

Community Day Centre for Seniors

Adding Life to Years

Opening in 1959 as the first adult day program of its kind in Canada, the Baycrest Community Day Centre for Seniors continues as a leader in offering a variety of innovative social, recreational, and educational activities tailored to individual needs.

Our overall goal is to promote enriched living and brain health through socialization with others, recreational opportunities, physical activities and spiritual/cultural programming. Both the Freeman Family Day Centre and the Samuel Lunenfeld Mountainview Club specialize in providing stimulating programs and activities for community-based older adults. While non-sectarian, a Jewish cultural milieu is provided where holidays/cultural programs are designed to address spiritual and psychosocial needs.

The Freeman Family Day Centre

- Serves older adults living in the community who are well, may be living with physical frailty, as well as older adults who may have mild cognitive impairments

The Samuel Lunenfeld Mountainview Club

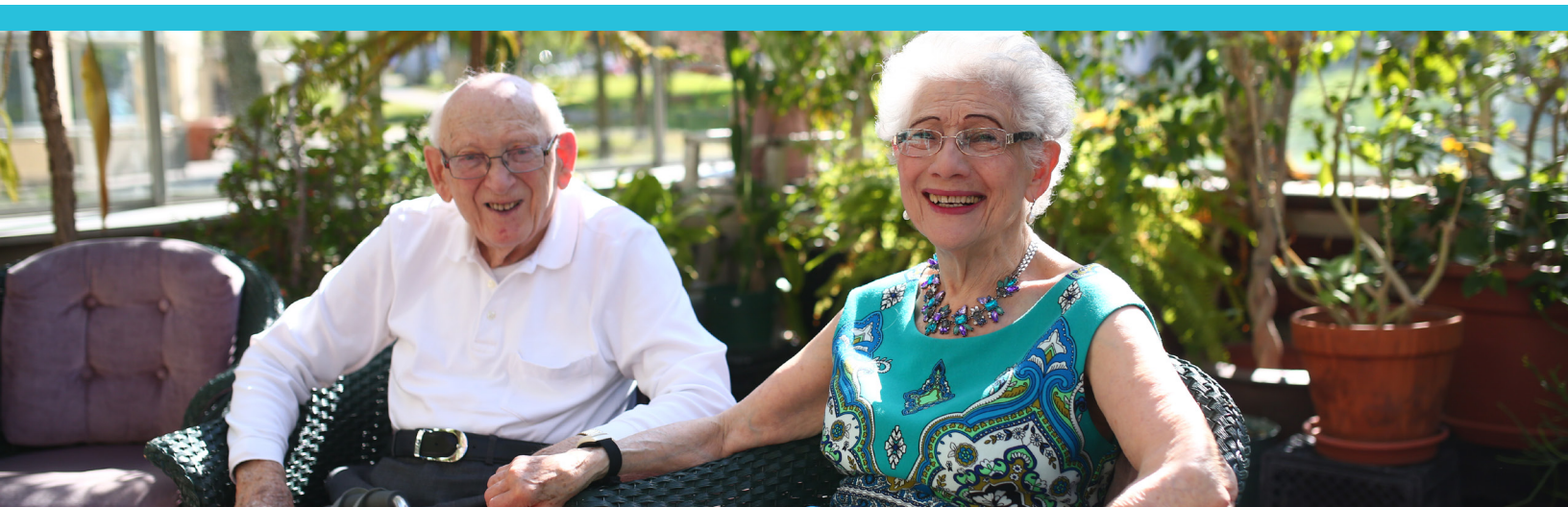
- Serves older adults living in the community with a diagnosis of dementia falling within the moderate to more severe range
- Provides a secure environment
- Program offers structure and high level support
- Provides behavioural management techniques and clinical consultation with health care professionals

Eligibility

- Age 65 and older
- Early onset dementia on a case-by-case basis
- No age restriction for older adults with Frontotemporal Dementia (FTD)
- Ability to participate within Program's limits of care
- Program is not designed to support older adults with Acquired Brain Injury (ABI) or older adults living with developmental disabilities

Cost

- Daily program fee
- Subsidies are available for qualified applicants



Our Services

- A wide range of social, cognitive, creative, physical, cultural, and spiritual activities offered in-person as well as virtual on-line programs; off-site social and educational outings
- Comprehensive, evidence based, psychosocial programs designed by the Therapeutic Recreation team to promote socialization and brain health
- Diet-controlled, full-course, supervised hot kosher lunch and snacks
- Toileting assistance provided by PSW Program Assistants
- Social Work case management services including referrals, counseling, education, support for family caregivers, planning for the future, navigating the health care system
- Social work virtual caregiver support groups
- Health promotion and disease prevention provided by Nursing and Social Work
- Medication administration provided by Nursing in Samuel Lunenfeld Mountainview Club
- Respite for caregivers
- Referral access to Baycrest services

Program Hours

Freeman Family Day Centre:

Monday to Thursday
9:30 am – 1:30 pm

Samuel Lunenfeld Mountainview Club:

Monday to Friday
9:30 am - 2:00 pm

**For more information please email
adultdayprograms@baycrest.org
or telephone 416-785-2500 Ext. 2858**

Visit us online at [Baycrest.org](https://www.baycrest.org)

Program Highlights

- Professionally led daily exercise
- Reminiscence, creative storytelling, discussion groups, guest lectures
- Creative arts including painting, sketching, mixed media art projects, ceramics, art history appreciation
- Music programs and professionally led Glee Club
- Intergenerational programs in partnership with local elementary and secondary schools
- Cultural and holiday celebration programming and live entertainment
- Specialty programs including iPad, photography, horticulture, dance
- Outings and BBQs

***All programs listed are subject to change**

Member Testimonials

“Having had to retire earlier than expected due to illness, I found I was not prepared for it. Coming to the Day Centre has helped me meet new people, learn new things, and enjoy participating in leisure activities two days a week. It also gives my wife some free time for herself and she has piece of mind knowing I am well cared for.”

“My husband and I think it is a remarkable program because the quality of care is outstanding. Staff anticipate our individual needs and are sensitive, caring, and quick to respond. We see this each day we attend.”

Programs Supported By:

Ontario Health (Connecting Care Act, 2019)
Baycrest Foundation
Daily Member Fees

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Baycrest