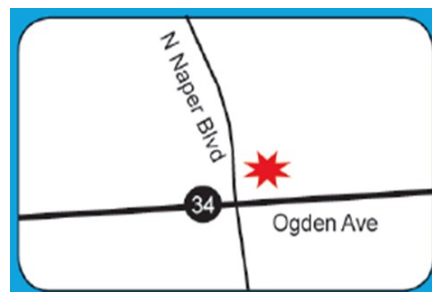




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



Naperville Senior Center Adult Day Newsletter | May Day, 2023 | Another Year | Blink of an Eye

Hooray, Hooray, The First Of May!  
Outdoor Shenanigans Start Today!

Come **Join The Fun!**

**Naperville Senior Center Adult Day Staff**  
is grateful to be part of your Caregiving Team.



**Inside: Members Having Fun, Exercising, & Socializing!**



## Top of the Second: Members 22; Staff 22



**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 315 families and look forward to more exciting years to come...



**Pam & Mike Cooper**  
Your Hosts



## How Naperville Senior Center Adult Day Can Help...

### Our Members:

- ♦ Skilled Nursing Care, Julie & Lee Ann | Physical Therapist, Pam
  - ♦ Daily Vitals Screening | Maintain or Improve Functionality
- ♦ Activity Directory, Jenn
  - ♦ Purposeful Activities | BINGO | Socialize | Exercise | More...
- ♦ Nursing, Speech, & Occupation Therapy Students' Clinical Rotations
- ♦ 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

### **May Special Events**

**Duke & Mo Pet Therapy**  
**Tuesdays: 5/2, 16, & 23**

**5/3 Different Shoes**  
**Wear Different**  
**Color Shoes Today**

**5/11 & 5/12**  
**Nurses Days**

**5/14 Mother's Day**



**5/16 Peace Day**  
**Wear Purple**

**5/29 Memorial Day**  
**Not Open**

**YOUR LOVED ONE  
MAY NOT BE ABLE TO  
SAY, "THANK YOU."**

**ON THEIR BEHALF,  
WE WANT TO GIVE  
YOU A HUGE  
"THANK YOU."**

@dementiadarling

@napervileseniorcenter



# BAKING

WITH JENN







Cooper the McCaw (Courtesy of Ralph)



## Signs Your Elderly Loved One May Need Affordable Daily Adult Care

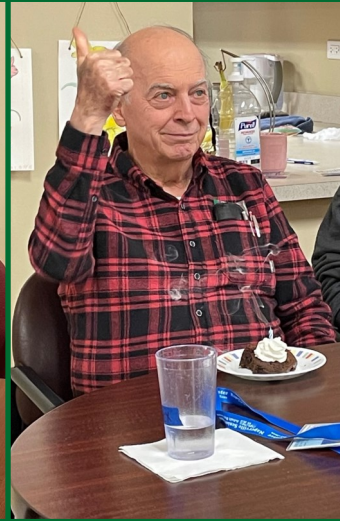
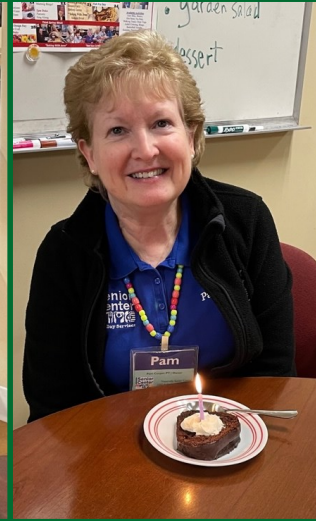
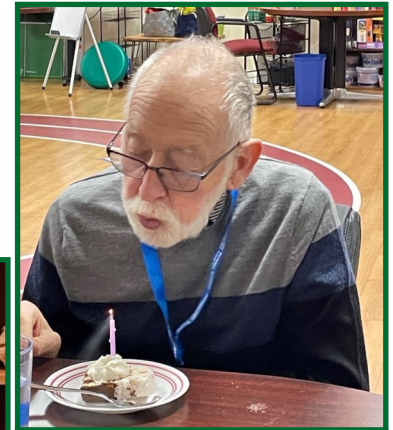


- Wanders Away From Home
- Forgets To Take Medicine
- Lonely
- Fall Risk
- Leaves Gas Burners On



Call to Schedule a Free Trial: (630) 857-3017





The Future Is So Bright, We Have To Wear Shades!





## Fun & Shenanigans

### Include:

Pet Therapy } Virtual Field Trips

Special Clothing Days

Karaoke | Basketball Tourney

Nerf Gun Certification

Balloon Volleyball | Balloon Golf

Wii Bowling | Birthday Parties

Mini Relay For Life Fundraiser

Halloween Parade

Axe Toss Competition

Snow Ball Gala

Annual Pictures with Santa

Noon Year's Balloon Drop

### Contact Us:

Naperville Senior Center

Adult Day Services

1504 N Naper Blvd. Suite 120

Naperville, IL 60563

**NaperilleSeniorCenter.com**

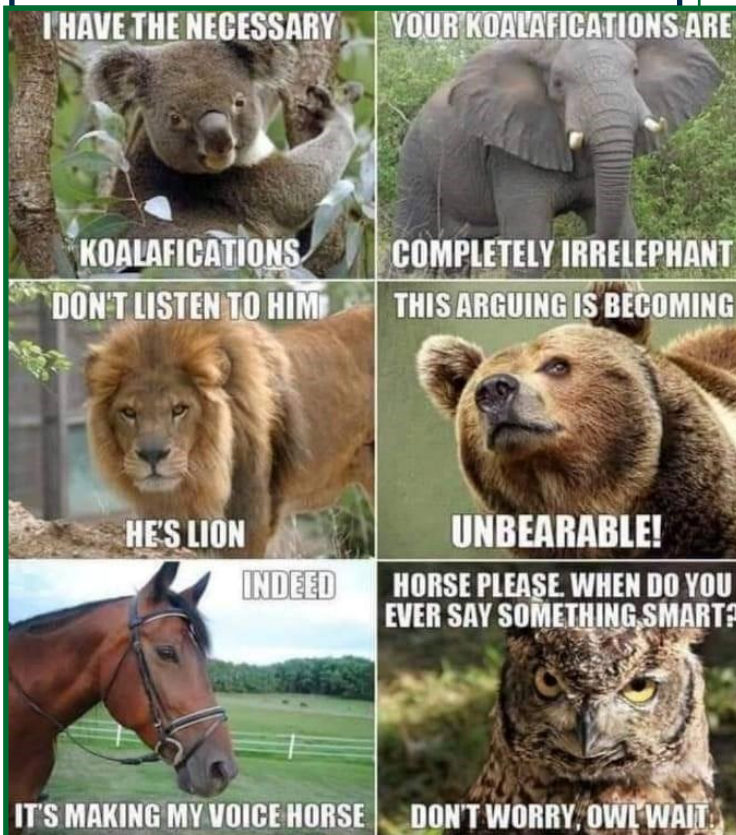
**info@napervilleseniorcenter.com**

**630.857.3017**

We are grateful to our Members, their families, our staff and families, volunteers, suppliers and colleagues for all the support we have received since we opened in February, 2015.

And we look forward to another year of this awesome adventure.

**The Best Is Yet To Come.**



### 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





# MAY

## 2023 Activity Schedule



**Fitness & Activity**  
**Naperville Senior Center**  
**Adult Day Services**

Monday

Tuesday

Wednesday

Thursday

Friday

It's Spring Time Fun Week

**Welcome May**  
May Birthdays  
Hangman, Trivia  
Starts with 'M'

**National Truffle Day**  
2  
2:30 Duke

**Two Different Colored Shoes Day**  
3

**May The Fourth**  
Be With You  
Bird Feeder Craft

**Cinco de Mayo**  
Taco Tuesday on Friday

**Special Events**  
5/3 Different Shoes  
Wear Different Color Shoes  
5/11 & 5/12 Nurses Days  
5/14 Mother's Day

**Great Lakes Day**  
8

**NATIONAL TEACHERS DAY**  
HAPPY NATIONAL TEACHER'S DAY TO ALL!

**S'mores Day**  
10  
Starts with 'S'  
S'mores Trivia  
Share S'mores

**Make A Book Day**  
11  
"NSC is ..." Video Book  
Hula Hoop Fun  
Beach Volleyball  
Nurses Day (Part 1.1)

**Sun Glasses Day**  
12  
Nurses Day (Part 1.2)

**Happy Mothers Day**  
We love you MOM

**Bring Flowers To Someone Day**  
15  
Flower Craft  
Mystery Cabaret Singer

**Purple For Peace Day**  
16  
Wear Purple  
Starts With "P"  
2:30 Duke

**Cherry Cobbler Day**  
17  
"Baking with Jenn"  
NATIONAL CHERRY COBBLER DAY

**Sing Songs Day**  
18  
Song Challenge  
Sing Patriotic, Country, Karaoke, and Love Songs.

**Speech Pathologist Day**  
19  
Speech Activities/Exercises

5/16 Peace Day  
Wear Purple  
5/29 Memorial Day  
Not Open  
Duke & Mo Pet Therapy  
Tuesday: 5/2, 5/16 & 5/23

**World Baking Day**  
22  
BAKING WITH JENN

**Turtle Day**  
23  
Trivia, Facts  
Starts w/"T"  
2:30 Duke

**Scavenger Hunt Day**  
24  
Solve the Clues  
Find the Items  
Baseball Game  
Find the Bases

**Tap Dance Day**  
25  
Dance Videos  
Tap Dance, Waltz  
Line Dance  
Dance Party

**Paper Airplane Day**  
26  
Paper Airplane Races

Available activities include  
Arm Bike, Bunco,  
Hot Meal, Nu-Step,  
Walking Track  
Adult coloring, Bingo  
Computer, Karaoke,  
Painting, Puzzles,  
Wii Bowling & Golf  
Vocalizing, Harmonizing,  
Socializing & Exercising

**Memorial Day**  
29  
Not Open

**Creativity Day**  
30  
Problem solving  
Innovation  
Bucket List

**Senior Health & Fitness Day**  
31  
AM Chair Yoga  
Volleyball & Bago  
PM Group Exercise  
Physical Therapy Stations

**MINI RELAY FOR LIFE**  
2023  
The NSC 2023 Relay For Life Cancer Fundraiser will be from Thursday, June 1, to Friday, June 9, 2023.

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