

SENIORS



SAHARA Seniors Program

What is SAHARA Seniors Program?

SAHARA Senior's Program is a linguistically and culturally appropriate program for South Asian Seniors. The program supports caregivers so that seniors stay at home with dignity and care. Seniors can attend the day program which includes a variety of activities such as arts and crafts, health education and awareness, resource development and participate in the Community Garden. The program also educates seniors about falls prevention and diabetes. Seniors are assisted in organizing cultural celebrations.

Who can benefit?

Seniors 65+ and over.

What are the major benefits?

The benefits are substantial and include:
Services are in Punjabi, Hindi, and Urdu
SAHARA Day Program

Day program	Friendly visiting and telephone support
Care givers education and support program	Outings, Trips, and Picnics
Falls prevention	Mentor Training
Health Fairs and Clinics	Community Garden
Health Education and Awareness Workshops	

How are referrals made?

Referrals are made by calling 905.677.0889 or 905.790.0808. Community Based Agencies, Lawyers, Religious Leaders, Family Members, Family Physicians and individuals may make a referral.

Where is the Program located?

The program is located at:
11730 Airport Road, Brampton, Ontario, L6R 0C7
2829 Derry Road East, Mississauga, Ontario, L4T 1A5

What are the hours of operation?

Monday to Friday from 9:00 a.m. to 5:00 p.m.