

"I would like to thank all of you for contributing so much to the quality of my mother's life. Your kindness and compassion were always evident."

- Family member, Autumn 2015



"The program is a wonderful fit for my mother, it's great to see her spark. Jewish reference points are important and it gives us peace of mind to see her welcomed and engaged."

- Family member, Spring 2016

**For more information,
please contact us
directly.**

**Jewish Family Services
of Ottawa**

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This program is funded by:



*Anonymous
donor*



**ADULT
DAY
PROGRAMS**

JFS ✨
OTTAWA
JEWISH FAMILY SERVICES

Welcome

Our day program is designed for Jewish seniors living with mild to moderate cognitive impairment. The program helps enhance participants' well-being by delivering physically, emotionally, and cognitively stimulating activities in a positive Jewish environment.

Staff focus on the strengths of the participants and tailor the activities by drawing on clients' needs, interests, and experiences.

We highlight Jewish holidays, cultural foods, music, and art.

Our goals

- To promote independence and self-esteem
- To encourage socialization, friendships, and a sense of belonging
- To give caregivers respite and time for some rest, and relaxation
- To offer access to social workers and additional resources

A Typical Day



Meet and Greet:
Coffee break and group discussion.



Let's Get Moving:
Light exercises, including chair-dance and yoga.



Lunch:
Kosher lunch is provided.



Relaxation:
Therapeutic light and sound stimulation.



Afternoon Activity:
Various outings, movies, games and crafts.



FitMinds®:
Wednesday only. Participants receive individual cognitive stimulation activities.

The People Behind it

Our team is made up of dynamic and energetic staff who have experience in senior programming and in working with individuals with cognitive impairment. They are dedicated to designing meaningful activities that promote skills centered on daily living and that promote memory retention.

Program Times and Costs *

Monday session

Early to mild stages of cognitive impairment

11:00am - 3:00pm

\$160 per 8 week session

Wednesday session

Moderate stages of cognitive impairment. Includes FitMinds® cognitive exercises.

11:00am - 3:00pm

\$ 200 per 8 week session

* Kosher lunch and snacks provided

* Transportation can be arranged for an additional fee

* All programs take place at 2255 Carling Ave, 3rd floor