Intergenerational Program

St. Paul’s offers a unique Intergenerational Program bringing children and seniors together in a purposeful and mutually beneficial way through creatively planned activities, opportunities, and experiences. Throughout the day, children and seniors work and play together with activities like reading, drawing, sing-alongs, nature walks, dancing, arts and crafts, and more.

Benefits of the Intergenerational Program
- Promote acceptance and understanding
- Build relationships
- Develop empathy and respect
- Increase sense of worth
- Share new learning skills and accomplishments

Call to schedule a tour!

StPaulsSeniors.org

A day program your loved one will enjoy

328 Maple Street
San Diego, CA 92103
(619) 239-6900
As a caregiver, it’s difficult to be with your aging loved one 24/7, especially those with memory impairment. You may feel overwhelmed or worried that your loved one is in danger or not getting enough socialization when left alone. While there are options including assisted living and memory care, St. Paul’s Senior Day Program provides companionship and supervision during the day, allowing you to keep your loved one living at home. You will rest assured knowing that your loved one is receiving excellent care while you are at work, running errands, or taking time to relax.

Please call for a personal appointment and assessment between 7:30am - 6pm, Monday - Friday

(619) 239-6900
StPaulsSeniors.org

St. Paul’s Senior Day Program

St. Paul’s Senior Day Program cares for seniors with mild to moderate dementia and gives each participant a day of engagement and socialization.

From coffee and current events in the morning to light exercise classes, scenic bus tours, and memory enrichment exercises in the afternoon, our seniors have an array of activities throughout the day. Shared time with children from our Child Care Program also provides a meaningful and rewarding experience for all involved.

We meet our seniors’ needs by:

- Promoting mental and emotional health through programming and activities including games, fitness, music, and field trips.
- Participating in activities with the children in our Child Care Program.
- Assisting with activities of daily living including incontinence care and medication management.
- Offering chaplaincy services to meet spiritual needs.
- Serving nutritious lunches and snacks.

Hours of operation:
Monday - Friday, 7:30am - 6pm

“Once my mother joined the Senior Day Program, things really changed for the better. St. Paul’s shows such genuine care and compassion. My mom loves spending her day there.” - Marlene Lacson

“St. Paul’s Senior Day Program strives to serve seniors in our community by meeting their social, cognitive, and physical needs, and enabling them to live at home longer. We also strive to provide respite and peace of mind to caregivers who have the huge responsibility of caring for their loved ones full time. We are here for you and for the seniors we serve. We believe in person centered care, and our innovative intergenerational model is a unique San Diego treasure. Come and visit us. We would love to meet you!” - Melissa Stinson, Senior Day Program Supervisor