Provider List - Adult Day Centers - Cumberland & York Counties

Adult Day Program at SMAA Anderson Learning Center in Springvale

Contact:
Last Updated: 04/15/2026 10:16:17AM
Last Reviewed: 05/16/2025

Phones: (207) 396-6500 [Business]*

Address: [Business]*
SMAA Anderson Learning Center
15 Bradeen St
Springvale, ME 04083 (York county)

Web Site: https://www.smaaa.org/services-for-older-adults/adult-day/

Eligibility:

Notes: SMAA's Adult Day Programs – located at the Sam L. Cohen Center in Biddeford and in Springvale at the Anderson Learning Center – are geared toward older adults with Alzheimer's and other dementias. We foster close personal relationships with and between members which stimulates the brain, effectively slowing down the memory loss process while combating depression and isolation.

We recognize that every Adult Day Program member is a unique individual. That is why our person-centered activities are designed to honor and engage every member in ways that are physically and cognitively stimulating and fun.

Activities offered during a typical day at the Adult Day Program might include:
Active games, including Ladderball, Bocceball, and Baggo; Baking; Bird watching; Exercise programs; Gardening; Music programs; Reminisce programs; Various art projects; Word-based games.
Don't see your favorite activity on our list? Ask us!

In addition to respite, we provide support for care partners helping them address behavioral challenges and the social isolation and loneliness that can accompany caring for a person with dementia. Southern Maine Agency on Aging Family Caregiver specialists offer educational classes, forums, and group and individual sessions for care partners.

Many members pay with private funds or long term care insurance. In some instances state funds are available. The Veterans' Administration offers a program that pays for day center hours. Staff can assist with locating subsidies for care. Enrollment at the Adult Day Program begins with a complimentary trial visit so that you and yo loved one can decide if this will be a supportive environment for them.

Our Frequently Asked Questions can help with answering some of you initial questions. However, the best way to get a feeling of the Adult Day Program is to connect with us directly. Complete our online form, email Leah D'Amc , Family Caregiver Resource Specialist (adultday@smaaa.org), or call Leah at 207-396-6552.

This resource information is provided as a service of AgeMaine, 30 Barra Road, Biddeford, ME 04005, 1-800-427-7411. AgeMaine does not licence, endorse or recommend any specific provider, nor can we guarantee the quality of service from providers .

Provider List - Adult Day Centers - Cumberland & York Counties

Adult Day Program at the Sam L. Cohen Center/SMAA

Contact:
Last Updated: 04/15/2026 10:16:53AM
Last Reviewed: 05/16/2025

Phones: (800) 427-7411 [Toll free in state]*,
(207) 396-6500 [Business]

Address: [Business]*
SMAA Adult Day Program At The Sam L. Cohen Center
30 Barra Rd
Biddeford, ME 04005 (York county)

Web Site: https://www.smaaa.org/services-for-older-adults/adult-day/

Eligibility: Disability / Health Condition

Notes: SMAA's Adult Day Programs – located at the Sam L. Cohen Center in Biddeford and in Springvale at the Anderson Learning Center – are geared toward older adults with Alzheimer's and other dementias. We foster close personal relationships with and between members which stimulates the brain, effectively slowing down the memory loss process while combating depression and isolation.

We recognize that every Adult Day Program member is a unique individual. That is why our person-centered activities are designed to honor and engage every member in ways that are physically and cognitively stimulating and fun.

Activities offered during a typical day at the Adult Day Program might include:
Active games, including Ladderball, Bocceball, and Baggo; Baking; Bird watching; Exercise programs; Gardening; Music programs; Reminisce programs; Various art projects; Word-based games.
Don't see your favorite activity on our list? Ask us!

In addition to respite, we provide support for care partners helping them address behavioral challenges and the social isolation and loneliness that can accompany caring for a person with dementia. Southern Maine Agency on Aging Family Caregiver specialists offer educational classes, forums, and group and individual sessions for care partners.

Many members pay with private funds or long term care insurance. In some instances state funds are available. The Veterans' Administration offers a program that pays for day center hours. Staff can assist with locating subsidies for care. Enrollment at the Adult Day Program begins with a complimentary trial visit so that you and yo loved one can decide if this will be a supportive environment for them.

Our Frequently Asked Questions can help with answering some of you initial questions. However, the best way to get a feeling of the Adult Day Program is to connect with us directly. Complete our online form, email Leah D'Amc , Family Caregiver Resource Specialist (adultday@smaaa.org), or call Leah at 207-396-6552.

Provider List - Adult Day Centers - Cumberland & York Counties

Adult Day Program at the SMAA Portland Center

Contact:
Last Updated: 07/31/2026 5:19:18AM
Last Reviewed: 09/09/2025

Phones: (207) 396-6500 [Business]*,
(800) 427-7411 [Toll free in state]

Address: [Business]*
SMAA Portland Adult Day Program
2320 Congress St
Portland, ME 04102 (Cumberland county)

Web Site: https://www.smaaa.org/services-for-older-adults/adult-day/

Eligibility:

Notes: The Portland Center mirrors our Biddeford and Springvale location offerings, including an Adult Day Program, information and resources, nutrition services, Medicare counseling, and more.

SMAA's Adult Day Program in Portland is geared towards older adults with Alzheimers and other dementia. At our center every member is treated with dignity, respect, and personal attention they deserve. We tailor each day to individual interests and abilities, creating meaningful activities that encourage connection, engagement and joy. While your loved one enjoys a vibrant welcoming environment, you can experience the peace of mind and much-n eded break that qualify respite care provides.

We recognize that every Adult Day Program member is a unique individual. That is why our person-centered activities are designed to honor and engage every member in ways that are physically and cognitively stimulating and fun. Activities are always being tailored to what is meaningful and of interest to our current members.

Activities offered during a typical day at the Adult Day Program might include:
Active games, including Ladderball, Bocceball, and Baggo; Adventure Club; Baking; Bird watching; Cognitive and mentally stimulating games; Exercise and movement programs; Floral arranging; Gardening; Music programs; Presenters from the community; Reminisce programs; Socialization engagement opportunities;
Various art projects; Word-based games.

Avita of Stroudwater

Contact:
Last Updated: 07/29/2025 1:16:55PM
Last Reviewed: 07/29/2025

Phones: (207) 857-9007 [Business]*

Address: [Business]*
Avita Of Stroudwater
113 Landing Rd
Westbrook, ME 04092 (Cumberland county)

Web Site: www.northbridgecommunities.com/avita-of-stroud water/

Eligibility: Accepts Mainecare/Medicaid

Notes: Avita of Stroudwater is a 60 unit community that offers assisted living services in private and semi-private apartments for people age 62 and older in need of memory care.
Please call for current fee structure and more information about admission procedure. Private pay required for ar initial period before Mainecare accepted after 2 years of private pay.
Avita also has an adult day program for seniors with memory issues. They require a 3 day minimum and can go u to 5 days a week. Hours are from 9 a.m. to 4 p.m. Call Avita for more information.

Provider List - Adult Day Centers - Cumberland & York Counties

Avita of Wells

Contact:
Last Updated: 11/06/2024 1:07:17PM
Last Reviewed: 03/21/2024

Phones: (207) 646-5444 [Fax],
(207) 646-3444 [Business]*

Address: [Business]*
86 Sanford Rd.
Wells, ME 04090 (York county)

Web Site: www.northbridgecommunities.com/avita-of-wells/

Eligibility: Accepts Mainecare/Medicaid

Notes: Private and semi-private apartments in a separate and secure environment to support residents with Alzheimer's and other memory impairments. **** Mainecare possibly after a period of private pay. Call for more information.

Avita's surroundings are thoughtfully designed to be homelike and familiar. Apartments are clustered in small neighborhoods to minimize confusion and agitation and maximize the sense of freedom and comfort.

At Avita, they believe nature plays an important role in the health and happiness of their residents. Each neighborhood is designed with a safe and secure outdoor garden area with pathways for wandering, opportunities for gardening and various seating areas to soak in the sights and sounds of nature.

Avita of Wells also has an adult day center that is open Monday through Friday, 9 a.m. to 4 p.m. Open to anyone needing care. Please call for pricing.

Barron Center Adult Day Services

Contact:
Last Updated: 05/16/2025 1:36:06PM
Last Reviewed: 05/16/2025

Phones: (207) 541-6623 [Business Fax],
(207) 541-6619 [Business]*

Address: [Business]*
1145 Brighton Avenue
Portland, ME 04102 (Cumberland county)

Web Site: http://www.portlandmaine.gov/300/Adult-Day-Services

Eligibility:

Notes: The City of Portland Adult Day Services Program is designed to offer supportive, daytime care that enables individuals living alone or with family to remain at home; help individual clients rediscover and expand their abilities friendships, and interests; Provide a specialized program for clients with Alzheimer's disease or related dementia; provide much-needed respite for caregivers.

Services include: light breakfast and hardy noon meal, health and medication monitoring by an R.N., therapeutic activities such as music, art, exercise, and much more. For more information or to schedule a visit, call 207-541-6619.

Provider List - Adult Day Centers - Cumberland & York Counties

Bay Square Harbor Adult Day Program

Contact:
Last Updated: 12/11/2024 11:21:50AM
Last Reviewed: 12/11/2024

Phones: (207) 447-9075 [Business]*

Address: [Business]*
Bay Square At Yarmouth
27 Forest Hills Drive
Yarmouth, ME 04096 (Cumberland county)

Web Site: www.benchmarkseniorliving.com

Eligibility:

Notes: The Harbor Adult Day Program in Yarmouth is designed for people diagnosed with Alzheimer's Disease or a relate dementia. The program provides a full day of activities, 2 nutritious meals per day, and minimum to moderate assistance with daily living activities. Harbor Day Program participants are provided with all the memory care and programs Bay Square at Yarmouth provides, but they then return to the their own homes at night. The Harbor Da Program does not offer assistance with medications, medical oversight, and transportation to or from the Program or assistance that requires the aid of two caregivers.

Day Program operates Monday-Thursday from 9am-4pm; Age 65 and older with memory impairment.

Please call for current rates and/or to discuss admission to the program or respite care options

DHHS Residential Care/ALF/ADS Search

Contact:
Last Updated: 11/19/2024 2:48:52PM
Last Reviewed: 05/16/2024

Phones:

Address:

Web Site: www1.maine.gov/dhhs/dlc/licensing-certification/assisted-housing

Eligibility:

Notes: NOTE _ at the search screen be sure to select the "Business Type" and narrow the search to State of Maine and t county you want. Business Type includes:

This database can be searched by County, Town or type of facility including:

-Adult Day Services Facilities
-Assisted Living Facilities
-Level I Residential Care Facility: A Level I RCF is a 1 or 2 bed facility where residents receive room and board an services as needed.
-Level II Residential Care Facility: A Level II RCF is a 3 to 6 bed facility (family operated) where residents receive room and board and services as needed.
-Level III Residential Care Facility: A Level III RCF is a 3 to 6 bed facility (agency operated) where residents rece room and board and services as needed.
-Level IV Residential Care Facility: A Level IV RCF is a facility with more than 7 beds. They also proved room and board and services as needed.

Provider List - Adult Day Centers - Cumberland & York Counties

Golden Years Adult Day Services

Contact:
Last Updated: 05/16/2024 12:42:40PM
Last Reviewed: 05/16/2024

Phones: (207) 850-4793 [Business]*

Address: [Residence]*
24 Hoyt St.
Springvale, ME 04083 (York county)

Web Site: www.goldenyearsads.com

Eligibility: Disability / Health Condition

Notes: The Golden Years Adult Day Care is a licensed home based handicapped accessible adult daycare that helps families care for older adults and adults with disabilities. They offer structured weekday supervision and care designed to enhance their well-being. They provide a safe and supportive environment, a needed break for caregivers, and can delay premature nursing home placement.

Person-centered activities are designed to engage the individual in ways that will be fun, stimulating, and interest . Each participant's interests and abilities are assessed when they enroll and the therapeutic activities are develop for each participant. Provides personal care assistance when needed, assistance with medication administration, therapeutic activities, breakfast, lunch, a.m. and p.m. snacks, monthly Vitals including weight checks, service plar are evaluated frequently to address your loved ones level of care.

Island Commons Assisted Living

Contact:
Last Updated: 05/16/2025 11:32:29AM
Last Reviewed: 03/22/2024

Phones: (207) 846-5610 [Business]*,
(207) 846-9706 [Business Fax],
(207) 846-4456 [Other]

Address: [Business]*
132 Littlefield Road
Chebeague Island, ME 04017 (Cumberland county

Web Site: www.islandcommons.com

Eligibility: Accepts Mainecare/Medicaid

Notes: Island Commons is Chebeague Island's 7-bed Assisted Living Home providing Residential Care, Respite Care, and Adult Day Care. The Chebeague Cares program provides in-home assistance with tasks of daily living. Through Island Commons Resource Center (ICRC), they also provide an equipment loan closet designed to serve the Islan community. We are a MaineCare provider.

Adult Day Services - Island Commons can accommodate two additional adults each day for health monitoring, res and personal care services in addition to a group program of meals, therapeutic activities, medication administration, supervision, and companionship. This valuable program is available to any elder on Chebeague wh wishes to spend a day with others, share a meal and participate in group or individual activities.

RESPITE CARE - 24-hour care is available for short term on a space available basis to provide rest for family members caring for their elders at home. Respite care recipients are provided with meals, assistance with activitie or daily living, medication administration, group activities, on-island transportation, individual activities, supervisio and companionship. As with long-term residents, skilled nursing, physical therapy, occupational therapy and spee therapy services can be provided at the Island Commons by mainland home health agencies. Respite care can be from one 24-hour day to weeks at a time.

Provider List - Adult Day Centers - Cumberland & York Counties

Mount Washington Valley Adult Day Center

Contact:
Last Updated: 07/07/2025 10:51:40AM
Last Reviewed: 07/07/2025

Phones: (603) 452-0780 [Fax],
(603) 356-4980 [Business]*

Address: [Business]*
987 East Main St, Rte. 113
Center Conway, NH 03813 (Carroll county),
[Mailing]
987 East Main St, Rte. 113
Center Conway, NH 03813 (Carroll county)

Web Site: https://www.mwvadultdaycenter.org/

Eligibility: Accepts Mainecare/Medicaid

Notes: Mount Washington Vally Adult Day Center provides a full range of daily social and therapeutic activities, includes b is not limited to: OMA Therapeutic Art Program, gardening, floral and crafts, simple baking, poetry, outdoor healir garden, community education, music programs, game room, gentle exercise, yoga and dance. MWV Adult Day Center provides healthy meals and snacks, individualized plan of care, medication administration, health care navigation, assistance with activities of daily living as needed, on going multidisciplinary care planning, Caregiver support and counseling, guidance in determining and accessing financial assistance programs. Spa services (hair, nails, bathing) and transportation offered for additional fees.

MWV Adult Day Center is open Monday through Friday, 8am-5pm, with guest services available 8:30-4:30. Drop i Hours available upon request for all enrolled guests. Eligibility requirements for participants: Up to date vaccinatic , including both doses of Covid-19, medical records received, completion of all enrollment forms, Power of Atorney documents, participant will not require 1:1 staff to maintain their safety or safety of others, participant in care pla reviews every 6 months. Handicapped accessible.

Please call the center for more information.

Provider List - Adult Day Centers - Cumberland & York Counties

Port Resources

Contact:
Last Updated: 11/19/2024 12:29:28PM
Last Reviewed: 05/16/2024

Phones: (207) 828-0048 [Business]*,
(207) 772-3743 [Fax]

Address: [Business]*
280B Gannett Drive
South Portland, ME 04106 (Cumberland county)

Web Site: www.portresources.org

Eligibility:

Notes: Port Resources provides support for individuals with intellectual disabilities, autism, and behavioral health challenges. We provide an array of services, including residential group homes, independent living outreach, day program, shared living quality oversight, outpatient mental health services and professional development services

Port Place is an adult day program that operates out of Port Resources' Central Office at 280B Gannett Drive. Our goal is to integrate our clients into their community. We do this through planned daily activities that are person-ce ered, spontaneous community outings that are person-driven and through inviting community members to our program to assist our clients with various activities that they are interested in such as, gardening, baking, cooking and creating artwork. We are open Monday through Friday from 9:00 am to 3:30 pm. Some clients come for the full day and others prefer half days. Port Resources accepts MaineCare (Section 21 and Section 29 Waiver Fundin and private pay for this service. The hourly rate is based on the current MaineCare rate allowance as published in MaineCare Benefits Manual Chapter 101, III, Sections 21 and 29.

Outpatient Therapy for Adults and children with intellectual disabilities and their families. They will receive a Bio- ychosocial assessment and therapy by a licensed Therapist. Our mental and Behavioral Health practices specialize in: Dual Diagnosis—mental health and developmental and intellectual disabilities.

Area Served: Cumberland, York counties. Please call for more information. Intake procedure varies by program. Please call or visit their website for more information.

Provider List - Adult Day Centers - Cumberland & York Counties

The Cedars Mindful Connections

Contact:
Last Updated: 05/16/2025 11:48:24AM
Last Reviewed: 05/16/2025

Phones: (207) 221-7000 x 1456 [Business]*

Address: [Business]*
620 - 640 Ocean Avenue
Portland, ME 04103 (Cumberland county)

Web Site: www.thecedarsportland.org

Eligibility:

Notes: At The Cedars, we believe that people with memory loss have the ability to lead rich lives and make meaningful contributions to their community. Mindful Connections can help. Our active, forward-thinking therapies, rooted in latest cognitive scientific research and customized for unique life experiences and personal preferences, support individuals as they learn ways to live safely at home and make the most of every moment.

Each Mindful Connections participant receives a thorough evaluation from an experienced Occupational Therapist with a strong background in working with people who are living with dementia. The Occupational Therapists at Th Cedars practice the Teepa Snow Positive Approach to Care, and the coordinator of the program is a certified Dementia Care Practitioner. Assessments include in-depth interviews with family members and caregivers, standa evaluation tools, and skilled personal observation to determine the level of assistance each participant will need to live productively in their community.

Wellness Group: A gathering of a small group of seniors and their Certified Dementia Practitioner with expertise ir therapeutic recreation takes place three days per week from for four hours each day. Participants join together fo specialized exercise, engage in activities to preserve cognition and spark purpose and pleasure, and social interactions that forge real friendships.

Active Rehabilitation: In some cases, short term rehabilitation with certified occupational, physical or speech therapists may be recommended to provide strategies for increased engagement in daily activities and physical rehabilitation.

Now accepting new participants for the Monday, Wednesday, Friday session from 10AM – 2 PM, lunch included. For more information, call 221-7000, extension #1456.

Provider List - Adult Day Centers - Cumberland & York Counties

The Gathering Place

Contact:
Last Updated: 05/30/2025 10:56:48AM
Last Reviewed: 05/30/2025

Phones: (207) 439-6111 [Business]*

Address: [Business]*
518 Route One
Kittery, ME 03904 (York county)

Web Site:

Eligibility:

Notes: The Gathering Place is an adult social day center where members have the opportunity to socialize, make new friends, enjoy peer support and visits with the children from the center next door.
The members also may choose from a variety of activities, in a stimulating and supportive environment that promotes better physical and mental health. We are dedicated to serving seniors who need assistance with daily living while enjoying the company of peers and enriching activities. Members regularly enjoy music, arts and entertainment, and are quick to make friends. The Gathering place offers socializing over a cup of tea, exercise classes, daily walks, and more. Our caring staff is dedicated to making your time with us enjoyable, while assistin to your daily care needs that may arise. The Gathering Place provides a comfortable, home-like atmosphere whic is relaxing, welcoming, and socially and intellectually enriching. The number of days chosen for your loved one is open as you need it to be. We are open on Monday, Wednesday, and Friday from 10:00 am to 3:00 pm. Member may come any number of days per week, but we need to know the days you plan to come.

Please call for current fees, openings, and more information. We would love to schedule a time to give you a tou of our home-like facility.

This resource information is provided as a service of AgeMaine, 30 Barra Road, Biddeford, ME 04005, 1-800-427-7411. AgeMaine does not licence, endorse or recommend any specific provider, nor can we guarantee the quality of service from providers.