



Discover the Difference  
a **Great Day** can Make.



# Lambton County Adult Enrichment Centres

Affordable, individualized support to  
encourage and maintain independence.

[www.LambtonCares.ca](http://www.LambtonCares.ca)



# UNIQUE & ENGAGING ACTIVITIES

The Day Programs are dynamic; we offer new activities regularly to encourage people to try new things. Activities can include:

-  Guest speakers (fraud prevention experts, Naturalists, Musicians and more)
-  Special events & entertainment
-  Stimulating activities (gardening, pet visits, home skills, games)
-  Crafts (quilting, art, creative writing)
-  Nutritious meals and snacks
-  Exercise programs
-  Group discussion, coffee socials
-  Therapeutic recreation in a supervised environment
-  Unique program plans for participants and their families



# THE DAY PROGRAMS WHAT A DAY COULD LOOK LIKE



## 9:15 am Coffee & Current Events

Enjoy coffee and a casual conversation among friends!



## 11:00 am Bingo

Its game time! Play BINGO with a group of friendly opponents!

## 9:00 am DROP OFF

Drop off your loved one while you run errands or relax – your choice.



## 10:00 am Walking Program

Get out in the fresh air and join us for a beautiful walk around the grounds.





## 1:00 pm Small Group Activities

Get creative with arts and crafts or relax while enjoying a manicure.



## 2:30 pm Book Nook

After a long day of fun, curl up with a book or enjoy reminiscing with friends.



## 11:30 am Games

We love our games. Try your luck playing the Price is Right, help with a puzzle, or join in a hand of cards.

## 1:30 pm Entertainment

Dance the afternoon away while enjoying live music! See our online activity calendar for more information.



## 3:00 pm PICK UP

Time for pick up!  
See you next time!



## 12:00 pm Lunch

Lunch is always provided at our Day Programs. Snacks & refreshments served throughout the day.



**\*Note:** This is only an example day. Activities change on a regular basis.



# A productive day brings a fulfilled life.

The Day Programs provide a wonderful opportunity to have a “day out”, participate in activities and connect with peers.

In a safe and supportive environment, people in attendance engage in a variety of social, physical and recreational activities that keep the mind and body stimulated.

The Day Programs foster companionship and respect for people participating while providing a break and support to caregivers.

## WHO CAN PARTICIPATE?

The program can accommodate individuals who require:

- A helping hand with injuries or disabilities
- Special diets
- Meal assistance
- Medication reminders
- Assistance with personal care



SEE BACK TO GET STARTED

## How much does it cost?

The Day Programs cost **\$15/day** which includes a meal and additional refreshments.

Although we are unable to provide transportation, we will gladly provide a list of resources.

Subsidies may be available.



# GET STARTED - Your first visit is **free!**

**NURSE  
AVAILABLE  
ON SITE**

## To book your visit contact us:

### Petrolia Site:

3958 Petrolia Line  
Petrolia, Ontario

**519-882-1470** ext. 5055  
Monday to Friday  
9:00am to 3:00pm

### Sarnia Site:

749 Devine St.  
Sarnia, Ontario

**519-336-3720** ext. 5719  
Monday to Saturday  
9:00am to 3:00pm

**Email:** [adultenrichment@county-lambton.on.ca](mailto:adultenrichment@county-lambton.on.ca)

## VOLUNTEER

Volunteering is a great opportunity to make a positive impact in your community. Choose from a variety of areas that match your skills and interests.

Volunteer today! Ask our Volunteer Coordinator about the many possibilities. Learn more by visiting our website or by calling 519-381-8185.



## DONATE

As a non-profit organization, we rely on donations to help fund vital programs and services.

Your support has a tremendous impact on the lives of people participating in the Day Programs. To donate, visit one of the Day Program Sites or at [www.lambtoncares.ca/donate](http://www.lambtoncares.ca/donate)