

# Cornerstone Family Programs Adult Day Outreach Program



**Come join us daily and stay connected with other Seniors in your local  
Morris County Community**

## **Our program includes:**

- **Twice Daily Zoom activities-Exercise-Word Games-Bingo-Music and more**
- **Weekly Wellness calls and e-mails**
- **Weekly activity sheets**
- **Weekly personal greeting and special occasion cards**
- **Information and referral services**
- **Simple online registration with preference for enrollment once our center re-opens**



**Feeling isolated or detached? Bored and tired of being home? Then this program is for you! Get engaged with this active, virtual and stimulating program!**

**For more information and to sign up contact Nancy Arluna – (973) 462-0962 or  
narluna@cfp-mnh.org**