



- 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 | April 1, 2024 | Another Year | Blink of an Eye

Happy Spring Time!!!

Come Join The Fun!

Call 630.857.3017 to schedule a **FREE TRIAL**. From 11 am to 2 pm, a Future Member and their Caregiver can attend for FREE.

Check out our wonderful Community, Member Centered Activities, and meet our Professional Health Care Team. Enjoy a Nutritious Lunch and maybe even meet our Pet Therapy Partner, Duke!

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

Hurry! Our Winter Membership Drive Free TRIAL ends soon.

(630) 857-3017 FREE TRIAL



Give the **GIFT** of **MEMBERSHIP**

April Special Events

April 3 and 16
Pet Therapy: 2 PM

April 1: April Fools' Day

April 8: Baseball Game

April 25: Pinot's Palette Class

April 29: Dance Party

HOME AWAY FROM HOME... Woo-Hoo!

Top of the Second: Top Stories of 2024

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



Pet Therapy

Birthdays

NSC Oscars



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

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

5.0 ★★★★★ Google Review by Sandra B, February 17, 2024:

“My 86 year old mother has been attending this facility for over a year now, and not once have we ever had a negative experience. The owners, nurses and staff are some of the nicest and friendliest people I've ever met, and they have been extremely patient with my mom, who can be a little bossy and rude at times. They are well-trained in re-directing any negativity from the elderly, so that the atmosphere remains positive for others. The Monthly Calendar they provide is filled with so many exciting activities that keep the minds of the elderly very busy and engaged, which is so beneficial. My mom loves the lunches there, which is surprising, because she can be quite the complainer regarding food sometimes.... I don't usually write reviews, but this place is very exceptional at what they do, so I wanted to share our experience in case someone is wondering whether to consider this place for their loved one.”

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*

2024 Naperville Senior Center Oscar Awards









2024 APRIL

Activity Schedule

Naperville Senior Center

Adult Day Services

Fitness & Activity



Monday	Tuesday	Wednesday	Thursday	Friday	Special Events
April Fools Day 1 April Chronicle April Fools Puzzle April IQ Punny April History's Biggest Pranks	PB & Jelly Day 2 Tasting Event New PB&J Combo's Popular Food Combos Chair Yoga	Find A Rainbow Day 3 Learn about Rainbows Craft: Sun Catchers Find Rainbows 2PM Duke	Ballroom Dance 4 Ballroom Dancing Quiz Tiny Dancers Craft	Burpee Day 5 Seed Mosaic Craft Remembering Spring-Gardening Afternoon BINGO	Duke & Mo Pet Therapy Wednesday: 4/3 Tuesday: 4/16
April Showers Week					
HomeRun Record 8 Talkin' Baseball Home Run Puzzle Let's Play Ball	Mathematics Day 9 Cranium Puzzles Math Riddles & Jokes Pokeno	Golfer's Day 10 Putting Practice Golf Word Puzzles 9-hole Card Game WEAR GREEN	Barbershop Quartet 11 Listen to Barbershop music Finish the Lyrics WATER COLOR	Day of Pink 12 Pink Carnation Craft Sing Along Pink Expressions WEAR PINK	
Really... Let's Get Outside Week					
Tax Day Price Is Right Time 4 Taxes-Crossword Taxing-Situations	Stress Awareness 16 Chair Yoga Pictionary Watercolor 2PM Duke	Nothing Like a Dame 17 Show Tunes Sing Along Music Music Music Puzzle Classical Music on Broadway	World Heritage Days 18 Virtual Sightseeing Flags Around the World Tower Of Hercules Where Am I???	Poetry Day 19 Finish the Line Exercise Poetry Reading Poetry Crossword Wreath Craft	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
April Showers Week					
Earth Day 22 Earth Day Puzzles Insect Scavenger Hunt Giggles In-The Garden	Talk Like Shakespeare Day Who Am I? 23 Coined by Shakespeare Romeo & Juliet Mining Tudor Rose Magnet	Library of Congress 24 Celebrating Largest Library BOOK BINGO Crossword-Puzzle	Red Hat Society Day 25 Decorate RED Hats Red HAT Hijinks Pinot's Palette Class WEAR RED PURPLE	Audubon Day 26 Learn About John Audubon Bird Watching Crossword Flying Spring Bird Craft	
Senior Center Too Much Fun Week					
Dance Day 29 Evolution of Dance Types of Dance Puzzle Dance Party/Sing Along	Laugh 'til You Cry 30 Funny TED Talk Secret Humorous Quote Puzzle Jokes				

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