



## The Day Center

*Where Strangers Become Family*

The Day Center is a good choice for older adults who need care and supervision during the day due to a physical or cognitive challenge. The warm, nurturing and friendly setting offers a world of activity for body, mind and spirit, helping adults remain active and involved in the world around them. Friendships blossom while participants enjoy activities designed to add meaning to their lives, improve mental and physical functioning and increase their sense of worth. In addition, the program provides families with peace of mind and the opportunity to take a break from their caregiving responsibilities or continue their employment.



## Senior Day Care Services

Now with two locations

**PLACERVILLE**  
935A Spring Street  
530-621-6180

**EL DORADO HILLS**  
990 Lassen Lane  
916-358-3560

FAX : 530-663-8418  
EMAIL: [sdinfo@edcgov.us](mailto:sdinfo@edcgov.us)



## Senior Day Care Services



EL DORADO COUNTY  
HEALTH AND HUMAN SERVICES AGENCY



Volunteers enrich our program and the lives of our participants. The therapeutic value of volunteers cannot be overestimated.

While specific skills and knowledge are helpful in the day care setting, they are not required. In volunteers, we look for people who express optimism, kindness, patience, energy and the joy of living. This type of attitude is picked up by our participants and is encouraging to them.

## Volunteer Opportunities



*With no end to the variety of services that volunteers can offer, every kind of talent can be utilized at the day center. Here are some opportunities. But if you don't see anything that interests you, please tell us what would. We love new ideas!*

- ◆ Leader or co-leader for classes such as...  
Chair aerobics and yoga, ceramics, painting, crafts, cooking, reminisce
- ◆ Assistant with meals/snacks  
Serving lunch and snacks; preparing snacks
- ◆ Monthly Live Entertainers  
Singer, choir, band, playing piano, guitar or other instrument
- ◆ Leader or co-leader for activities & games such as...  
Bingo, horseshoes, hangman, trivia, group crossword, cards, book club  
Adaptive sports ( example: bowling, golf, hockey, balloon volleyball, basketball)

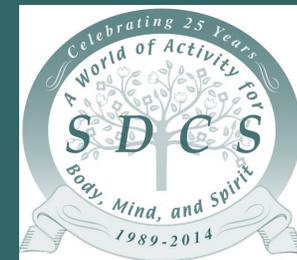
*Full time, part time and on-call opportunities available.*

## Two Locations

**935A Spring Street  
Placerville, CA 95662  
Phone: 530-621-6180**

**990 Lassen Lane  
El Dorado Hills, CA 95762  
Phone: 916-358-3560**

**Fax: 530-663-8418  
Email: [sdinfo@edcgov.us](mailto:sdinfo@edcgov.us)**



**Senior Day  
Care Services**