



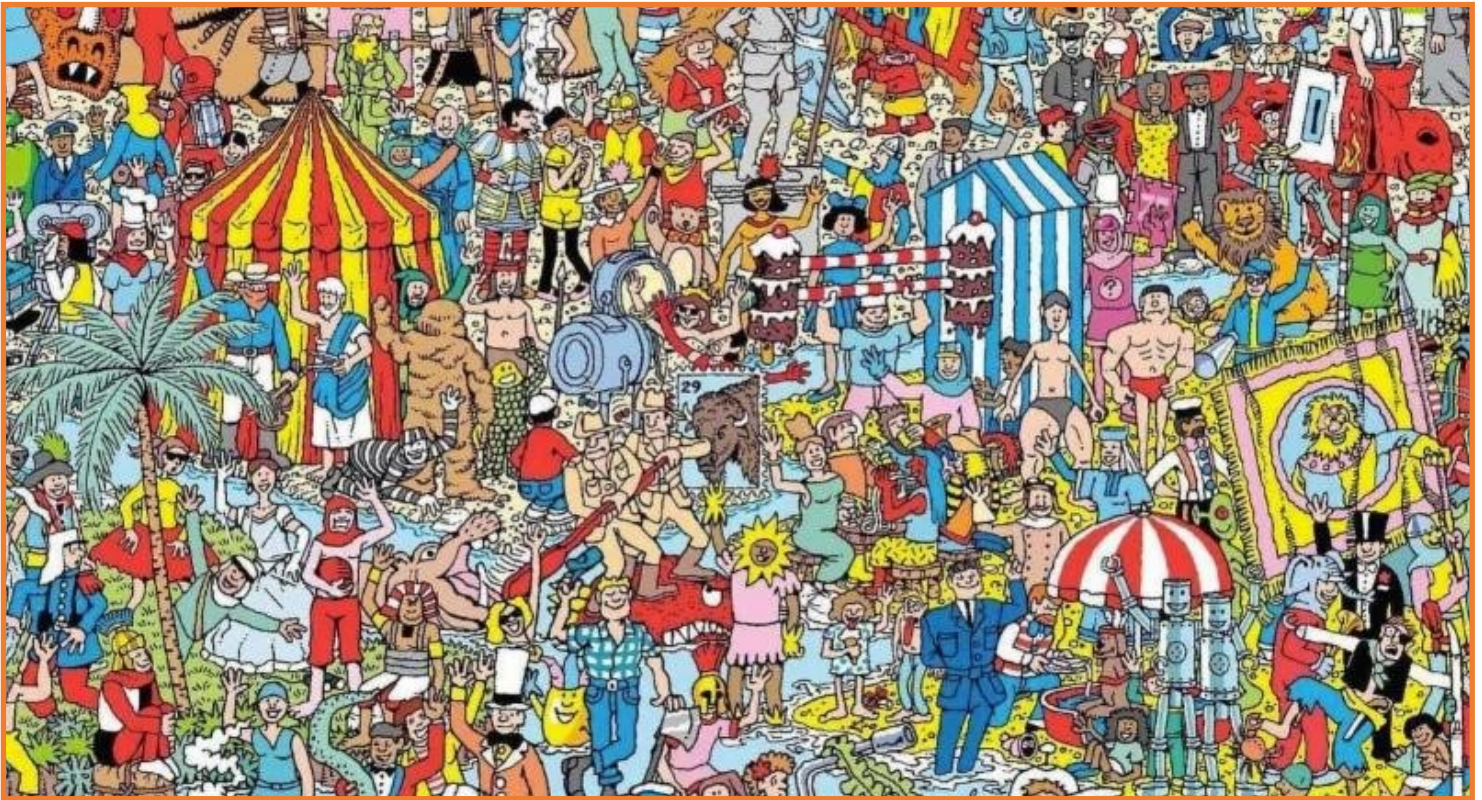
- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- **630.857.3017**

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



Naperville Senior Center Adult Day **Sept 2025 | Call 630.857.3017 To Schedule A FREE TRIAL!**

Caregivers? What Are You Looking For?



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!



(630) 857-3017... Schedule a FREE Trial

Top of the Second: Come Join The Fun!



Fun Activities Include:

Dancing, Baseball Games, POKINO, Oscar Awards, Olympic Games, BAGO, Basketball Tourney, Water Coloring, Chair Yoga, Mini Golf, & Lots More Fun

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! Arrrrrggghh!

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

5.0 ★★★★★ 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 Director, Jenn, Dementia Certified
 - ◆ Member Centered Activities with Ralph and Ana
 - ◆ 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*



Doctor of Occupational Therapy Students from Governor's State University

2 0 2 5 September


Activity Schedule




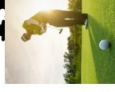
Naperville Senior Center
Adult Day Services

Fitness & Activity

Monday

1
LABOR DAY


8
Kick Off Day

Football Trivia
Guess That Word
Odd One Out
Uno

15
Golf Day

Famous Golfers
Golf Quiz
Roll It Play It
Scattergories

22
Ping Pong Day


Ping Pong Competition
Ping Pong Trivia
Card & Dice Game
Guess That Word

29
Bowling Day

Rock 'N' Roll Bowling
Name That Tune
Roll It Play It
Speedy Recall

Tuesday

2
Hello September
Morning Gazette | Run The Alphabet | Famous Birthdays | Kings In The Corner | Three Letter Word Rhyming Quiz
Pokeno w/Nancy

9
Western Day

LRCC (Dice Game)
Western Quiz
Quick Fire Similes
Pokeno w/Nancy

16
Mexican Indi Day

Mexican Indi Day History
Try Mexican Street Corn
Uno | Name That Tune
Duke @2

23
Chai Tea Day

LRCC (Dice Game)
Chai Tea Taste Test
Chai Tea Facts
Scattergories

30
Harvest Moon


Moon Pies | Moon Facts
Pot Luck Quiz
Collage Detective
Kings In The Corner
Pokeno w/Nancy

Wednesday

Fall Colors Week

3
Baseball Day
Begins with "S"
Card/Dice Matching Game
Finish The Sentence
Baseball Trivia

Simple Pleasures Week

10
Twister Day

Speedy Recall
Twister Trivia
BUNCO
Collage Detective

National Adult Day Services Week

17
Country Music Day
Baking w/Ashley
Country Trivia | Kings in the Corner | Country Music-Bingo | Run The Alphabet

Duke's Birthday Week's

24
Hello Fall

Autumn Trivia
Fall BINGO
Fall Painting
Duke @2

Thursday

Wildlife Day

Wildlife Trivia
Fall Craft
Pokeno | Give Me 5
Talk Time w/Dick @2


11
The Price Is Right
Name That Game Show
BINGO | Fall Painting
Price is Right Game
Talk Time w/Dick @2

18
One Hit Wonder Day
Where Are They Now?
One Hit Wonder Quiz
Collage Detective
Music BINGO | Dick @2

25
Fishing Day


Junk Drawer Detective
Fall Quiz | Fish Games
Shut The Box
Talk Time w/Dick @2


Friday

5
Popcorn Day

Popcorn Snacks & Games
Hummingbird Trivia
Guess That Word
Shut The Box

12
Chocolate Milkshake

Who Am I? | Fall Craft
Card & Dice Matching Game
Milkshake
-Taste Test

19
Talk Like A Pirate Day

Pirate History
Pirate Games | Give Me 5
Walk The Plank
Fall Craft

Bunny Day

Bunny Craft
Rabbit Trivia
What Am I? Uno
Exercise BINGO



Duke & Mo

September 16: Tuesday
September 24: Wednesday
2 PM

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.

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