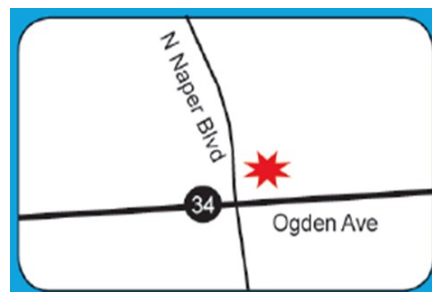




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



Naperville Senior Center Adult Day Newsletter | January 1, 2024 | Another Year | Blink of an Eye

Happy New Year!

Home **Away** From Home!

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



Front Row: Jenn, Laura, Ana, Mike, and Pam. Back Row: LeeAnn, Ralph, and Julie. Looking forward to more fun and shenanigans!

Inside: Our 2023 Year In Review... **Woo-Hoo!**

Top of the Second: Top Stories of 2023

Exercise is a priority... Chair Yoga, Walking Laps, NuStep Bike and more...



Pet Therapy

Birthdays, page 9

NSC Oscars, page 10



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

How Naperville Senior Center Adult Day Can Help...

Our Members:

- ♦ Skilled Nursing Care, Julie & Lee Ann |
 - ♦ Daily Vitals Screening
- ♦ Physical Therapist, Pam
 - ♦ Maintain or Improve Functionality
- ♦ Activity Directory, Jenn, Dementia Certified
 - ♦ Member Centered Activities
 - ♦ 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
- ♦ Long Term Care Insurance Accepted



Photo Booth, Sweater Weather, Baseball, Flower Day, Hat Day, & more...



We are grateful to our Members, their families, our staff and families, volunteers, suppliers and colleagues for all the support we have received during our first nine years in business. We look forward to the next part of this awesome adventure.

[The best is yet to come.](#)



Community, Member Centered Activities: Friendships, Group Exercise, Pajama Party, Talk Like A Pirate, Spooky Mini Golf, Pet Therapy, BUNCO, BINGO, Ice Cream Cone Day, and much more!





Baking With Jenn: Deviled Eggs, Oatmeal Cookies, Strawberry Pie, Peach Cobbler, Gingerbread Cookies, Blueberry Pie, Banana Muffins, Fruit On A Stick, and much more...





Tri-M Honor Students from Nequa High School completing Music And The Brain exercises with NSC Members

The 2022 NSC Oscars... and the winner is....



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

NapervilleSeniorCenter.com

info@napervilleseniorcenter.com

630.857.3017



**Sometimes I talk
to myself and
both of us laugh.**

COME JOIN THE FUN: FREE TRIAL

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 trial

Please Consider A

DONATION

Your Help Is Appreciated



JANUARY 2024 Activity Schedule



Fitness & Activity
Naperville Senior Center
Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events
NEW YEAR'S DAY 1 Not Open	Welcome January 2 Monthly Gazette Famous January Birthdays January IQ Quiz 2:30 Duke ?	Lucrertia Mott's Birth 3 Anniversary Learn About Mott Women Puzzle Who Am I? Bingocize	National Trivia Day Trivial Pursuit Name That Tune Trivia 2pm Prayer w Dick	Bird Day 5 Solve Bird's Categories Bird Watcher Crossword Clothespin Bird Craft	Duke & Mo Pet Therapy Tuesday: <u>January: TBD</u> January Birthdays 6 > Danny 8 > Karren 28 > Jim
Elvis Lives Day 8 Elvis is in the Building Game Elvis BINGO Try PeanutButter & Banana Sandwich	Happy Birthday Sergio 9 Garcia Golf Trivia Golf Tee Snowflakes Mini Golf 2:30 Duke ?	Houseplant Day 10 Bring a Houseplant Decorate Terra Cotta Pots Try Houseplant Dot Doodle	Let It Snow Day 11 Sing Along Snowball Fight Snow Time Crossword 2pm Prayer w Dick	National Tea Day 12 Tea Tasting Tea Party Detective Begins with "T"	
Marshmallow Monday 15 Snowman Marshmallow Treats Letter "M" Trivia	Martin Luther King Jr 16 MLK Crossword MLK Trivia 2:30 Duke ?	Snowflake Day 17 Science Behind Snowflakes Snowflake Craft	Oh, Pooh! Day 18 Book BINGO Who Wrote It? Explore The Hundred Acre Wood 2pm Prayer w Dick	Popcorn Day 19 Corny Jokes Movie Trivia Pirate's Booty Samples	
Pick Up A Hobby Day 22 Mixed Up Hobbies Puzzle Hobbies Trivia A hobby a day keeps the doldrums away.	Pie Day 23 Perfect Pie Puzzle Baking With Jenn 2:30 Duke ?	Belly Laugh Day 24 Jokes By Jenn Laffy Taffy Candy Samples 12:30 Belly Laugh	Clashing Clothes Day 25 Clashing Clothes Fashion Show Learn About Color Theory Clashing Guilt Graft 2pm Prayer w Dick	Incredible Aviator Day 26 Bessie Coleman Birth Anniv. Paper Airplane Race Airplane Craft	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.
Bubble Wrap 29 Appreciation Day Bubble Wrap Info Pop Some Wrap Bubble Wrap Craft	Tea & Trivia Tuesday 30 Tea Tunes January Trivia Paint From Tea 2:30 Duke ?	Hot Chocolate Day 31 Make A Gift DIY Monogrammed Mugs History of Hot Chocolate			

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