Programs that reduce isolation and promote friendships.

- Bingo and game tournaments
- Group celebrations and birthday parties
- Holiday events and themed days
- Peer support groups
- Intergenerational programs (kids visiting seniors)
- Volunteer projects (care packages, knitting for charity)

Social interaction is a key component of adult day services.

Programs designed specifically for military veterans.

- Veterans support groups
- Military history discussions
- VA benefits education sessions
- Patriotic holiday celebrations
- Guest speakers from veteran organizations
- Veteran storytelling / oral history projects
- Honor ceremonies or recognition events

Programs that support lifelong learning.

- Technology classes (smartphones, tablets)
- Financial literacy workshops
- Cooking or baking classes
- Gardening classes
- Cultural education sessions
- Travel and geography presentations

Educational workshops stimulate curiosity and encourage learning.

Nature activities can improve mood and physical health.

- Gardening clubs
- Raised-bed gardening projects
- Bird watching
- Outdoor picnics
- Fishing trips
- Community walks

Services are often included in adult day health programs.

- Occupational therapy
- Physical therapy
- Speech therapy
- Medication management
- Nutrition counseling
- Mental health counseling

These services help maintain independence and functional ability.

Basic services that support participants during the day. • Nutritious meals and snacks • Transportation to and from the center • Personal care assistance • Medication reminders • Caregiver support programs