

Our Goal is to provide exceptional Adult Day Services that enriches the lives of our Members and provides peace of mind for their caregivers and families. Our licensed therapists have over 55 years of geriatric rehabilitation experience. We provide Personal Care, Delicious Meals, Fun Activities and Exercise to promote and extend personal independence.

Our Delicious Meals are supplied from Sysco and include

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| ✓ Pot Roast | ✓ Grilled Chicken |
| ✓ Salisbury Steak | ✓ Hamburgers |
| ✓ Spaghetti & Meatballs | ✓ Chicken Kiev |
| ✓ Baked Cod | ✓ Chicken Parmesan |
| ✓ Roast Pork | ✓ Meatloaf |
| ✓ Chicken Tenders | ✓ Tilapia and more |

We store and prepare our delicious meals in this state of the art break room. Our Dining Center is equipped with real plates and silverware because that's what we use at home. We serve the meals table-side so you can have as much or as little as you desire.



We schedule plenty of time for Social Activities and we celebrate every body's birthdays!

Fun activities include the bean bag toss, Bingo, Bunco, Puzzles, Singing, Cards, and Playing Percussion Instruments.



Our Members participate in Community Activities. We raised over \$2,400 to fight cancer in our "Mini Relay For Life" walkathon.



Daily Exercise includes taking laps around the Walking Track, using the NuStep recumbent bicycle, chair exercises, yoga, the always popular parachute cardio workout and lots more.

After exercise, you may get a back massage from our Physical Therapist or receive some maintenance therapy on our hi-low mat.

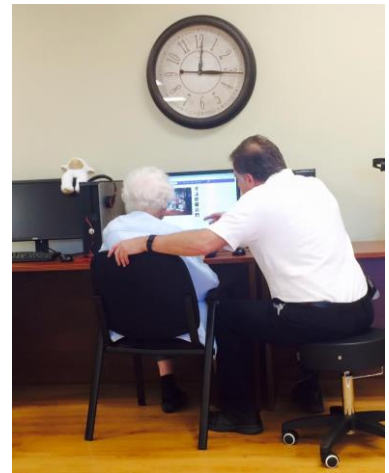
You can even have some me-time if you want a rest, and relax in our Quiet Room.





Our Activity Center includes the latest Wii games. Our Member Charlene used the advice and training from our staff and picked up the spare during a bowling tournament!

Our Computer Center is a great place to check email, research your family tree and update your Facebook Status.



We have frequent Holiday Parties including Valentine's Day, Happy Thanksgiving Nurf Gun Turkey Shoot, International Talk Like a Pirate Day, Happy Halloween Parade and more!





We also enjoy field trips to fun places including Colonial Café, The Dollar Store, and The Healing Fields of Honor at Rotary Hill in Downtown Naperville.

We know how you feel about staying home alone. Others felt the same way. Once they became a Member, they found it was the right choice and look forward to getting up in the morning. Your families know you are in a safe place and having lots of fun.

Call us to schedule a free trial. We are confident you will enjoy the Naperville Senior Center Adult Day Services Experience: "Home Away From Home!"



Location: Corner of Naper Blvd & Ogden Avenue

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