



To learn more about PARC's Active Senior Day Habilitation Services and to receive a tour of our Day Hab programs please contact us.

PARC
Day Habilitation
Services
31 International
Blvd.
Terravest Corp.
Park

Or contact :
Pepi Diaz-Salazar
Director of Day Habilitation
Services
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A Day Hab Program for Active Seniors



PARC's newest program is committed to fostering vibrant social connections in a relaxing and positive atmosphere— a **NURTURING** Habitat for our Elders.

As a community leader, PARC creates and provides lifelong opportunities for people with disabilities to achieve success.

PARC's Program for Active Senior's 65+ offers a wide variety of enjoyable and energizing programs specifically designed for adults who wish to maintain an active lifestyle at a their own pace.



Community Trips

- Local church services
- Shopping at various local stores, Target, Kohl's, local area malls, Michael's
- Restaurants
- Museums and local points of interest
- Library

Sample Program Day

9:00-9:30 Arrival

9:15-10:00 Continental Breakfast

10:00-11:00 Exercise Program -
Inspirational Time - Cooking Class -
Memory Games - TV - Community
Trip

11:00-12:00 Individual Activities -
Board Games - Crafts - Reading -
Mass at a local church

12:00-12:30 Hot Lunch

12:30-1:30 Reminiscent Activities -
Exercise Program - Community Trip -
Bingo - Sing-Along -Computer Lab

1:30-2:00 Card Making - TV -
Relaxation - Sewing/knitting -
Reading

2:00-2:30 Light Snack and departure

