



**NAPERVILLE SENIOR CENTER
“ADULT DAY SERVICES WEEK”
DAILY SCHEDULE:**



Monday Sep 21	<p>NATIONAL MINIATURE GOLF DAY</p> <ul style="list-style-type: none"> ◆ Compete on a challenging three hole course ◆ Participate in First Day of Autumn golf trivia ◆ Virtual Field Trips: Miniature Golf Courses around the USA
Tuesday Sep 22	<p>TASTE OF NAPERVILLE SENIOR CENTER</p> <ul style="list-style-type: none"> ◆ From Healthy Snacks to Entrees, NSC is the place to be... ◆ The delicious array of food served at Taste of Naperville Senior Center is complemented by music and exciting activities for the entire family.
Wednesday Sep 23	<p>NATIONAL FALL PREVENTION AWARENESS DAY</p> <p>Balance exercises: Single limb stance Clock reach Knee marching Balancing wand Weight shifting Obstacle course More!</p> <p>CEU Workshop: “Fall Prevention and Home Safety” 5:30 pm</p> <p>RSVP: info@NapervilleSeniorCenter.com</p>
Thursday Sep 24	<p>SENIOR-PALOOZA</p> <ul style="list-style-type: none"> ◆ Listen to Jazz ◆ Drum Circle ◆ Sing Songs Karaoke ◆ Dance around the room ◆ Guess the song from the Trumpet ◆ Musical Guests & More!
Friday Sep 25	<p>FRIDAY FLING!</p> <p>Play Games Win Prizes while exercising Bag Toss Putting Green Bowling .03K Walk Amazing Activities to get your blood pumping Virtual Field Trip: Wrigley Field Cubs Game at 1:20 pm</p>

NapervilleSeniorCenter.com
1504 N Naper Blvd., STE 120
Naperville, IL 60563-4819
Phone: 630.857.3017
E-mail: info@NapervilleSeniorCenter.com

THE “NAPERVILLE SENIOR CENTER EXPERIENCE”

- ◆ Delicious Meals and Nutritious Snacks
- ◆ Personalized Care Plan
- ◆ Provide Families an Alternative to Institutional Living
- ◆ Caregiver Respite
- ◆ Personal Grooming: Shower, Shampoo & Hair Styling
- ◆ In-door Walking Track
- ◆ Massage
- ◆ Computer Work Stations
- ◆ Quiet Room
- ◆ Weekly Religious Service
- ◆ Transportation Service
- ◆ Comprehensive Communication With Families
- ◆ Dozens of Senior Activities and Exercises



HOURS OF OPERATION

Services are offered Monday through Friday from 7:30 AM until 6:00 PM.

September 21 – 25 is National Adult Day Services Week

Look inside for schedule of daily activities

**“National Falls Prevention Awareness Day”
September 23, 2015**

September is National Senior Center Month



“Home Away From Home”



- ◆ *Personal Care*
- ◆ *Delicious Meals*
- ◆ *Exercise*
- ◆ *Fun Activities*



NapervilleSeniorCenter.com

630.857.3017