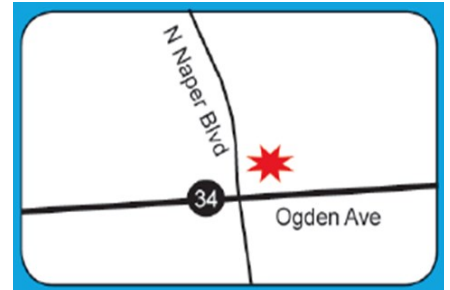




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- **630.857.3017**

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



[Naperville Senior Center: Yes-Vember!!](#)

Caregivers: November is National Family Caregiver Month and here are six ways to regain control of your life by enrolling your loved one into Naperville Senior Center, Adult Day Services. Family Caregiver:

- | | |
|--|---|
| • Say no to stress and anxiety | Say YES to peace of mind |
| • Say no to lack of time for self-care | Say YES to spa day |
| • Say no to lousy job productivity | Say YES to the job promotion |
| • Say no to not enough family time | Say YES to hanging with the fam |
| • Say no to feeling guilty | Say YES to being strong |
| • Say no to fatigue | Say YES to increased energy |

Please Have Your Loved One Come Join The Fun!

See Page 2 for Ways Your Loved One Will Say YES to Membership!



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!

Top of the Second: Yes-Vember

Future Members: Enroll in our program and enjoy all the benefits of membership including:

- Say no to an empty house ✓ Say **YES** to a **community** of friends
- Say no to isolation ✓ Say **YES** to inclusion and **group activities**
- Say no to depression ✓ Say **YES** to **happiness**, fun, and humor
- Say no to being lonely and loneliness ✓ Say **YES** to **friendships**
- Say no to no one to speak with ✓ Say **YES** to a **room full of friends**
- Say no to boredom ✓ Say **YES** to member centered activities, **shenanigans, group projects, and maintenance of dignity**
- Say no to waiting for someone to call... ✓ Say **YES** to **looking forward to another great day tomorrow!!**

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.

November Special Events

November 12 & 25: Duke @ 2pm

November 27 & 28:

Thanksgiving Break: Not Open



Pam & Mike Cooper
Your Hosts

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, Nida and Katia
 - ◆ Daily Vitals Screening
- ◆ Physical Therapist, Pam
 - ◆ Maintain or Improve Functionality
- ◆ Activity Directory, Ashley, Dementia Certified
 - ◆ Member Centered Activities w/Ralph, Ana, Sophia, & Karan
 - ◆ 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*



2020 November



national caregivers month



Activity Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Say "Yes" Week

Welcome to November
Famous Nov Birthdays
Words That Start w/'N'
Morning Gazette
Shut The Box

Game Day
Mini Golf | Dice BINGO
Bean Bag Toss | Floor Hockey
2pm Pokeno w/Nancy
Shuffle Bowling

Vanilla Cupcake Day
Baking w/Ashley
Golf Dice Game
Fall Painting
Fall Bingo

Hoops Day
PrayerTime w/Dick @2PM
B'ball Crossword Puzzle
Basketball Trivia
3's Away

Apple Cider Day
Baking w/Ashley
Fall Would You Rather
Starts with "A"
Apple Bobbing

Thankful Week

World TV Day
TV Trivia
TV BINGO
Speedy Recall
Sitcoms Quiz

Veterans Day
Veterans Day Word Search
Fall Code Breaker
Patriotic Sing A Long
Red Poppy Craft
2pm Pokeno w/Nancy

Homemade Bread Day
Baking w/Ashley
Fall BINGO | Fall Painting
2:00 Pet Therapy with Duke
Golf Dice Game

Thankful Thursday
Give Thanks Craft
Thankful Notes
Unscramble
Kindness Group Word Search
PrayerTime w/Dick @2PM

Chili Day
Chili Cook Off Word Search
Making Chili
Starts w/'C"
BINGO

Music Monday
Name That Tune
Golf Dice Game
Catch Phrases
Music BINGO

Turkey Tuesday
Interesting Turkey Facts
2pm Pokeno w/Nancy
Guess That Fall Word
Turkey Craft
Turkey Hunting

Camp Day
Camping Group Word Search
Spot the Difference: Camping
Baking w/Ashley
iSpy Camping

Fast Food Day
Fast Food Day
Fast Food BINGO
Autumn Tree Painting
Fast Food Crossword
PrayerTime w/Dick @2PM

Mason Jar Day
Mason Jar Craft
Starts with "M"
Old Wives Tales
Uno

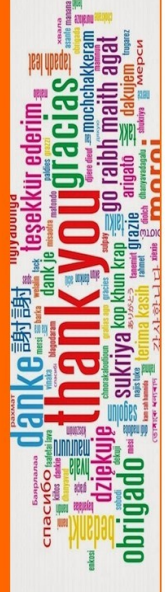
Thanksgiving Trivia Day
Thanksgiving Trivia
Thanksgiving Crossword
Word Scramble

Pumpkin Pie Day
Baking w/Ashley
Pumpkin Painting
BINGO
Fall Collage Detective
2:00 Pet Therapy with Duke

Watercolor Wednesday
Exercise BINGO
Fall Watercolor
Give Me 5
3's Away

Thanksgiving Day
Not Open
Happy Thanksgiving

BLACK FRIDAY
Not Open



Special Events

- 11/2 Fall Back
- 11/4 Voting Day
- 11/11 Veterans Day
- 11/27 Thanksgiving Day
Not Open

Day After Thanksgiving
Not Open

Yes-NO to 'loneliness'
Say NO to 'loneliness'

Say YES to Naperville Senior Center

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