



## Services

- ☛ Foot and Nail Care
- ☛ Hydrotherapy – Accessible Tub
- ☛ Weight and Blood Pressure Monitoring
- ☛ Wheelchair and Hearing Clinics
- ☛ Escorted Shopping
- ☛ Stroke Program
- ☛ Internet Access
- ☛ Goderich Seniors Transit
- ☛ Stroke And You Surviving Support Group

## Activities

- ☛ Discussion
- ☛ Exercise
- ☛ Music & Singing
- ☛ Crafts
- ☛ Inspiration
- ☛ Guest Speakers
- ☛ Cards & Games
- ☛ Slide Shows
- ☛ Intergenerational Activities
- ☛ Swim Program where available

## Midwestern Adult Day Services

*“Winter is on my head, but spring is in my heart.”*  
Victor Hugo

Some seniors and physically challenged adults need a bit of assistance to remain as independent as possible. A friendly, helping hand available through attendance at a Day Centre can greatly enhance their quality of life.

The five Adult Day Centres invite people in Huron, South Bruce and North Lambton Counties who are aging, facing physical challenges, or experiencing chronic illness or conditions such as Alzheimer Disease to attend their local Day Centre on a regular basis. Caregivers may consider the respite and peace of mind they can experience by having a family member attend a program suited to his or her needs.



*“It is magnificent to grow old if one keeps young.”*  
Harry Emerson Fosdick

A nominal fee includes transportation to and from your home, activities, a nutritious meal and snacks.

## Our Mission

To respect the individual as a valued member of the community and to support independent living for older adults and persons with special needs.



A team of professional staff and dedicated volunteers offer progressive programs and services in a welcoming environment.



Contact the nearest Day Centre for information about services in your area, or to arrange a personal visit to observe one of our programs.

**Clinton Adult Day Centre**

317 Huron Road  
Clinton  
519-482-7943

**Exeter Adult Day Centre**

24 Huron Street West  
Exeter  
519-235-4600

**Goderich Adult Day Centre**

110 Picton Street  
Goderich  
519-524-2228

**Grand Bend Adult Day Centre**

69 Main Street East  
Grand Bend  
519-238-6289

**Wingham Adult Day Centre**

350 Josephine Street  
Wingham  
519-357-1440

**1-866-492-2205**  
[www.mwads.org](http://www.mwads.org)

**Board of Directors  
2009-2010**

This agency is governed by volunteers drawn from across our service area.

Marty Cretier.....Wingham  
George Gibson ..... Goderich  
Mary Humphrey .....Wingham  
Pat Kading .....Grand Bend  
Frank Loscombe .....Grand Bend  
Brenda McIntosh ..... Seaforth  
Dorothy Marks .....Wingham  
Jayne Miltenburg.....Lucknow  
Yvonne Reynolds ..... Exeter  
Bill Taylor ..... Varna  
Lori Vanstone.....Goderich

All five Day Centres are administered by Midwestern Adult Day Services, a registered charity that relies on people in our home communities for volunteer and financial support.

Please send donations to:  
Midwestern Adult Day Services  
317 Huron Road, Box 1000  
Clinton On N0M 1L0

We will gratefully acknowledge your gift with a tax receipt.

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**MIDWESTERN  
ADULT  
DAY SERVICES**



**DAY PROGRAMS  
AND  
SERVICES**

