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| | | | | Meal | Snacks | Trans | FC | | M | Tu | W | Th | F | S | Su | | |
| 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 | | | 0 | Yes |

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| Carefor-Carling - 'Let's Get Together' Club | 2576 Carling Ave, Ottawa, ON K2B7H5 | \$12 | 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 | | | 0 | 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 | | 1 open spot (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 | Yes | 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, 2 Fri | No |
| 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 4 open spots (4 mon, 0 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 | 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 | | | 9 | 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 | | | 2 | 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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| Name of Program | Address | Fee/ Day | Client Characteristics | Services Available | | | | Direct Services Offered | Days of Operation | | | | | | | Openings per week | Waitlist |
|---|-------------------------------------|-------------|---------------------------------------|--------------------|---------------|-------------------|-----------|---|-------------------|-----------|----------|-----------|--------------|----------|-----------|----------------------|----------|
| | | | | <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> | | |
| 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 |

| | | | |
|------------------------|---|---|---------------------------------------|
| Trans - Transportation | 5- \$0.45/kilometre | FE - female only | <i>Last Updated November 11, 2025</i> |
| FC - Foot care | \$ - indicates that an additional fee will be charged | M - male only | |
| 1- fees each way | E - English | FR - Frail Elderly only | |
| 2 - per half day | F - French | AD - Alzheimer's / Dementia only | |
| 3 - per round trip | B - Bilingual | MX - mixed (Alzheimer/Dementia AND Frail Elderly) | |
| 4- virtual fee | V - virtual programs offered | FF - functional fitness | |