



DayBreak

At the Shrewsbury Senior Center

A warm friendly place to spend an afternoon.

*An adult day health program offering
Socialization for Seniors and Respite for Caregivers.*

Starting Friday, January 20, 2023

Pre-registration for sessions is open

First and Third Friday each the Month, 11:30am – 2:30pm

Each session includes lunch* for recipients and fun activities that facilitate social connection and exercise/movement.

** We are not able to accommodate those with dietary restrictions, and will need to bring their own bag lunch.*

This is a Pilot Respite Program. Participant Forms and pre-registration for sessions are required 3 Days in advance.

Please contact Renee D'Argento, Outreach Coordinator, for more information and to register. ASK Renee about our off-site respite opportunities – Shrewsbury residents only. 508-841-8647. rdargento@shrewsburyma.gov

This Day Break Pilot Respite Program is funded in part from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs. Any opinions expressed herein are solely those of the Shrewsbury Council on Aging. The Shrewsbury Pilot Respite Program will end on June 16, 2023, and is NOT affiliated with the off-site respite Day Break program in the towns of Hudson, Marlborough and Northborough.