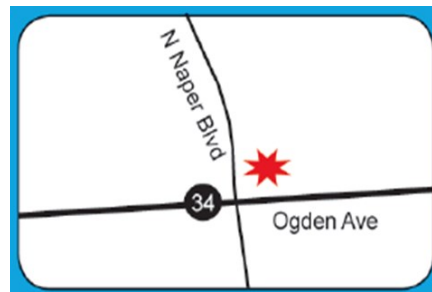




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



Naperville Senior Center Adult Day Newsletter |

March 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

HAPPY
St Patrick's
DAY
**Give the
GIFT of
MEMBERSHIP**

March Special Events

March 7 and 8

The NSC Oscar Awards | 2:15-3:30 PM

March 12, 5-7 PM

Naperville Senior Center
Celebrating Nine Years
Epic Party 5-7PM

HOME AWAY FROM HOME... **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



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*

A decorative border on the right side of the page, featuring a dense arrangement of yellow daffodils with green stems and leaves. The flowers are in various stages of bloom, and the greenery is vibrant and lush.



Special Events	
<p>March 7 Oscar Day 1</p> <p>March 8 Oscar Day 2</p> <p>March 12 Naperville Senior Center Celebrating Nine Years Party 5-7PM</p> <p>March 19 Spring Begins</p> <p>March 28 Baseball Season Begins</p>	<p>Duke & Moe Wednesday 3/6 Tuesday 3/19 2:00 PM</p> <p>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.</p>
<p>1</p> <p>Welcome March! March Monthly Gazette March IQ Test March BINGO</p> <p>Starts With "M" Categories: Boy's Names, Girl's Names, Places (city state country), Food (meat, mayo ...) Animals (mink, mouse...) Anything (milk, money, men...)</p>	<p>8</p> <p>OSCAR DAY 2</p> <p>...and the winner is...</p>
<p>2</p> <p>Sing Out Day Karaoke Music Bingo Sing And Walk LIVE Performance: Mary 2PM</p>	<p>29</p> <p>Jeopardy! Day March Table Talk Tidbits BINGO Afternoon TRIVIA</p>
<p>3</p> <p>St Patrick's Day Lucky Number Game Leprechauns On The Loose St Patrick's Day Puzzles</p>	<p>15</p> <p>St Patrick's Day Lucky Number Game Leprechauns On The Loose St Patrick's Day Puzzles</p>
<p>4</p> <p>Chicago Day Chicago IQ Beaded Wind Chimes</p>	<p>4</p> <p>Chicago Day Chicago IQ Beaded Wind Chimes</p>
<p>5</p> <p>Music Music Music Name That Tune Song Bingo</p>	<p>5</p> <p>Music Music Music Name That Tune Song Bingo</p>
<p>6</p> <p>Oreo Cookie Day Begins with "O" Oreo Personality Test Oreo Truffles 2pm Duke</p>	<p>6</p> <p>Oreo Cookie Day Begins with "O" Oreo Personality Test Oreo Truffles 2pm Duke</p>
<p>7</p> <p>March Madness</p>	<p>7</p> <p>March Madness</p>
<p>8</p> <p>Girl Scout Day Who Am I? Game Famous Girl Scouts Thin Mint Delight Recipe NSC 9 Year Party!! 5-7PM</p>	<p>8</p> <p>Girl Scout Day Who Am I? Game Famous Girl Scouts Thin Mint Delight Recipe NSC 9 Year Party!! 5-7PM</p>
<p>9</p> <p>Spring Has Sprung</p>	<p>9</p> <p>Spring Has Sprung</p>
<p>10</p> <p>Storytelling Day Create a Story Stick Storytelling Puzzles</p>	<p>10</p> <p>Storytelling Day Create a Story Stick Storytelling Puzzles</p>
<p>11</p> <p>Spring Begins Springtime Secret Message Spring Cleaning Spring Poems Welcome to Spring Card 2pm Duke</p>	<p>11</p> <p>Spring Begins Springtime Secret Message Spring Cleaning Spring Poems Welcome to Spring Card 2pm Duke</p>
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<p>13</p> <p>Celebrating Nutrition Month Good Nutrition Crossword <i>Wise Guy Smoothies</i> <i>Yarn Wrapped Carrot Craft</i></p>	<p>13</p> <p>Celebrating Nutrition Month Good Nutrition Crossword <i>Wise Guy Smoothies</i> <i>Yarn Wrapped Carrot Craft</i></p>
<p>14</p> <p>March Madness Tournament March Madness Trivia 2pm Prayer w Dick</p>	<p>14</p> <p>March Madness Tournament March Madness Trivia 2pm Prayer w Dick</p>
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<p>23</p> <p>Jeopardy! Day March Table Talk Tidbits BINGO Afternoon TRIVIA</p>	<p>23</p> <p>Jeopardy! Day March Table Talk Tidbits BINGO Afternoon TRIVIA</p>
<p>24</p> <p>World Theatre Day The Case of the Missing Pot of Gold Can You Picture This March Junk Drawer Detective Stickman Word Game</p>	<p>24</p> <p>World Theatre Day The Case of the Missing Pot of Gold Can You Picture This March Junk Drawer Detective Stickman Word Game</p>
<p>25</p> <p>Come And Create Easter Stained Glass Craft</p>	<p>25</p> <p>Come And Create Easter Stained Glass Craft</p>
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