

COUNTY OF LAMBTON

THE
Adult Enrichment
CENTRE

DISCOVER THE DIFFERENCE A GREAT DAY CAN MAKE

$17.50 per day

Includes a hot meal

Join us for:

- Social activities and group discussions
- Gentle exercise and movement
- Games, crafts, and engaging activities
- Special events and entertainment

LambtonCares.ca

Enjoy activities, build friendships, and stay engaged in a safe, welcoming environment. Our Adult Day Programs support participants while providing caregivers with respite.

Get support with:

- Daily activities and personal care
- Medication reminders
- Meal assistance and special diets

GET STARTED TODAY

Your first visit is free!

Contact us:

Petrolia - 519-882-1740 ext 5055

Sarnia - 519-336-3720 ext 5719

Forest - 519-333-8166

adultenrichment@county-lambton.on.ca