# Next Step to Active Living

## Adult Day Program

**Record #:** MHL0080  **Last Modified:** 19 Jun 2019  **Last Full Update:** 19 Jun 2019

### Record Details

<table>
<thead>
<tr>
<th>Social Media</th>
<th>Website: <a href="http://www.mississauga.ca/nextstep">www.mississauga.ca/nextstep</a></th>
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</thead>
</table>

### Description & Services

**Description**  
Adult day program * social, recreational, and therapeutic activities for adults with acquired physical disabilities in a group setting for part of the day * helps to support family caregivers who provide day-to-day care * participation in this program will assist physical, social, emotional and cognitive development  
* fitness classes (yoga, tai chi, chair-ercise, pool activities, balance classes, table games and social activities)  
* Community outreach activities

**Hours**  
South Common Community Center site-  
Mon-Thu 8:30am - 3pm (Phase 3 activities)  
Huron Park Recreation Centre Site  
Tue-Fri 9am-3pm

**Dates**  
The program runs all year long, with the exception of statutory holidays, 2 week closure over Christmas and New Years, 1 week closure for March Break, 2 week summer shutdown.

**Areas Served**  
Halton Region; Mississauga; and area

**Eligibility**  
Ages: 21 year(s) and up

Older adults and adults with acquired physical disabilities, who need physical, social, or emotional supports  
* Community Care Access Centre, Care Coordinators assess the needs of applicants  
* Must be living in the Mississauga/Halton area*  
Please note: program is not appropriate for individuals with Dementia.

**Application**  
Contact Mississauga Halton LHIN and connect with a Home and Community Care Access Care team 905-855-9090

**Fees**  
Service - minimal fee; A modest fee per session is charged.

**Languages**  
English

### Contact Information

**Address & Map**  
South Common Community Centre  
2233 South Millway Dr  
Mississauga, ON L5L 3H7

**Intersection**  
Burnhamthorpe Rd W and South Millway

**Accessibility**  
Fully Accessible

**Office Phone**  
905-615-4770 ext 2279

**Fax**  
905-615-4772

**After Hours Phone**  
There is a message service available 24/7, staff will return calls the next business day.

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<tr>
<td><strong>Primary Contact</strong></td>
<td>Program Coordinator; Phone: ext 2279</td>
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<tr>
<td><strong>Other Details</strong></td>
<td></td>
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<tr>
<td><strong>Funding</strong></td>
<td>Regional / Municipal; Provincial - Ontario Ministry of Health and Long Term Care</td>
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<td><strong>Service Level</strong></td>
<td>(50) Non Profit</td>
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<tr>
<td><strong>Subjects</strong></td>
<td>Adults; Arthritis; Bowling; Card games; Crafts; Day programs; Fitness activities; Games; Head injuries; Physical disabilities; Physical rehabilitation; Recreational activities; Seniors; Strokes; Swimming; Tai chi; Yoga</td>
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</tbody>
</table>

**Child Development Resource Connection Peel**

- 75 Watline Avenue, Unit #103
  Mississauga, ON L4Z 3E5
- Phone: 905-890-9432
  Fax: 905-890-8089
- deborah@cdrcp.com

Please use the "Suggest an Update" link to suggest changes to records.

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