

Wednesday Wellness Day

Weekly on Wednesdays, 10 am - 2 pm



Wednesday Wellness Day is a supportive care service designed for those living with a life-limiting illness, providing a day out in a safe, friendly and caring atmosphere.

Participants gather in our Activity Room to share in a light breakfast and circle check-in which is a chance to share about the highs and lows of life and to give and receive support. As the day unfolds you can expect to experience camaraderie and new friendships, conversation and laughter, learn new skills and engage in a variety of activities such as: games, cards, arts and crafts, guest speakers, music and sing-a-longs, gentle exercise and so much more. Additionally, our Complimentary Therapy Volunteers also provide Therapeutic Touch and Massage and Pet Therapy visits. Participants also enjoy a great lunch.

At Wednesday Wellness Day the focus is to promote one's sense of well-being and to enhance life. If you are someone who would enjoy meeting with others, a change from your usual routine and providing your family caregivers a 'day off' this is the place for you!



Registration Required - Capacity for 8 participants per session; Interest list maintained. Contact Pranita Murphy at 416-626-0116 x 228 and/or speak with your Care Coordinator if you are interested in attending so that we can be prepared to welcome you. If transportation is needed we will endeavor to arrange for a volunteer driver (as available) to pick up participants in the morning and bring them home in the afternoon.

There is no charge for any of the services offered by Dorothy Ley Hospice, however donations help ensure the ongoing availability of our programs. We thank you for your support.



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