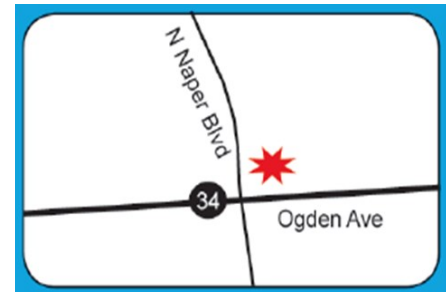




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



Naperville Senior Center Adult Day Newsletter |

October, 2023 | Another Year | Arrrrrrrggggh!

Naperville Senior Center Adult Day **October** News

Please Have Your Loved Ones* Come Join The Fun



- | | | | |
|----------|-----------|------------|-------------|
| * Mom | * Grammy | * Sister | * Pirate |
| * Dad | * Gramma | * Brother | * Scallywag |
| * Auntie | * Grandma | * Friend | * Buccaneer |
| * Uncle | * Grandpa | * Neighbor | * Arrrrrrrh |

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, or need socialization because of isolation, or are not safe to be home alone.

Top of the Second: Here's The Pitch!



Bases are loaded. Home team 2 runs down. Bottom of the 9th. Count is 3 balls & 2 Strikes.
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 most dietary needs.

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

Top of the Third: Rowdy Fans in the Bleacher Seats!



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: Certified in Dementia Care
 - ♦ Member Centered Activities
 - ♦ Purposeful Activities
- ♦ Aging in Place
 - ♦ Maintain Dignity
- ♦ We are an Accessible Community

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

Activity Schedule October 2023



Fitness & Activity Naperville Senior Center Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events
Welcome October 2 Famous October Birthdays October IQ Hangman, Trivia Starts with 'O' 	C'mon Everybody Day 3 Musician Eddie Cochran Birth Anniversary "Croonin' with Cochran" 2:30 Duke	Golf Lovers Day 4  2pm Bingocize Halloween Mini Golf	Do Something Nice 5  Crush Modern Jeopardy Trivia 2 Prayer Service with Dick	Story Telling Day 6 "Riding With Murphy"  Crossword	Duke & Mo Pet Therapy Tuesday: 10/10, 17, 29 Friday the 13th Wear Black 10/17 Tuesday Wear Something Gaudy 10/18 Wednesday Wear Funny Necktie 10/20 Friday Suspenders For All 
Columbus Day 9 Armchair Travel New Mexico Crossword Travel Brief What's In Your Suit Case?	Cake Decorating Day 10 The Great British Baking (with Jenn) Show! "Black Magic Cake" Decorating tips for beginners	Eleanor Roosevelt's Birth Anniversary 11 1st Ladies Who Am I Slide Show Was it Eleanor, Bess or Mamie? 2pm Bingocize 3 Music/Brain	Dem Bones Day 12 YOGA Skeleton Craft How Many Bones/Joints?? Spine Categories Puzzle 2 Prayer Service with Dick	Friday the 13th 13  Silly Sayings Day Spider Craft Superstitions	
Learn a Word Day 16 Dictionary Day Leaf Ghost Craft Magic Mayhem & Mad Libs Pictionary	Pasta Day 17 Wear something gaudy Starts With "P" Pasta Flowers 2:30 Duke	Necktie Day 18  "Fortunes and Facts" Crossword Fortune Teller 2pm Bingocize	New Friends Day 19  Magic Card Day Magic of Music 2 Prayer Service with Dick	Suspenders Day 20 Social Media Day  Scavenger Hunt Exercises	
Makeup Makeover 23 Monday Students from American Academy of Esthetics Presentation and Mini Services	Food Day 24 Bologna Day Good & Plenty Day Food Pictionary 2:30 Duke	Artist Day 25  2pm Bingocize	Pumpkin Day 26 Field Trip Baking w/Jenn Pumpkin Pie Pumpkin Craft Tootsie Roll Pop Pumpkin 2 Prayer Service with Dick	Frankenstein Friday 27  Who's The Boss? Jeopardy	Available Activities include: Physical Therapy Stations, Daily Journal, Jokes, & Riddles, Bago, BINGO, Bunco, Baking, Hair Care, Shower Service, Hot Meal, Nu-Step, Field Trips, Oscar Awards, Olympic Events, Puzzles, Coloring, Ping Pong, Painting, Computer, Chair Yoga, Multigenerational Celebrations, Gardening, Karaoke, Wii Fit, Outdoor Patio, Lap Walking, Nerf Gun Certification, Crafts, Basketball Arcade, Baseball, Harmonizing, Improvising, Socializing, and Exercising.
Spooktacular Activities Week					
Buy a Doughnut Day 30 Candy Corn Day Coffee Puzzle Candy Corn Toss 	National Magic Day 31 Harry Houdini Day Candy Unscramble Magic, Mischief & Mechanical Engineering				