

# Prime Time Offerings:

- Hair dresser
- Podiatrist
- Musical entertainment
- Manicures
- Hand massages
- Outdoor cookouts
- Arts & crafts
- Chair Zumba
- Chair yoga
- Blood pressure checks
- Cards & board games
- Daily fitness group
- Reminiscing
- Trivia
- & even a free play pinball machine!



## OUR DETAILS

1059 Somerset Ave.  
Dighton, MA 02715

Phone: 508-669-6272

Fax: 508-669-9065

Email: [TTate@dighton-ma.gov](mailto:TTate@dighton-ma.gov)

### Prime Time Program Hours:

Tuesday 8:00 am - 3:00 pm

Wednesday 8:00 am - 3:00 pm

Thursday 8:00 am - 3:00 pm

# PRIME TIME SUPPORTIVE ADULT DAY PROGRAM



*Growing old is inevitable but  
growing up is optional!*

## Scope of our Services and Care:

We provide supportive adult day services for adults over the age of 60 years old that may require assistance to safely remain independent in the community and most importantly, in their own homes. These services are directed at maintaining and/or improving their capabilities of self care. Participants attend on a scheduled basis and we provide them with individualized and group activities to engage participation for all. A nutritional breakfast, lunch & snack is served daily to all participants.

Some of the social activities we offer daily: a spiritual service (if interested), trivia/discussion group which provides opportunities for social engagement and friendship formation. Other activities that are designed to create interaction between our participants are other range of motion activities and walking groups (weather permitting). We also offer crafts, memory games & different musical entertainers to fulfill all participants varieties of preferred music.

## PRIME TIME SUPPORTIVE ADULT DAY PROGRAM

Would you or someone you know benefit from meeting and socializing with new friends, trying new experiences and activities all while keeping active in your mind and body?

**Then Prime Time might be the perfect fit for you!**

Call Prime Time today at 508-669-6272 to set up a tour to come in and see our comfortable, home-like program, or to set up a **FREE** trial day!

## Population We Serve:

We provide supportive services for participants who are 60 years & older, continent and have the ability to feed themselves & tend to their personal needs.

Participants should be able to administer their own medications (staff is able to cue if need be), not be verbally or physically abusive to staff and other participants and have the ability to be redirected if prone to wandering.



## Our Staff:

Our staff is CPR & AED certified and receives specialized training throughout the year. Our staff are dedicated and kind individuals who were selected because of their commitment to improving the physical, emotional & spiritual wellbeing of older adults.

We have a wonderful group of dedicated volunteers that help make our programs run smoothly and efficiently.