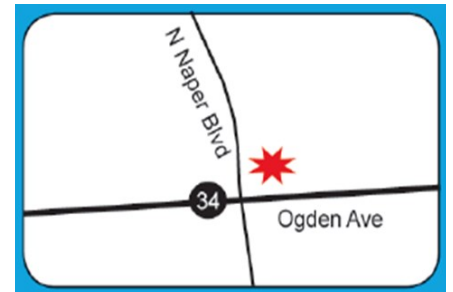




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



Naperville Senior Center Adult Day Newsletter | January 1, 2025 | Another Year | Blink of an Eye

Happy New Year!

Home Away From Home!

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



Come Join The Fun... **Woo-Hoo!**

Top of the Second: Top Stories of 2025

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

How Naperville Senior Center Adult Day Can Help...

Our Members:

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





JANUARY

Activity Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Monday		Tuesday		Wednesday		Thursday		Friday																						
<p>Tea & Trivia Day Hot Tea Taste Test Group Tea Word Search 1960's Trivia Uno</p>	<p>5 </p>	<p>Three Kings Day Basketball Trivia & Toulouey Three Kings Day History Collage Detective Catch Phrases Duke @2</p>	<p>6 </p>	<p>7 Resolution Resolutions Week Vision Board Day Crossword Puzzle I Spy Pokeno w/Nancy DIY Vision Board Kings In The Corner</p>	<p>8 Happy Birthday Elvis Guess That Elvis Song Elvis BINGO PB&B SW Elvis Song Crossword Prayer Time w/Dick @2</p>	<p>9 Bowling Day January Quiz Family Feud Bowling BUNCO</p>	<p>10 MLK Day UNO MLK History MLK Crossword I Have A Dream Craft</p>	<p>11 Billboard Charts Day 3's Away Dice Game 1960's Music Crossword 60's & 50's Music BINGO Name That One Hit Wonder</p>	<p>12 Rock 'n Roll Day Guess That Famous Singer Rock 'n Roll Trivia Bingo War Card Game Tattoos Pokeno w/Nancy</p>	<p>13 Pipe Cleaner Snowflake Spot The Difference Snowflake Craft NAMI Visitors BINGO LRC Dice Game</p>	<p>14 BINGO Day Anagrams Word Game Dominoes BINGO iSpy</p>	<p>15 Popcorn Day Corny Jokes Odd One Out Twister Trivia Pirates Booty Taste Test Prayer Time w/Dick @2</p>	<p>16 Crossant Day Pigs In A Blanket Making Baking Crossword Collage Detective Water Coloring</p>	<p>17 Winter Craft Golf Dice Game Boggle Pokeno w/Nancy Snow Quiz Winter Craft</p>	<p>18 Yoga Day: Yoga Quiz Dice Competition Game Morning Yoga Bunco Duke @2</p>	<p>19 Hot Tea Day Hot Tea Taste Test Tea Fun Facts Water Coloring Bunco</p>	<p>20 Art Day: Yam Craft 3's Away Dice Game Guess The Famous Painters Collage Detective Prayer Time w/Dick @2</p>	<p>21 Arts And Crafts Week Winter Craft Golf Dice Game Boggle Pokeno w/Nancy Snow Quiz Winter Craft</p>	<p>22 Art Day: Yam Craft 3's Away Dice Game Guess The Famous Painters Collage Detective Prayer Time w/Dick @2</p>	<p>23 Bird Day DIY Bird Feeder Guess The National Bird Bird BINGO iSpy</p>	<p>24 Name That Tune Day Name That Tune Music BINGO Kings in Corner Guess The Famous Artist Prayer Time w/Dick @2</p>	<p>25 Stay Warm Week Yoga Day: Yoga Quiz Dice Competition Game Morning Yoga Bunco Duke @2</p>	<p>26 Hot Tea Day Hot Tea Taste Test Tea Fun Facts Water Coloring Bunco</p>	<p>27 Hot Cocoa Day So You Want To Be a Millionaire "Drink It" Game Group Word Search Canvas Painting Pokeno w/Nancy</p>	<p>28 Yoga Day: Yoga Quiz Dice Competition Game Morning Yoga Bunco Duke @2</p>	<p>29 Name That Tune Day Name That Tune Music BINGO Kings in Corner Guess The Famous Artist Prayer Time w/Dick @2</p>	<p>30 Pizza Day Group Word Search Pizza Snack Making Pizza Trivia BINGO Collage Detective</p>	<p>31 Welcome to January Famous Jan Birthdays Starts With "J" Morning Gazette Shut The Box</p>	<p>1 HAPPY NEW YEAR! Not Open Today</p>	<p>2 Welcome to January Famous Jan Birthdays Starts With "J" Morning Gazette Shut The Box</p>

Ongoing Activities

Duke & Mo

January 6: Tuesday
January 28: Wednesday
2 PM

Baking w/ Ashley

January 6: Brownies
January 14: Cinnamon Rolls
January 21: Nutella Puff Pastry
January 28: Banana Bread
January 30: Homemade Pizza Rolls

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.