-the-Lake Community Centre

14 Anderson Lane, Niagara-on-the-Lake

Come learn how our Adult Day Program supports older adults with cognitive and physical challenges through social connection and meaningful activities, while providing respite for care partners.

Guest Speaker Larissa Zwar

Assistant Professor and Canada Research Chair in Social Psychology of Aging, Department of Psychology, Brock University

12:30 - 1:30 p.m.

Understanding Caregiving: The Challenges, Perspectives and Impact on Our Well-Being

Raffle prizes | Refreshments and snacks | Sign up for Free trial days

Niagara Region

905-984-2621
niagararegion.ca