Barnstable Adult Supportive Day Program

This is a program of the Barnstable Senior Service Division

Barnstable Senior Center 825 Falmouth Road Hyannis, MA 02601 (508) 862-4750

www.town.barnstable.ma.us/seniorservices

About Our Program

The Barnstable Adult Supportive Day Program is designed to provide supportive, professional services and engaging activities to elders who cannot or do not wish to stay alone at home during the day.



Barnstable Adult Supportive Day

The program is dedicated to providing a comfortable atmosphere for elders to maintain independence, build new friendships and remain active while aging-in-place in the community.



Typical Day

Our day begins with coffee /snack social in our café. The program engages our clients with a "brain gym" that includes trivia, history and word games. All programs are designed to stimulate the mind.



Exercise program

Our exercise programs include "Fit for Life", chair yoga, balance and strength training. The mornings end with both an art program and word games, always offering choices to our clients.



Meals/Snacks

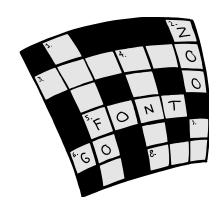
Lunch is provided daily by Elder Services of Cape Cod and the Islands nutrition program.

Menus are provided monthly by Elder Services of Cape Cod and the Islands.

Morning social snack is provided with coffee and juice.

Afternoon Programs

Afternoon programs range from crossword puzzles, men's groups, reminiscing, card games, manicures, gardening, golf, patio time, sing-a-long, entertainment, garden club, craft programs, themed parties and much more.



Special Programs

Intergenerational Programs
Music Therapy
Companion Animal Program
Hyannis Garden Club
Senior Center Events
Entertainment



Garden Therapy— Members of the Hyannis Garden Club engage our clients monthly with the joys of nature



Program focuses on engaging our clients to the best of their abilities via stimulating, social, and active programming



Companion Animal Program
visits once a month
for pet therapy

Transportation

Transportation is available to Barnstable residents via the Barnstable Senior Center's "Silver Express" Vans.



Fees

Program fees are based on a sliding fee scale for Barnstable residents and a flat fee for out-of-town clients.

Program fees may be supported by Elder Services of Cape Cod and the Islands and community grants.

Caregiver Needs

The Barnstable Adult Supportive Day Program provides much needed respite to caregivers. The Barnstable Senior Center encourages all caregivers to utilize our caregiver resources, outreach supports, social and educational programs, and support groups to ensure the health and well-being of our clients and caregivers.

Barnstable Adult Supportive Day 825 Falmouth Rd Hyannis MA 508-862-4765

Program hours
Monday - Friday
9 a.m. to 3 p.m.

The program is conveniently located in the Garden Level of the Barnstable Senior Center. Please call (508) 862-4765 for more information or to set up an appointment. Our staff are always available to answer any questions you may have and we welcome you to take tour of our program.