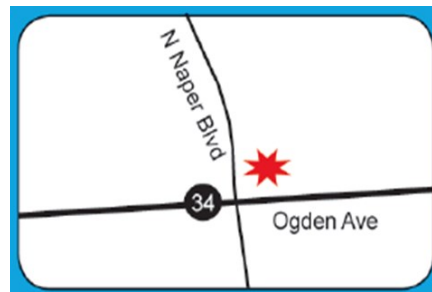




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

Family Owned | Located at the Corner of Ogden Ave and Naper Blvd

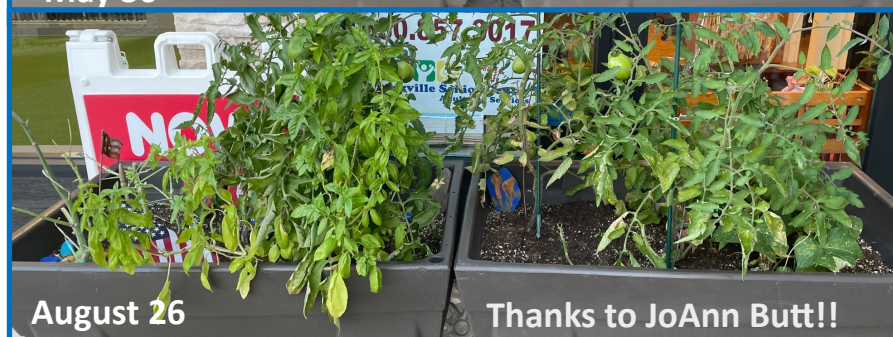


Naperville Senior Center, Adult Day Newsletter

Septemgust 2022 | Dog Days Of Summer

Naperville Senior Center Adult Day **September** News **Senior Center Month** | **Come Join The Fun**

NSC Members group exercising indoors and outdoors, planting & watering the garden, and making beautiful bouquets for their Families!



✓ Call 630-857-3017 to schedule a FREE Tour ✓

Top of the Second: How Naperville Senior Center Can Help...

Our Members:

- ♦ Skilled Nursing Care | Physical Therapist
 - ♦ Daily Vitals Screening | Maintain or Improve Functionality
- ♦ Activity Coordinator
 - ♦ Purposeful Activities | BINGO | Socialize | Exercise | More...
- ♦ Aging in Place (Stay Home As Long As Possible)

Our Family Caregivers:

- ♦ Caregiver Support
- ♦ Caregiver Advisor: Overwhelmed? Under Appreciated? Burnout?
- ♦ Six Stages of Caregiving (Interactive Workshop)
- ♦ Education and Senior Service Provider Resources

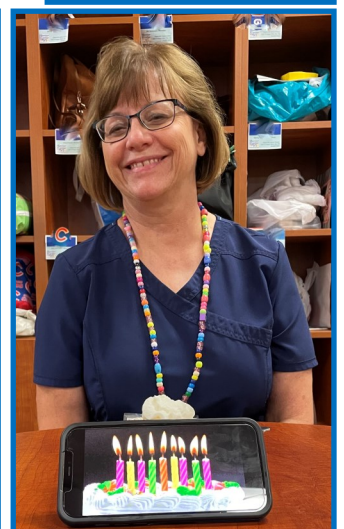
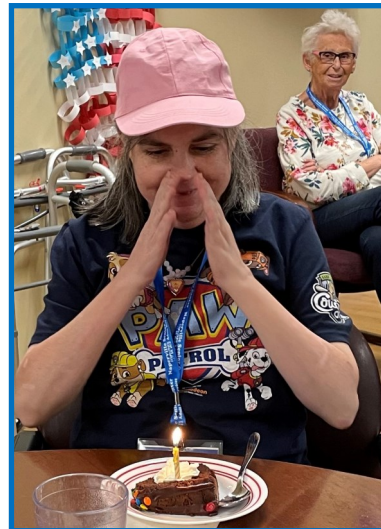
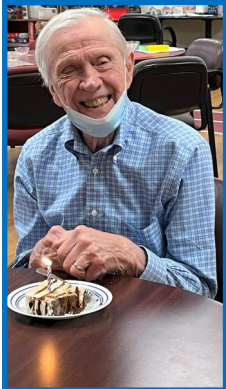
Naperville Senior Center Adult Day Services, a family owned business opened in 2015, provides dozens of activities and exercises for our Members as well as peace of mind and coaching for caregivers.

Owners Pam Cooper, Physical Therapist, and Mike Cooper, Certified Caregiver Consultant, along with their specialized staff of Activity Coordinator, Registered Nurses and Certified Nurse Assistants, plan and lead enjoyable activities for seniors throughout the day designed around Members' interests, abilities and needs. Naperville Senior Center Members vocalize, theorize, harmonize, evangelize and sometimes even close their eyes. Most importantly, they socialize and exercise. Pam and Mike have worked with over 250 families and look forward to more exciting years and beyond.



Your Hosts: Pam & Mike Cooper

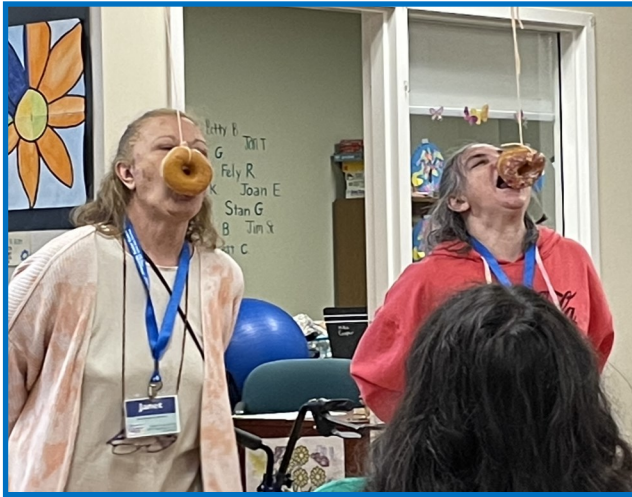
The Best Is Yet To Come!



Jenn Montalvo Best Activity Coordinator Ever!

From purposeful activities to unique games to fun exercises to memorable field trips, Jenn keeps our high school volunteers busy as well as ensures our Members have a super fun day every day!





Donut Eating Contest



Flower Day



NuStep Bike Exercise



Nerf Gun Certification



Axe Toss Contest



Baseball Batting Practice



Ambassador



Pet Parrot



Hawaiian Dance Lessons

Celebrate FOOD !!
Members Love Food!



Jello Day



Sandwich Day



Cookie Samples From Neighbor



Birthday Cake



Donut Day



Strawberry Day



Too **Grandma** to the Chinese restaurant...



The housing market in 2022:



COME JOIN THE FUN: FREE TOUR

Visit our Adult Day Services activity center and See For Your Self!

Caregiver Burnout...
Overwhelmed?

Under appreciated?
Stressed out?



Call (630) 857-3017... to schedule your FREE tour.

Please Consider A
DONATION

Your Help Is Appreciated



Chair Yoga

Good Luck in
College, Taylor!

Mustache Day!



Contact Us:

Naperville Senior Center
Adult Day Services
1504 N Naper Blvd. Suite 120
Naperville, IL 60563

NapervilleSeniorCenter.com
info@napervilleseniorcenter.com
630.857.3017



Naperville Senior Center

Monday

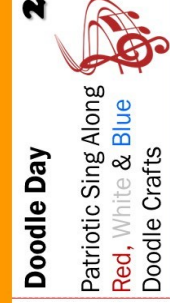
Tuesday

Wednesday

Thursday

Friday

Welcome September

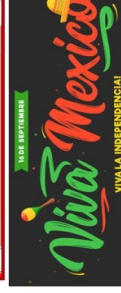


HELLO SEPTEMBER! 1
History, Trivia, Fun Facts
PM Bingo, Bago, BlahBlah

Doodle Day 2
Patriotic Sing Along
Red, White & Blue
Doodle Crafts

National Senior Center Month

Fall Prevention And Awareness Day



Hugs & High 5 Day 12
Starts with H Hangman

Superstition Day 13
Begins with 'S' Brain Teaser
Shuffleboard
What Scares You?

Hoagie Day 14
Parking Lot Picnic

Mexican Independence Day 16
Mexican Food
Virtual Field Trip: Mexico

Teddy Bear Day 9
Teddy Bear Tower
Bring A Teddy Bear
Balloon Table Tennis

Star Trek Day 8

Caregivers Day 15
Love Notes, Thank You's & Crafts For Caregivers

Fall Prevention & Awareness Day 22
1st day of Fall Suncatcher
Fall Riddles

Pot Pie Day 23
PM Sing-A-Long and Dance Party!

Orange Shirt Day 30
Wear Orange Shirt
Orange Snacks
Orange Games
Orange Pumpkin Crafts

Yoga Day 29
Starts with 'Y' Chair Yoga
Watercolor Yoga Scene

Show Photos Day 28
Bring Favorite Photos
Cameras in History
PM Table Game Selfies

Chicken Day 27
Starts with 'C' Fun with Chickens!
Chicken Dance, Song, Joke
Chicken Egg, Shell, Yoke

Pepperoni Pizza 20
Serving Up Pizza

Talk Like a Pirate Day 19
Sword Fights
Walk the Plank
Snacks & Grog
Bingo Arrghh

Mini Putt Putt Day 21
Golf Trivia, Word Search
Golf & Sing-A-Long
Golf Hang-Man
PM Golf Tourney w/ DUKE

Autumnal Splendor Week

Senior Center Starts With 'P' Week

Simple Pleasures Week

Feel The Love 7
Can You Feel The Love?

Egg Toss 6

LABOR DAY 5
Not Open

Pet Therapy:
September 21 @ 2PM
Mo & Duke!

Available Activities include:
Arm Bike, BINGO, Bunco,
Hot Meal, Nu-Step, Walking
Track, Puzzles, Coloring,
Painting, Computer,
Karaoke, Wii Fit,
Harmonizing, Socializing,
and Exercising

ARCH, MATEY!
September 19th is
Talk Like a Pirate Day!

Orange Shirt Day

Naperville Senior Center Adult Day Services | 1504 N Naper Blvd. Suite 120 | Naperville, IL 60563
NapervilleSeniorCenter.com | info@napervilleseniorcenter.com | 630.857.3017