

Dear Families,

Hi, my name is Joanne Ray, UCP of North Bay's Senior Adult Program is a wonderful program for people with disabilities. Since my mother Judy has been going there, she has more things to do daily. She is no longer sleeping all day and has something to look forward to each day that she attends the program.

She comes home and is excited to talk about her day and the activities she has participated in. Without this program Judy would be bed bound and her disabilities would be worse.

The Senior Adult Program helps keep her active, happy and allows her to develop friendships. This program also helps with her memory in ways that she can tell me about her day which can often be hard for her to do. Additionally, Judy is getting exercises in the morning which is great since she doesn't get much in the mornings at home. Thank you to everyone at UCP of the North Bay for the excellent support.

Sincerely,  
Joanne Ray

# SENIORS

Senior  
Adult Program



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