



PRIME TIME ADULT DAY PROGRAM

1059 SOMERSET AVE., DIGHTON, MA 02715

PHONE (508) 669-6272



Do you know someone over the age of 60 who might benefit from meeting new friends, trying new experiences, and keeping active in their minds and bodies?

Prime Time Adult Supportive Day Program, a service provided through the Town of Dighton Council on Aging, helps provide social interaction, a good diet, and exercise for the mind, body and spirit for senior citizens.

Prime Time provides a clean, spacious, comfortable, homelike setting, with nutritious breakfast, lunch, and afternoon snack served five days a week. Exercises for multiple activity levels for mind and body are provided every day, as well. A varied, extensive array of physical and educational activities addresses balance, health, strength, and memory, with the help of visiting guests and caring, attentive staff members. All staff are CORI checked, inoculated, and certified for CPR. Kitchen staff are certified food handlers.

Prime Time's services make it easier for seniors to stay in their own homes, or in their family's home. There's much, much more to say about Prime Time.

Visit the Prime Time website:

http://www.dighton-ma.gov/public_documents/dightonma_coa/index

When new friends come and join us, it makes Dighton stronger.

Dighton Council on Aging

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Prime Time Goals: To foster independence | To promote social activity | To provide a home-like atmosphere | To maintain mobility | To prevent depression | To maintain maximum health | To provide respite for families