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				<i>Meal</i>	<i>Snacks</i>	<i>Trans</i>	<i>FC</i>		<i>M</i>	<i>Tu</i>	<i>W</i>	<i>Th</i>	<i>F</i>	<i>S</i>	<i>Su</i>		
Abbotsford at the Glebe Centre Dementia Program	950 Bank St, Ottawa ON K1S 5G6	\$45	Clients must be independent	Yes	Yes	\$14 ³	\$	Very minimal assistance, clients must be mostly independent			E MX	E MX	E MX			0	Yes
Abbotsford at the Glebe Centre Luncheon Club Program	950 Bank St, Ottawa ON K1S 5G6	\$15	Still able to benefit from participation/engagement	Yes	Yes	\$7	\$	Group meets on Tuesday at Abbotsford for a social get together and activity followed by a nutritious lunch * a one hour virtual program held over the phone Wednesday and Friday		E MX						0	Yes
Alzheimer Society of Cornwall and District - Forest Park	2074 Route 500, Forest Park, ON	\$19	People with Alzheimer Disease or related dementias	Yes		Yes		Very minimal assistance, clients must be mostly independent	AD MX B	AD MX B	AD MX B		AD MX B				Yes
Alzheimer Society of Cornwall and District - Hawkesbury	429 May St, Hawkesbury, ON K6A 2C8	\$19	People with Alzheimer Disease or related dementias	Yes		Yes		Very minimal assistance, clients must be mostly independent				AD MX B					Yes
Alzheimer Society of Lanark Leeds Grenville - Almonte	453 Ottawa St, Almonte, ON K0A 1A0	\$20	Individuals with Alzheimer's disease or related dementia and the frail elderly	Yes	Yes			Activation and social activities on an individual and/or group basis, tailored to the needs of participants	E MX		E MX	E MX					
Alzheimer Society of Lanark Leeds Grenville - Carleton Place	5 Bates Dr, Unit 13 Carleton Place, ON K7C 4J8	\$20	Individuals with Alzheimer's disease or related dementia and the frail elderly	Yes	Yes			Activation and social activities on an individual and/or group basis, tailored to the needs of participants	E MX	E MX	E MX	E MX	E MX				
Alzheimer Society of Lanark Leeds Grenville - Perth	115 Christie Lake Rd, Perth, ON K7H 2Y4	\$20	Individuals with Alzheimer's disease or related dementia and the frail elderly	Yes	Yes			Activation et activités sociales individuelles et/ou en groupe, selon les besoins des participants	E MX	E MX	E MX	E MX	E MX				

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Arnprior Regional Health ADP	275 Ida St, Arnprior, ON K7S 3M7	\$20	Arnprior Regional Health ADP (previously Grove LTC Arnprior (The))	Yes	Yes	\$		Hygiene/toileting, meal assistance, transferring, mobility, caregiver education and support, activation, health promotion / illness prevention, educational and health promotion services. No PSW support currently available on Mondays - clients must be fully independent to attend on Mondays	E MX	E MX	E MX	E MX	E MX			18	No
Bonnechere Manor-Renfrew	470 Albert St, Renfrew, ON K7V 4L5	\$20	Adults 18 years and over who need long term care * people who benefit most from this program may be lonely, bored, isolated or living alone, or require restorative services	Yes		Yes		Hygiene/toileting, transferring (one-person transfer), mobility, activation / health promotion / illness prevention	FR MX E	MX E	AD MX E	FR MX E	MX E				Yes
Bruyère Continuing Care, Joie de Vivre	879 Hiawatha Park Rd, Ottawa, ON K1C 2Z6	\$20	Diagnosis of dementia or cognitive impairment, mild, moderate, advanced. No incontinence, accepts cueing	Yes	Yes	\$10		Cueing mainly with toileting, some assistance with transferring, clients should be mostly independent with mobility with assistive devices, health promotion and prevention.	FE AD	B AD	B AD	B AD	M B AD			4	Yes
Carefor-Carling/ Dementia program	2576 Carling Ave, Ottawa, ON K2B7H5	\$25	Dementia or MCI diagnosis. Clients must be mostly independent * No bowel incontinence * No smokers	Yes	Yes	\$8 ¹		Minimal assistance with washroom use (primarily cueing), must be able to feed self, independent with mobility (with walker/cane), one person assist for transfers, caregiver education and support (infomal), activation	AD MX E	AD MX FE E	AD MX E	AD MX E	AD MX M E				Yes

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Carefor-Carling - 'Let's Get Together' Club	2576 Carling Ave, Ottawa, ON K2B7H5	\$10	Older adults 60+ diagnosed with mental illness (depression, anxiety, bipolar disorder) * Clients must be independent * Mild Cognitive Impairment only * If clt has a primary diagnosis of dementia, refer to the Dementia ADP	Yes	Yes	\$8 ¹		Transferring (one person), mobility, caregiver education and support (informal), activation / health promotion / illness prevention, education and health promotion services	FR E		FR E		FR FE E				Yes
Carefor-North Stormont	6 Nelson St, Finch, ON K0C 1K0	\$25	Clients must be mostly independent	Yes	Yes	Yes		Hygiene/toileting, meal assistance, mobility, caregiver education and support, activation / health promotion / illness prevention, mobility, caregiver education and support (informal), activation / health promotion / illness prevention, very minimal assistance	FR FE B	AD FR MX B		AD FR MX M B				5	No
Perley Health	1750 Russell Rd, Ottawa, ON K1G 5Z6	\$25	Dementia diagnosis. Must be mostly independent. No regular bowel incontinence. Paratranspo NOT accepted unless able to independently find program from main entrance	Yes	Yes	\$8 ¹		Programming includes: exercise, music, activation, discussion/word games, active group games, Very minimal assistance with hygiene/toileting, meal assistance, transferring (one person), caregiver education and support, activation / health promotion / illness prevention * For mild to moderate dementia. Very limited transportation available	AD MX	AD MX		AD M	AD MX				No
Carleton Lodge	55 Lodge Rd, Ottawa, ON K2C 3H1	\$22	Clients must be mostly independent	Yes	Yes	No	Yes	Programming includes: exercise, music, activation, discussion/word games, active group games, Very minimal assistance with hygiene/toileting, meal assistance, transferring (one person), caregiver education and support, activation / health promotion / illness prevention * For mild to moderate dementia	AD MX E	AD MX E	AD MX E	AD MX E	AD MX E	AD		3 open spots (Fridays)	Yes

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Centre d'accueil Champlain	275 Perrier Ave, Ottawa, ON K1L 5C6	\$22	Clients must be mostly independent	Yes	Yes	No	No	Hygiene/toileting, caregiver eductaion and support, activation / health promotion / illness prevention, some wheelchair assistance provided and minimla toileting * non smokers only	AD MX B	FR MX F	AD B	FR MX F	AD MX B			1 Tue , 1 Thu, 3 Fri	
Centre de services Guigues, Montfort Renaissance	159 Murray St , Ottawa, ON K1N 5M7	\$22	Clients must be mostly independent & non smokers	Yes	Yes	\$16	\$	Hygiene/toileting, caregiver education and support, activation / health promotion / illness prevention, very minimal assistance, some wheelchair assistance provided and minimal toileting * Non smokers only	MX F	MX F		AD F	AD F			4 days/week 12 clients/days 5 open spots (4 mon, 1 tue, 0 thur, 0 fri)	Yes
Community and Primary Health Care (CPHC) - Brockville	2235 Parkedale Ave, Brockville, ON K6V 6B2	\$22	Designed for seniors and adults over the age of 18 with a diminished physical capability, cognitive impairment, or social isolation who are able to tolerate 3-6 hours of structured programs/activities. Tuesdays geared to those who have had a stroke and Wednesdays geared to those with Parkinson's	Yes	Yes	Yes	\$	The Activity Care Partners and Recreational Therapists facilitate activities that stimulate brain function, encourage socialization, and support the health and well-being of the participants. Clients may participate in group activities such as crafts, trivia games, and pet therapy, or they may choose to engage in individual activities such as puzzles, watching movies/TV, or playing music		E	E						
Community Living Association Lanark County	178 Townline Rd E Carleton Place, ON K7C 2C2	\$50	Persons with developmental disabilities			\$		Social and recreational program	A	A	A	A	A				

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Eastern Ottawa Community Resource Centre	2225 Mer-Bleue Rd, Orleans, ON K4A 5M3	\$22	Older adults, seniors and adults with physical disabilities and people in convalescence who live in the area served	Yes	Yes	\$11	\$40	Hygiene/toileting, mobility, caregiver education and support	AD FR MX E	AD FR MX E	AD FR MX E	AD FR MX E	AD FR MX E				Yes
GIAG Seniors Adult Day Program- Alexandria	580 Main St, Alexandria, ON K0C 1A0	\$17	Frail elderly, Dementia, Cognitive Delay	Yes	Yes	Yes		Mental & Physical activities, exercise, support, friendship			A MX	F MX					Yes
GIAG Seniors Adult Day Program- Lancaster	119 Military Rd, Lancaster, ON K0C 1N0	\$17	Frail elderly, Dementia, Cognitive Delay	Yes	Yes	Yes		Mental & Physical activities, exercise, support, friendship	B MX								
Glen Stor Dun Lodge	1900 Montreal Rd, Cornwall, ON K6J 7L1	\$22	Clients must be mostly independent	Yes	Yes	\$3		Hygiene/toileting, meal assistance, transferring, activation / health promotion / illness prevention, education and health promotion services, very minimal assistance	E AD MX	E FR MX	F FR MX	E AD FR MX	E AD MX				Yes
Good Companions (The) 2SLGBTQIA+	670 Albert St, Ottawa, ON K1R 6L2	\$21	Identify as member of the 2SLGBTQIA+ Community Clients must be mostly independent	Yes	Yes		\$	Hygiene/toileting, meal assistance, transferring, mobility, caregiver education and support, activation, health promotion / illness prevention, educational and health promotion services, smoking no accomodated during program		AD FR MX E			AD FR MX E	AD FR MX E		5	No
Good Companions (The)	670 Albert St, Ottawa, ON K1R 6L2	\$21	Clients must be mostly independent	Yes	Yes		\$	Hygiene/toileting, meal assistance, transferring, mobility, caregiver education and support, activation, health promotion / illness prevention, educational and health promotion services * Smoking not accomodated during the program	AD FR MX E	AD FR MX E	AD FR MX E	AD FR MX E	AD FR MX E			15	Yes

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Harmer House	100 Forestview Cres, Ottawa, ON K2H 9P4	\$21	Seniors requiring minimal assistance with activities of daily living, mild dementia or other special needs that require stimulation and socialization opportunities	Yes	Yes	\$14	\$35	Hygiene/toileting, meal assistance, transferring, mobility, caregiver education and support, virtual program available through website	AD FR MX E V	AD FR MX E V	AD FR MX E V	AD FR MX E V	AD FR MX E V	V	V		Yes
Jewish Family Services	2255 Carling Ave, Ottawa ON K2B 7Z5	\$38	Jewish. Mild to moderate cognitive impairment. Minimal assistance, mostly independent. No incontinence, independent toileting. Self-administration of medication, with cueing if needed. Ambulatory.	Yes	Yes	\$14		Minimal assistance, independent toileting	MX E		MX E					2	No
J.W McIntosh-Williamsburg	4324 Villa Dr, Williamsburg, ON K0C 2H0	\$26	Clients must be mostly independent	Yes	Yes	Yes	\$26	Health education and support, grief and bereavement support, complimentary therapies, caregiver support and social work support. No PSW support clients must only need minimal assistance to attend.	MX E		MX E	V	MX E			0	Yes
Marianhill - Barry's Bay	65 Arena Rd, Barry's Bay, ON K0J 1B0	\$9	Dementia/frail	Yes	Yes	\$		Health education and support, grief and bereavement support, complimentary therapies, caregiver support and social work support. No PSW support clients must only need minimal assistance to attend.		MX E		MX E				1	No

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Marianhill - Golden Lake	28 Chigibig Inamo St, Pikwakanagan	\$9	Dementia/frail	Yes	Yes	\$		Physical, social, emotional and intellectual activities, promotes independence, increases self-esteem assists clients to remain living in the community for as long as possible, respite and support to caregivers	MX E							2	No
Marianhill – McCluskey Centre	600 Cecelia St, Pembroke, ON K8A 7Z3	\$9	dementia/cognitive impairment	Yes	Yes	\$		Physical, social, emotional and intellectual activities promotes independence, increases self-esteem, assists clients to remain living in the community for as long as possible, respite and support to caregivers	E AD		E AD		E AD			1	No
Marianhill - Pembroke	600 Cecelia St, Pembroke, ON K8A 7Z3	\$9	Frail elderly/Dementia	Yes	Yes	\$		Physical, social, emotional and intellectual activities, promotes independence, increases self-esteem, assists clients to remain living in the community for as long as possible, respite and support to caregivers	E MX	E MX	E MX	E MX	E FR			1	4
Marianhill - Petawawa	16 Civic Centre Rd, Petawawa, ON K8H 3H5	\$9	Dementia/frail	Yes	Yes	\$		Range of physical * social * intellectual activities * respite and support for caregivers			E MX					0	1
Maxville Manor	80 Mechanic St W, Maxville, ON K0C 1T0	\$12	Clients must be mostly independent	Yes		\$6	\$40	Hygiene/toileting, meal assistance, transferring, mobility, caregiver education and support, activation / health promotion / illness prevention, foot care, education and health promotion services * personal support worker available		AD FR MX	AD FR MX		AD FR MX				
North Renfrew Long Term Care	47 Ridge Rd, Deep River, ON K0J 1P0	\$11.50	Older adults and adults with disabilities, who need physical, social, or emotional supports	Yes	Yes	Yes		social, recreational, and therapeutic activities for frail elderly in a group setting for part of the day * helps to support family caregivers who provide day-to-day care	E MX V	E MX		E MX	E MX				

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Olde Forge, The	2730 Carling Ave, Ottawa, ON, K2B 7J1	\$25	Frail elderly/Dementia	Yes	Yes	\$8	Yes	Program includes: socialization, games, music, guest speakers/entertainers, chair exercises, mental aerobics and more * hot three-course meal and snacks * transportation available as resources permit * Luncheon bi-monthly for \$18, and usually includes entertainment * Footcare Clinic on Thu, new client fee \$50 and Regular fee \$34	E MX	E MX		FE					Yes
Ottawa West Community Support	1137 Wellington St W, Ottawa, ON K1Y 2Y8	\$20	Dementia. Frail Elderly, Mixed Groups	Yes	Yes	\$8	Yes	Program includes: ocialization, games, music, guest speakers, chair exercises, mental aerobics and more * hot three-course meal and snacks * assistance with toileting available * transportation available as resources permit	MX	AD	FR	MX					Yes
Respite House at Perley Health (overnight stay)	1750 Russell Rd, Ottawa, ON K1G 5Z6	\$60	Mild to moderate dementia	Yes	Yes			Overnight respite, meals, recreation programs, laundry, personal care	AD B	AD B	AD B	AD B	AD B	AD B	AD B		Yes
Rural Ottawa South Support Services	5579 Osgoode Main St, Osgoode, ON K0A 2W0	\$25	Clients must be mostly independent	Yes	Yes	\$12		Hygiene/Toileting, meals assistance, transferring, mobility, caregiver education and support, activation / health promotion / illness prevention, education and health promotion services			E MX FR AD	E AD FR MX					Yes
Senior Support Services	2235 Parkedale Ave, Brockville, ON K6V 6B2	\$20	Clients must be mostly independent	Yes	Yes	\$7	\$28	Hygiene/Toileting, meals assistance, transferring, mobility, caregiver education and support, activation / health promotion / illness prevention, education and health promotion services, very minimal assistance	E AD FR MX V	E AD FR MX V	E AD FR MX V	E AD FR MX V	E AD FR MX V	E AD FR MX V	E AD FR MX V		Yes

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Services Communautaires de Prescott et Russell Community Services - Clarence Creek	435 Lemay St, Clarence Creek, ON K0A 1N0	\$12		Yes	Yes	\$5 ³			B AD	B AD	B AD						Yes
Services Communautaires de Prescott et Russell Community Services - Embrun	649 Notre-Dame St, Suite 2003, Embrun, K0A 1W1ON	\$15	Frail older adults	Yes	Yes	\$5 ³		Activities for frail seniors living in the community * respite for caregivers	B FR	B FR		B FR	B FR				
Services Communautaires de Prescott et Russell Community Services - Hawkesbury	429 Marie St, Hawkesbury, ON K6A 2C8	\$3	Clients must be mostly independent		Yes	\$3		Transferring, Mobility, activation / health promotion / illness prevention, very minimal assistance , days divided into two groups am and pm	E V			F V					No
Services Communautaires de Prescott et Russell Community Services - Hawkesbury - Dementia	429 Marie St, Hawkesbury, ON K6A 2C8	\$12	Clients must be mostly independent	Yes	Yes	\$5		Transferring, Mobility, activation / health promotion / illness prevention, Transferring, Mobility, activation / health promotion / illness prevention	F V		F V		F V				Yes
Vista Centre - Cornwall	55 Water St W, Cornwall, ON K6J 1A1	\$0	ABI Patients only					Encourages participants to develop leisure lifestyle skills and social relationships, broaden their community awareness and improves self-esteem designed with participant input * client is required to bring their own lunch * virtual day program offered	E	E	E	E					Yes
Vista Centre - Ottawa	211 Bronson Ave, Suite 99 Ottawa, ON K1R 6H5	\$0	ABI Patients only					Encourages participants to develop leisure lifestyle skills and social relationships, broaden their community awareness, and improve self-esteem designed with participant input * client is required to bring their own lunch * virtual day program offered	E	E	E	E					Yes
Westen Ottawa Community Resource Centre Hollyer House (temporary location)	3865 Old Richmond Rd, ON, K2H 5C1	\$13 ²	Clients must be mostly independent	Yes	Yes	\$11 ³	\$13	Caregiver education and support, activation / health promotion / illness prevention, foot care, educational and health promotion services very minimal assistance				AD E	AD E	AD E V			No

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Western Ottawa Community Resource Centre	2 MacNeil Crt, Ottawa ON K2L 4H7	\$2	Clients must be mostly independent	Yes	Yes	\$11 ³	\$26.5	Caregiver education and support, activation / health promotion / illness prevention, foot care, educational and health promotion services, very minimal assistance	AD E	AD E	AD E	AD E	AD E V				Yes
Western Ottawa Community Resource Centre (evening)	2 MacNeil Crt, Ottawa ON K2L 4H7	\$21	Clients must be mostly independent	Yes	Yes	\$11 ³		Caregiver education and support, activation / health promotion / illness prevention, educational and health promotion services, very minimal assistance		AD E	AD E						Yes

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