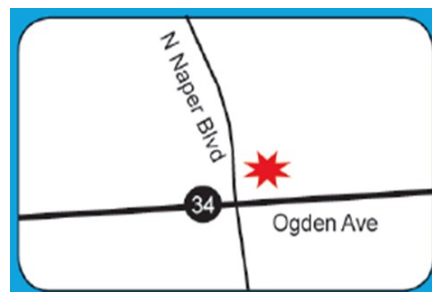


- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



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

Come Join The Fun!!



Bases are loaded. Home team 2 runs down. Bottom of the 9th. Count is 3 balls & 2 Strikes. Rowdy Fans on the edge of their seats. Here's the pitch...



Everyone deserves to be in a safe space, have their dignity, and age in place at home until families can no longer manage their health challenges. NSC provides a safe and caring space for our members who have cognitive and/or physical challenges and are not safe to be home alone.

Top of the Second: Here's The Pitch!



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.

Our fun, member-centered activities create an engaging **community**. We provide our members dignity, purposefulness, and inclusion. Our members look forward to socialization, exercise, movement, and meals that accommodate any dietary need. Caregivers reduce their stress and anxiety about their loved one and find calmness with the support of our caring staff of medical professionals. NSC genuinely wants to help families keep loved ones aging in place. Our members feel happier after spending the day with us, which makes it easier to share more treasured moments together at home with loved ones.

Full-Day or Half-Day Programs available to fit your family's busy schedule.



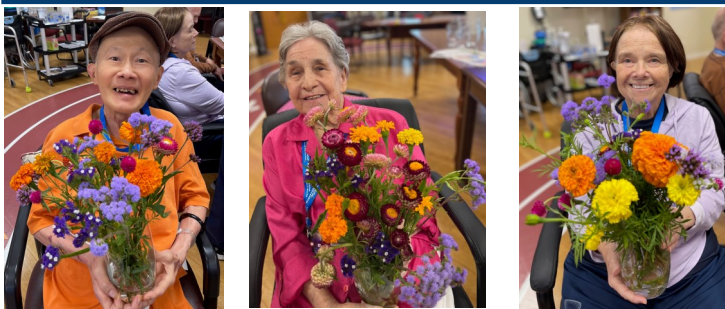
Pam & Mike Cooper
Your Hosts

How We Can Help
For Members:

- ♦ Community
 - ♦ Your Friends are Here
 - ♦ Joy, Happiness, Fun & Humor
 - ♦ Socialize & Exercise Together with Friends
- ♦ Skilled Nursing Care
- ♦ Physical Therapist
 - ♦ Maintain or Improve Functionality
- ♦ Activity Director
 - ♦ Member Centered Activities
 - ♦ Purposeful Activities
- ♦ Aging in Place
 - ♦ Maintain Dignity

For Caregivers:

- ♦ Caregiver Advisor
 - ♦ Overwhelmed? Burnout?
 - ♦ Underappreciated?
 - ♦ Six Stages of Caregiving
- ♦ Education and Resources



"Naperville Senior Center goes above and beyond to create such special programs for seniors! You bring such joy and happiness to your Members and their families."

"God bless you for all you kindly do."

~ Charlene and Denise

Contact Us To Schedule A FREE TRIAL!

**Naperville Senior Center
Adult Day Services**

**1504 North Naper Boulevard, Suite 120
Naperville, IL 60563**

NaperilleSeniorCenter.com

info@napervilleseniorcenter.com

630.857.3017

