



# DISCOVER THE DIFFERENCE A GREAT DAY CAN MAKE.

## Lambton County Adult Enrichment Centres

In a safe and supportive environment, people who participate in Adult Day Programs engage in a variety of social and physical activities that improve their abilities and stimulate the mind and body. Equally as vital, the program offers respite and support to caregivers.

**\$15/DAY**  
*incl.*  
hot meals and  
snacks

**We offer new activities  
regularly to encourage  
people to try new things.**

- Guest speakers
- Special events & entertainment
- Stimulating activities
- Crafts
- Nutritious hot meals & snacks
- Group discussion
- Therapeutic recreation
- Unique program plans

# A PRODUCTIVE DAY BRINGS A FULFILLED LIFE.

We can accommodate people who require special care and attention:

- Varying levels of assistance with activities of daily living
- Medication reminders
- Assistance with personal care
- Meal assistance
- Special diets



## GET STARTED –

Your first visit is **free!**

**To book your first free visit contact us:**

**Petrolia Site:**

3958 Petrolia Line  
Petrolia, Ontario

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

**Forest Site:**

45 Jefferson St. W.  
Forest, Ontario

**519-333-8166**  
Tuesday  
9:30am to 2:30pm

**Sarnia Site:**

749 Devine St.  
Sarnia, Ontario

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

**Watford Site:**

61 Centennial Ave.  
Watford, Ontario

**519-333-8186**  
Thursday  
9:30am to 2:30pm