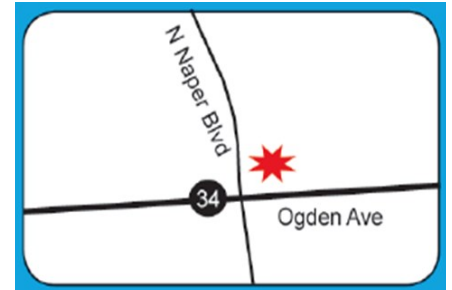




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



Naperville Senior Center Adult Day Newsletter | April 1, 2026 | Another Year | Blink of an Eye

Home **Away** From Home!

“Award Winning Care”



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: And The Winner Is...



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

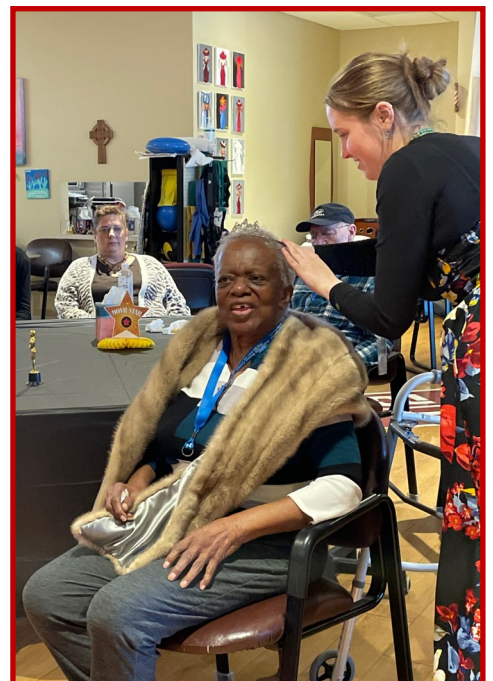
How Naperville Senior Center Adult Day Can Help...

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*



Members having fun: Back in the Green Room...



April 2026

Activity Schedule

Fitness & Activity
Naperville Senior Center
Adult Day Services



Monday

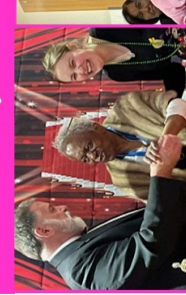
Tuesday

Wednesday

Thursday

Friday

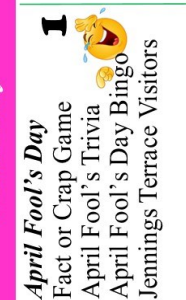
Ongoing Activities



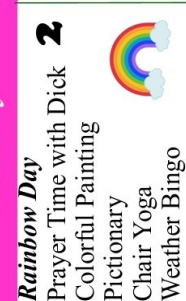
6 Health Day
 Healthy Snack Time
 Exercise Bingo
 Health Tips/Meditation
 Hand Massages



7 Basketball Day
 Basketball Tournament
 NAMI Visitors
 Basketball iSpy
 Skee Ball



1 April Fool's Day
 Fact or Crap Game
 April Fool's Trivia
 April Fool's Day Bingo
 Jennings Terrace Visitors



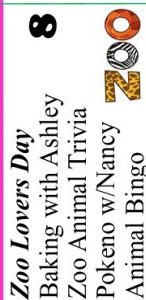
2 Rainbow Day
 Prayer Time with Dick
 Colorful Painting
 Pictionary
 Chair Yoga
 Weather Bingo



3 Good Friday
 Easter Craft
 T or F Easter Traditions
 Word Search
 Baking w/Ashley
 Easter Quiz



April 3: Good Friday
April 5: Easter
April 22: Earth Day
Wear Blue or Green



8 Zoo Lovers Day
 Baking with Ashley
 Zoo Animal Trivia
 Pokemo w/Nancy
 Animal Bingo



9 Fun and Games
 Prayer Time with Dick
 Target Practice
 Twister Trivia



10 Golfers Day
 Mini Golf
 Skee Ball
 Collage Detective
 Golf Dice Game



Pet Therapy w/Duke
April 15: Wednesday
April 29: Wednesday
2 PM



13 Game Show Trivia
 Who Wants to be A Millionaire
 Family Feud
 The Price is Right
 Hangman Wheel of Fortune



14 Laughter Day
 Pokemo with Nancy
 Telling Jokes
 Tongue Twisters
 Group Word Search



15 World Art Day
 Pet Therapy w/Duke
 Paint & Chat
 7's Away Game
 Color Target Toss



16 Creativity Day
 Prayer Time with Dick
 April Shower Craft
 Abstract Coloring
 Guess that Famous Artwork



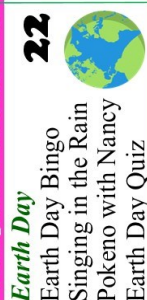
17 Piggys in a Blanket Day
 Cooking with Ashley
 Painting
 Memorizing Ball Game
 Crossword Puzzle



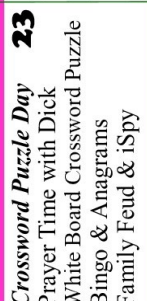
20 Gardening Day
 Planting Flower Seeds
 Flower Watercolor
 1950's Karaoke/Flower Bingo



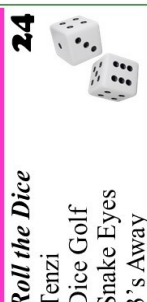
21 Strengthen Your Brain Day
 Math Games/Riddles
 Which is the Correct Spelling
 Finish the Sentence
 NAMI Visitors



22 Earth Day
 Earth Day Bingo
 Singing in the Rain
 Pokemo with Nancy
 Earth Day Quiz



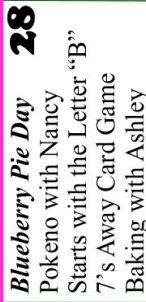
23 Crossword Puzzle Day
 Prayer Time with Dick
 White Board Crossword Puzzle
 Bingo & Anagrams
 Family Feud & iSpy



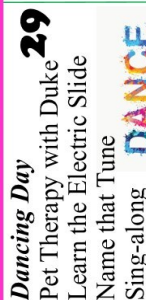
24 Roll the Dice
 Tenzi
 Dice Golf
 Snake Eyes
 3's Away



27 Paper Craft Day
 Word's that Start with "A"
 Kings in the Corner
 Boggle
 Paper Craft



28 Blueberry Pie Day
 Pokemo with Nancy
 Starts with the Letter "B"
 7's Away Card Game
 Baking with Ashley



29 Dancing Day
 Pet Therapy with Duke
 Learn the Electric Slide
 Name that Tune
 Sing-along **DANCE**



30 Oatmeal Cookie Day
 Baking with Ashley
 Prayer Time w/Dick
 1960's Karaoke
 Dominoes
 Uno



24 Roll the Dice
 Tenzi
 Dice Golf
 Snake Eyes
 3's Away

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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 NapervilleSeniorCenter.com | info@napervilleseniorcenter.com | 630.857.3017