



SAM

SAM is a community-based **adult day program** providing a structured “day out” for adults aged 18 and over, and seniors. SAM offers a variety of social, recreational, and physically stimulating activities. *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*

A specialized Aphasia Program is held on Mondays at our SAM East location.

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

SAM CENTRAL

Good Shepherd Bishop Tonno Seniors Building
10 Pearl Street North, 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.

For more information, please contact
905.525.5632 or SAMProgramOffice@gsch.ca