

# Adult Day Care

*A cost-effective day program for disabled people and the frail elderly*



Keeping Adults Connected  
to Their Communities.

Since 1953.

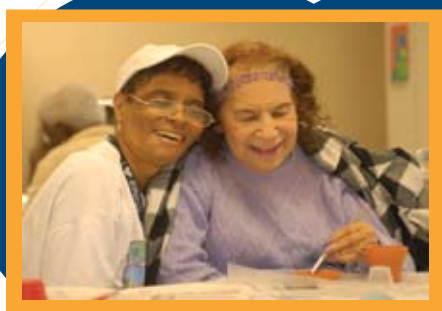
## \* **Social & recreational activities:**

- Physical and memory exercises
- Arts and crafts
- Group and individual games
- Music and singing
- Speakers and entertainers
- Field trips

## \* **Door-to-door transportation**

## \* **Nutritionally balanced lunchtime meals and snacks**

## \* **Ongoing respite and support for caregivers**



(510) 601-1074 ~ [www.BayAreaCS.org](http://www.BayAreaCS.org)