



- 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

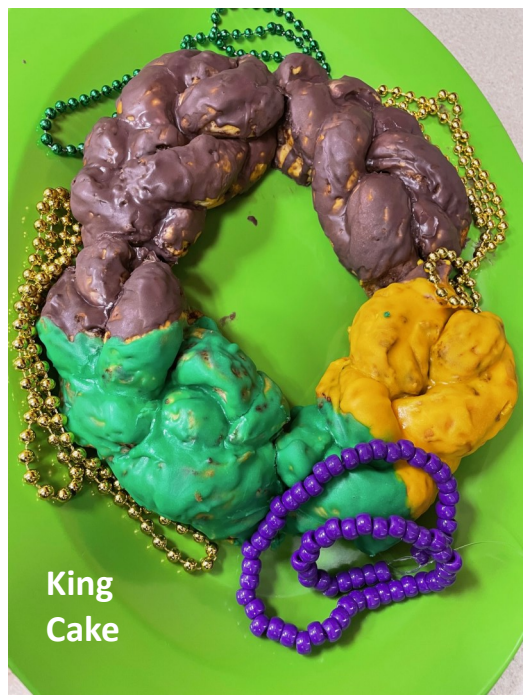


Naperville Senior Center Adult Day Newsletter | February 1, 2025 | Another Year | Blink of an Eye

Happy St Patrick's Day!

Home Away From Home!

THINK: Spring!!



King Cake

Baking w/Ashley

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: Having Fun With Crafts

Thank You Ashley For Doing Activities With Us All Day!



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.



Oscar Awards March 19 & 20, 2026



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*



Members having fun: Super Bowl Squares with Ashley!

MARCH



Monday

Tuesday

Wednesday

Thursday

Friday

2
Welcome to March!
Monthly Gazette
Famous Birthdays
LRC Dice Game
Starts with the Letter "M"

3
Wildlife Day
Animal Bingo/Wildlife Facts
Guess that Sound
Bird Feeder Making
Pokeno with Nancy

4
Grammar Day
Spelling Bee
Odd One Out
Choose the Correct Spelling
Words that End With "ISH"

5
Jazz Music Day
Guess that Jazz Artist
Jazz Word Search
Guess the Popular Jazz Song
2PM Prayer Time w/Dick
Baking with Ashley

6
Astrology Day
What's Your Horoscope?
Superstition Quiz
Pictures of Horoscope Signs
Kings in The Corner Game

9
Int'l Women's Day
Guess the Women Inventors
Women in History
Women Who Changed the World Quiz

10
Flower Day
Flower Bingo
Guess that Flower
Flower Painting
Pet Therapy with Duke

11
Workout Wednesday
Exercise Bingo
Evening Chair Dance Workout
War Card Game
Pokeno with Nancy

12
Girl Scout Day
Baking with Ashley
Cookie Crossword
Girl Scouts Reminiscing
Minute to Win It
Prayer Time w/Dick @ 2

13
Happy Day
Things That Make You Happy
Happiness is... Word Search
Snack Hour

16
Casino Day
Blackjack
War Card Game
Horse Racing Game
Uno

17
St. Patrick's Day
NAMI Visitors
Toss the Coin in the Pot
Scavenger Hunt
Shamrock Shakes!

18
Hit the Target Day
Nerf Target Shooting
Axe Throwing
Twister Trivia
Pokeno with Nancy

19-20
Oscars Day 1
Oscars Day 2
...and the 2026 OSCAR goes to...

27
Family Feud Day
Painting
Riddles
Pokeno
Family Feud Card Game

23
Hello Spring!
Spring Hangman
Flower Quiz
3's Away Dice Game

24
Music Madness
Name That Tune
Music Bingo
Group Artist Word Search
Pokeno

25
Waffle Wednesday
Watercolor Painting
Starts with a "W"
Waffle Sundae
Pet Therapy with Duke

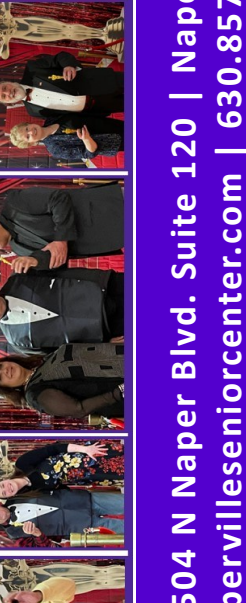
26
Bingo Day
Dice Bingo
Themed Bingo
Shut the Box
iSpy
PM Prayer Time w/Dick

27
Family Feud Day
Painting
Riddles
Pokeno
Family Feud Card Game

30
Dice Tournament
Bunco
Dice Bingo
Snake Eyes
3's Away

31
Art Day
Yarn Art
Pokeno with Nancy
Tenzi
Word Scramble

Art Week



Educational Week

Special Events

March 19—20
2026 NSC Oscar Awards

March 17
St Patrick's Day
Wear Green

March 8: Tik Tok
Spring Ahead

Prayer Time w/Dick

Thursdays at 2 PM

Duke & Mo

March 10: Tuesday
March 25: 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.

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