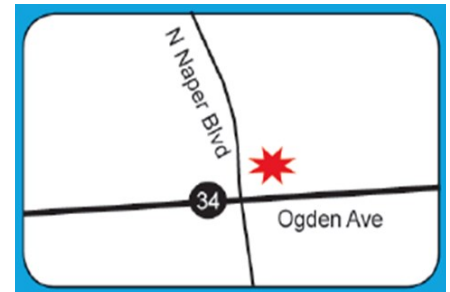




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



Naperville Senior Center Adult Day Newsletter | May 1, 2024 | Another Year | Blink of an Eye

## 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!

### May Special Events

- May 1: May Day (Hooray...)
- May 6: National Nurses Day
- May 12: Mother's Day
- May 25: Family Picture Day
- May 27: Memorial Day  
(Not Open)

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

# Top of the Second: Happy Mother's Day

**Happy Mother's Day to all the Moms, Moms to be, and Moms in Heaven!**



## April Showers Bring May Flowers.

**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**

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

### 5.0 ★★★★★ Google Review by Sandra B, February 17, 2024:

“My 86 year old mother has been attending this facility for over a year now, and not once have we ever had a negative experience. The owners, nurses and staff are some of the nicest and friendliest people I've ever met, and they have been extremely patient with my mom, who can be a little bossy and rude at times. They are well-trained in re-directing any negativity from the elderly, so that the atmosphere remains positive for others. The Monthly Calendar they provide is filled with so many exciting activities that keep the minds of the elderly very busy and engaged, which is so beneficial. My mom loves the lunches there, which is surprising, because she can be quite the complainer regarding food sometimes.... I don't usually write reviews, but this place is very exceptional at what they do, so I wanted to share our experience in case someone is wondering whether to consider this place for their loved one.”

### 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 Directory, Jenn, Dementia Certified
  - ◆ Member Centered Activities
  - ◆ 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*

# MAY

## 2024 Activity Schedule

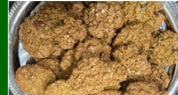


### Fitness & Activity Naperville Senior Center Adult Day Services

#### Monday



Baking w/ Jenn



**Welcome May**  
Monthly Gazette  
May IQ/Puzzles  
Famous May Birthdays  
Water Color  
2pm Duke

#### Wednesday

**1**  
Let's Luau!  
Lei Day | Lei Craft  
Aloha BINGO  
Volleyball  
2pm Prayer Service

#### Thursday

**2**  
Let's Luau!  
Lei Day | Lei Craft  
Aloha BINGO  
Volleyball  
2pm Prayer Service

**3**  
Cinco De Mayo  
Learn About the Battle  
Maraca/Craft  
Puzzles | Pinata  
Loteria Game

#### Friday

**10**  
Ocean Day  
OCEAN Categories  
Ocean Facts  
Ocean Craft  
BINGO

#### Ongoing Activities & Special Events

May 6: Nurses Day  
*Woo-Hoo for Julie & LeeAnn*  
May 12 Sunday  
*Mother's Day*  
May 25 Family Day  
*Bring Family Pictures*  
May 27 Memorial Day  
*Not Open*

#### Monday

**6**  
**Bubbles Day**  
Let's Blow Some Bubbles  
Sing Along "I'm Forever Blowing Bubbles" | ENJOY Some Bubbly  
**NURSE'S DAY**  
Cards for Nurses Craft

#### Tuesday

**7**  
**Johnny Unitas Annv'sy**  
Learn About the Legend  
Football Toss Game  
Rhyme Puzzle  
Who Am I?

#### Wednesday

**8**  
**Secret Elixir Day**  
Baking w/ Jenn  
Popular Slogans  
Taste Test

#### Thursday

**9**  
**Foodies Day**  
Food/Cooking Term Quiz  
Blindfold Taste Test  
Food For Thought  
Baking Class|2pm Prayer Svc

#### Friday

**16**  
**What's All The Racket About?**  
Tennis Word Game  
Wheel of Fortune  
Homemade Lemonade  
Balloon Tennis  
2pm Prayer Service

#### Ongoing Activities & Special Events

May 25 Family Day  
*Bring Family Pictures*  
May 27 Memorial Day  
*Not Open*

#### Monday

**13**  
**Apple Pie Day**  
Baking w/ Jenn  
"Sweet As Apple Pie" Game

#### Tuesday

**14**  
**Bicycle-Built-4-2-Tuesday**  
Daisy's Response?  
Song Trivia  
Sing Along  
2pm Duke

#### Wednesday

**15**  
**Day of Families**  
Bring Family Pictures  
Home Made Cards  
Community Crossword  
Guess the Member

#### Thursday

**23**  
**Flower Moon Day**  
Shoot the Moon Game  
Learn About Moons  
Songs with Moon  
Watercolor  
2pm Prayer Service

#### Friday

**24**  
**Baseball Night Game**  
Baseball Trivia | Facts  
Baseball Rice Krispy Treats  
Baseball | Spelling

#### Ongoing Activities & Special Events

May 1: Wednesday  
May 14: Tuesday  
2 PM

#### Monday

**20**  
**Backyard Games**  
Volleyball & BAGO  
Begins with "G"  
Stickman Word Game

#### Tuesday

**21**  
**Senior Citizen's Day**  
Senior Olympics  
Mining Puzzle  
Fashion Show  
Singer Mary at 2

#### Wednesday

**22**  
**Vanilla Pudding Day**  
Spoon Feeding Challenge  
**Baking w/Jenn**  
TWISTER TRIVIA

#### Thursday

**30**  
**Lincoln Memorial Day**  
Lincoln Trivia  
Famous Memorials  
Optical Illusions  
2pm Prayer Service

#### Friday

**31**  
**A Colorful Day**  
Four Color Abstract  
Art Challenge  
Comes in 4?  
BINGO

#### Ongoing Activities & Special Events

May 1: Wednesday  
May 14: Tuesday  
2 PM

#### Monday

**27**  
**Memorial Day**  
Not Open

#### Tuesday

**28**  
**Women's Golf Day**  
Famous Women Athletes  
Mini Golf  
"W" Trivia

#### Wednesday

**29**  
**Sr Health & Fitness Day**  
Balance Boogie Exercise  
Astronaut Fitness  
Trial

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