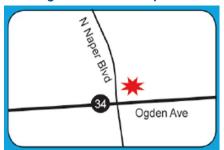


- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities

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



## **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**





































































# **April Fools Day**

History's Biggest Pranks April IQ | Punny April April Fools Puzzle April Chronicle

## PB & Jelly Day

Popular Food Combos New PB&J Combo's Tasting Event Chair Yoga

## **Adult Day Services** Thursday

Special Events

## April Showers Week Wednesday

Find A Rainbow Day

Craft: Sun Catchers

Find Rainbows

2PM Duke

## **Ballroom Dance** (1) Learn about Rainbows

Ballroom Dancing Quiz **Finy Dancers Craft** 

Friday

Duke & Mo Pet Therapy Wednesday: 4/3

Remembering Spring-

Gardening Afternoon BINGO

Seed Mosaic Craft

Burpee Day



## HomeRun Record

**Mathematics Day** 

Cranium Puzzles

Jokes | Pokeno Math Riddles &

Home Run Puzzle Talkin' Baseball Let's Play Ball

# Let's Get Outside Week

**Golf Word Puzzles** 9-hole Card Game **Putting Practice** Golfer's Day **WEAR GREEN** 

## Barbershop Quartet Listen to Barbershop music Finish the Lyrics **MATER** Color

## Pink Carnation Craft Pink Expressions **WEAR PINK** Sing Along

## Poetry Day

World Heritage Day

Virtual Sightseeing Flags Around the World

Tower Of Hercules

Finish the Line Exercise Poetry Crossword Poetry Reading Wreath Craft



Learn About John Audubon

Audubon Day

Bird Watching Crossword Flying Spring Bird Craft

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

## Stress Awareness

APRIL 15

Time 4 Taxes-

Crossword

Situations

Price Is Right

Tax Day

Really... Let's Get Outside Week

Chair Yoga Watercolor 2PM Duke Pictionary

Talk Like Shakespeare

Day | Who Am 1?

Coined by Shakespeare Romeo & Juliet Mining

Insect Scavenger Hunt

Earth Day Puzzles

Earth Day



## Music Music Music Puzzle Classical Music on Broad-Nothing Like a Dame Show Tunes Sing Along

## Where Am I??? April Showers Week

Red Hat Society Day Decorate RED Hats Red HAT Hijinks Library of Congress Library | BOOK BINGO Celebrating Largest Crossword-



Puzzle

**Tudor Rose Magnet** 

The Garden

Giggles In-







# Laugh 'til You Cry Secret Humorous Quote

Funny TED Talk

Evolution of Dance

Dance Day

Puzzle Jokes

Dance Party/Sing Along Types of Dance Puzzle











Naperville Senior Center Adult Day Services | 1504 N Naper Blvd. Suite 120 | Naperville, IL 60563 NaperilleSeniorCenter.com | info@napervilleseniorcenter.com | 630<u>.857.3017</u>