



# ADULT DAY PROGRAMS

## Supporting Family Caregivers



an affiliate of

Salinas Valley Memorial Healthcare System

### Peace of mind

**Hilltop Center**  
871 Jessie St.  
Monterey  
831-643-0278

**Seaside Adult Day Center**  
*Alzheimer's Day Center*  
*Stroke/ Handicapped Adult*  
*Rehabilitation Center*  
200 Coe Avenue  
Seaside  
831-899-7178

**Salinas Adult Day Center**  
45 Plaza Circle  
Salinas  
831-424-7930

Respite  
for caregiver

Cost  
effective



Protected  
environment

Care and  
socialization

## Certificate for free day and evaluation



Do you need a break from the stress of care at home?  
Have you been looking for daytime activities for a loved one with dementia, or for a frail elderly family member?  
**VNA can help!**

The Visiting Nurse Association has three affordable Adult Day Centers offering:

- Light exercise
- Music
- Hot noon-time meal
- Games
- Sliding-scale fees
- Respite for caregivers
- Socialization
- Caring, competent staff

This Certificate is good for a free evaluation and a free day ( including lunch) at any one of the Visiting Nurse Association Adult Day Centers. Please call in advance for an appointment and more information...

**Hilltop Center**  
871 Jessie St.  
Monterey  
831-643-0278

**Seaside Adult Day Center**  
200 Coe Ave.  
Seaside  
831-899-7178

**Salinas Adult Day Center**  
45 Plaza Circle  
Salinas  
831-424-7930

To participate in free day, attendance of caregiver and loved one is required.