

SAM

ADULT DAY PROGRAM

SAM is a community-based adult day program offering a day out for seniors and adults. It has served Hamilton since 1981.

~ SAM Central ~

Good Shepherd
Bishop Tonnos Building
10 Pearl Street, Unit A
Hamilton ON
905.525.1181

Monday to Friday,
9:30 a.m. to 2:30 p.m.

~ SAM East ~

Church of the Nativity
1831 King Street East
Hamilton ON
905.544.4550

Monday to Friday,
9:30 a.m. to 2:30 p.m.

Staff are available 8 a.m. to 3:30 p.m.

Our Transportation Partners

DARTS • 905.529.1717

Red Cross Toll-Free
1.844.843.7331

Funding support is provided by Ontario Health West and the Hamilton City Enrichment Fund.

Contact SAM

SAM Administration Office
10 Pearl Street North, Unit A
Hamilton ON L8R 2Y8

Phone: 905.525.5632

Email: SAMProgramOffice@gsch.ca

Website: goodshepherdcentres.ca

What it means to have Faith in People

It means seeing the whole person. It means hearing warmth and humanity in their voices – not just despair.

We see potential and promise.

For the people we serve, our *faith in people* means all of this. It also means helping people discover their faith in themselves.

For more information on how you can help, contact

Good Shepherd Development Office
400 King Street West, Hamilton ON
905.572.6435
goodshepherdcentres.ca



Good Shepherd
Faith in people.



Hospitaller Order of Saint John of God
Province of the Good Shepherd in North America

SAM

ADULT DAY PROGRAM



Good Shepherd
Faith in people.

Stimulate

Activate

Motivate



SAM Adult Day Program

SAM is a community-based therapeutic day program providing a structured “day out” for seniors and adults 18 and over. SAM offers a variety of social, recreational, mentally and physically stimulating activities to participants, with the program goals of Stimulation, Activation and Motivation.

We offer:

- Social, recreational, cognitive and physical activities
- Daily exercise program
- A hot, nutritious full-course meal at noon
- Assistance with personal needs, including medications
- A registered nurse to help monitor client health and well-being
- Respite from caregiving responsibilities

Activities may include:

- Arts & crafts
- Entertainment
- Music programs
- Table games
- Stimulating Cognitive Games
- Cooking & Baking
- Group Socials
- Shuffleboard
- Bocce Ball
- Mini Putt
- Bowling

and more!

Note: A daily program fee applies. A subsidy may be available for those who qualify.

SAM APHASIA PROGRAM

Aphasia is a language disorder which affects a person’s ability to communicate. It can occur after an injury to the brain, such as a stroke. Our aphasia-friendly day program enables people with aphasia to socialize and feel more connected. The Aphasia Program is offered through SAM East on Mondays.

We offer:

- Conversation groups run by a speech language pathologist, communicative disorders assistant, staff and volunteers
- Aphasia-friendly social, recreational and exercise activities
- Aphasia education and partner training
- Ongoing access to a social worker

Note: A daily program fee applies. A subsidy may be available for those who qualify.