Dighton Council on Aging

Prime Time
Adult Supportive Day Program
1059 Somerset Avenue
Dighton, MA 02715
Prime Time

Homelike atmosphere
Prime Time Clients

- Must be 60 years or older
- Continent of bowel and bladder
- Able to administer their own medications
- Not physically or verbally abusive
- Not prone to wandering
- Prime Time clients meet new friends, gain a positive attitude, try new experiences and build hopes for today and the future.
Nutritional Program

- Full, Hot Breakfast is served daily (Pancakes, French Toast, Muffins, Eggs)
- Hot, nutritious Lunch is served daily (includes 90% daily nutritional intake)
- Late afternoon snack (fresh popcorn, cookies, crackers & dip)
Dining at Prime Time

- Breakfast and lunch is served at beautiful place settings using Corelle dishes, silverware and glasses. During lunch, soothing dinner music is played.
- At times our guests enjoy some Special dining experiences
Victorian Tea Time
Daily Activities Program

- Fitness Program
- Spiritual Exercises
- Bingo/Cards/Games
- Sports Program
- Arts & Crafts Projects
Daily Activities

- Exercise class
- Bingo
Weekly Activities

- Hairdresser for the ladies
- Manicures
- Bowling League
- Horse Racing Trivia
- Giant Crossword Puzzle
- Reminiscing
- Discussion Groups/Current Events
Hairdresser/Crossword Puzzle
Monthly activities

- Blood Pressure Screening
- Spirituality Session
- Podiatry Service
- Barber is available for the men
- Monthly Birthday Party
- Monthly Excursions
Barber & Birthday Parties
Our staff is CPR Certified
Fully inoculated against Hepatitis and Tuberculosis
Certified in Proper Food Handling
Our staff members are devoted, caring and creative. They benefit from receiving as much love as they give.
Devoted Staff Members
Volunteers (Unpaid Workers)

- All volunteers pass the State C.O.R.I. Check
- Volunteers that handle food are fully inoculated against Hepatitis and Tuberculosis
- Our volunteers play a vital role in the success of our day program. Without their dedicated service we would not enjoy the success that we have.
Prime Time Volunteers
Prime Time Goals

- To foster independence
- To promote social activity
- To provide a home-like atmosphere
- To maintain mobility
- To prevent depression
- To maintain maximum health
- To provide respite for families
Prime Time Accomplishments:

- Winner of the 1998 R.O.S.E. Award for our Intergenerational Friendship Garden
- Winner of the 2002 R.O.S.E. Award for our innovative Hairdressing Salon
R.O.S.E. Awards

- 1998 R.O.S.E. Award
  - Friendship Garden

- 2002 R.O.S.E. Award
  - Innovative Hair Salon
R.O.S.E. Award (Resources Organized to Serve Elders)
At Prime Time:

We strive to keep our elders out of nursing homes and in their own homes for as long as possible
Prime Time

A home away from home
where your loved ones
quickly become our loved ones.
Serving our community with pride