



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES

# ADULT DAY CENTRE (ADC)



## PROGRAM INFORMATION

This program is for seniors and adults with dementia, those who are disabled and frail, those recovering from a stroke, who may be experiencing mobility difficulties and seniors who are socially isolated.

Transportation to and from the program may be provided, if you live within our catchment area, and depending upon space availability and client's ability to safely manage vehicle entry and exit. We are not able to accommodate clients who need two person transfers. We offer both full day and half day programs.

Every week our clients benefit from recreational programs such as: yoga, painting, fitness, and music therapy. These activities and many more help to promote a healthy lifestyle.

## LOCATION - 629 Markham Road #2

The catchment area for the Day Program is 401 to the North, Port Union Road to the East, the Lakeshore to the South and Bellamy to the West.

**For more services please contact  
SCHC at 416-642-9445**

[info@schcontario.ca](mailto:info@schcontario.ca) [www.schcontario.ca](http://www.schcontario.ca)

## PROGRAM CONTACT INFO

Please contact [cssintake@schcontario.ca](mailto:cssintake@schcontario.ca) or  
**416 847 4134** for more info

## ELIGIBILITY

This program requires an individual assessment. Please contact our Community Support Services Team for more information to book an assessment.

## VOLUNTEERING WITH SCHC

Contact the Coordinator of Volunteer Engagement at 416-847-4127 or [volunteerprogram@schcontario.ca](mailto:volunteerprogram@schcontario.ca)

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