

## What About Cost?

Our daily fee includes activities specifically designed to meet the need of each individual, a continental breakfast, lunch and afternoon snack. Assistance is offered to help with transportation. Referrals are available for financial assistance.



“Memorial donations are always welcome. They help to cover the fee for the many participants who lack adequate resources.”  
—Program Coordinator



For more information about the  
City of Fairfield Senior Day Program  
visit us online at  
[www.fairfieldseniorcenter.com](http://www.fairfieldseniorcenter.com)  
or call **707-428-7654**  
Enrollment packets available

# Fairfield Senior Day Program

This institution is an equal opportunity provider.

Licensed, Courteous, & Trained Professionals

Improving the  
quality of life  
for seniors and  
their loved ones.



“ Everything is wonderful here. Everyone is so pleasant when I walk in the door and so helpful all day long. ”

— Participant Elaine of Fairfield



## What are the Benefits of the Fairfield Senior Day Program?

### For the participant:

- Opportunities for social involvement
- Increased independence and self esteem
- Participation in therapeutic activities
- Balanced meals and hot lunch
- Physical and mental stimulation
- Improved mood and sense of well-being

### For the family or caregiver:

- Access to support and resources
- A low cost alternative to a higher level of care
- Respite from care-giving duties
- Time to care for your own needs
- Resource library and educational opportunities



## Who attends the Senior Day Program?

Conveniently located at the City of Fairfield Senior Center, 1200 Civic Center Drive, our program serves:

- Those with all stages of Alzheimer's disease and related dementias.
- Those with chronic diseases such as stroke and Parkinson's disease.
- Adults who would benefit from social interaction in a structured atmosphere.

The program operates Mondays through Fridays from 9:00 a.m.- 3:00 p.m. Participants may attend from one to five days a week.

## What is the Fairfield Senior Day Program?

The State-licensed Fairfield Senior Day Program is a community-based, group program designed to promote the quality of life for isolated, frail and impaired adults.

Our structured, comprehensive program provides a variety of health, social and other related support services for participants, family members, and caregivers.



“ The happiness and well-being of each person is of utmost importance to us. We strive to make our program consistent with people's life interests through music, reminiscence, exercise, gardening, cooking and more. ”

— Program Staff