

**SENIOR ACTIVITY CENTER
202 Medical Heights Drive
Frankfort, KY 40601**

**Adult Day Center Program
Monday – Friday
7:30 a.m. to 4:30 p.m.**

If you or someone you know has a loved one at home who is physically disabled or frail and who needs supervision during part of the day, we have a special program that can help. Our Adult Day Center, located at the Senior Activity Center, is available to persons 60 years and older who could benefit from individualized attention within a nurturing environment. Services are also available to persons of any age with a diagnosis of Alzheimer's or a related disorder.

Some of the enrichment activities and services we offer are:

- Socialization and prolonged independence—cognitive and physical stimulation enhances well-being and delays deterioration and placement in a nursing home;
- Better emotional health—less boredom, anxiety, and depression=positive-thinking and overall health;
- Enrichment activities—exercise classes, arts and crafts, games and puzzles, pet therapy, music, singing, reminiscing, trivia, current events; and special events;
- Appropriate nutrition—home-cooked healthy meals cooked in our kitchen plus morning and afternoon snacks;
- Benefits for the caregiver—worry less, time to complete personal tasks and careers, and receive a temporary break from the demands of caregiving;
- Caregiver Support Group meets monthly on the 2nd Thursday, 5-6 p.m.

If you want more information or would like to visit, please call Cindy McKee, Executive Director, or Barbara Harrod, Adult Day Director, at 223-5794.