



ACTIVITIES

COMMUNITY

CAREGIVERS

Full Day

Monday to Friday
8:30 a.m. to 4:30 p.m.
\$15.00 – includes nutritious meal

Half Day

Monday to Friday
\$13.50 – includes nutritious meal
\$7.50 – without meal

Join us one day a week... or five!

400CLUB is a warm, welcoming and safe place to meet friends, try new things and enjoy a tasty mid-day meal. We offer a wide variety of activities to get seniors out of the house and having more fun. Our vision is to become a community hub with services and activities for seniors. **400CLUB** has something for everyone, no matter what abilities, energy or interests they possess.

- Exercise
- Music
- Games
- Manicures
- Arts & Crafts
- Outings
- Baking
- Socializing
- Reminiscing
- Happy Hour!

Getting older shouldn't be scary. It's a time to be connected to your community, share experiences and have fun. Research shows that staying engaged can reduce medical interventions and anxiety.

While members enjoy the comfort of the **400CLUB**, their friends, family and caregivers can relax and pursue other activities.

400CLUB is wheelchair accessible. We have a patio and garden to enjoy in good weather. Plus, members can also access a number of wonderful, affordable services like hairdressing and foot care.

400CLUB is specially designed for those with physical challenges and/or memory issues. It's hosted by talented, caring professionals and volunteers.

Message to Caregivers

- Are you caring for someone with mobility issues, dementia or memory loss?
- Would you like some extra time to get the groceries done, or catch up with friends?
- Sign your loved one up for **400CLUB** today!



To join, you must be 18 or older and need assistance with mobility or other activities of daily living.

705-474-4250

Mandy Gilchrist
ext. 223

400CLUB@cassellholme.on.ca

400CLUB requires a referral from the LHIN [Local Health Integration Network].
You can reach them at
705-476-2220.

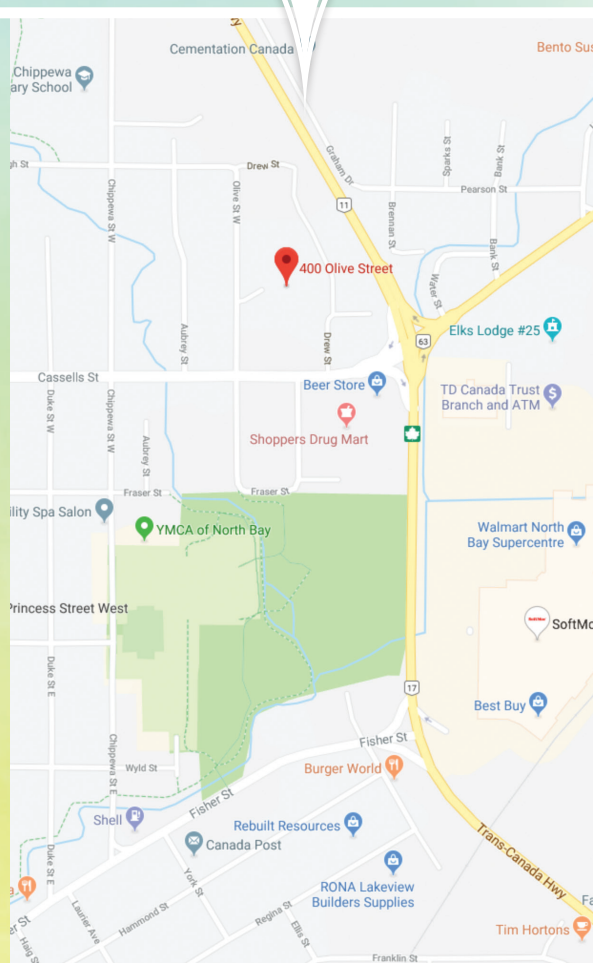
Once we receive the referral,
we'll set up a tour and
start your membership!

400CLUB
400 OLIVE STREET

400CLUB

705-474-4250

400 Olive Street
North Bay, ON
P1B 6J4



400CLUB

Join the CLUB...
keeping minds, bodies
and spirits active!

*"The program is sensational!
I love the fellowship."*

~ Valerie Lazarou ~

*"I love the music – it's great
to get out and listen."*

~ Gerald Ranger ~

*"It's so nice to
get out of the
house and
see friends!"*

~ Harry Grawbarger ~

*The **400CLUB** has been
amazing! Music, activities
and socializing enhance my
husband's quality of life!*

~ Caroline Thompson ~