From Route 95, either North or South:
Take exit 11B – the Neponset Street/Norwood exit.

Follow Neponset Street through a set of lights; and take a left on to Dean Street.

Continue on Dean Street, crossing Route 1. Go past Staples on your left; to the first traffic light, go left on to Pleasant Street.

Norwood Adult Day Health Center will be ahead on your right. Enter parking lot and proceed to the Norwood Adult Day Center main entrance at rear of building.