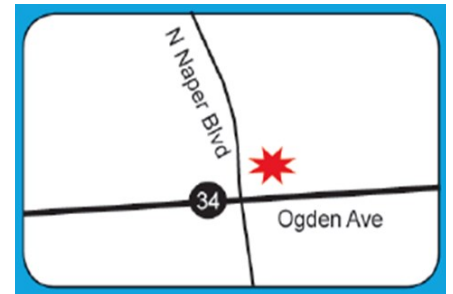




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



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

## 2024 Naperville Senior Center Summer Olympics



## 2024 NSC Summer Olympic Champions

### 2024 NSC Summer Olympics

**From Team Challenges  
To Wheelchair Races,  
Get Ready For Some  
Nail-Biting Drama and  
Tough Competition!  
See Page 2 for info...**

**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!

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



# Top of the Second: NSC Summer Olympics

## Possible Olympic Events:

- NuStep Bike Race
- Volleyball Competition
- Basketball Tournament
- Paper Plane Races
- Baseball Round Robin
- Javelin/Discus Toss
- Tug-o-War | Walking Track
- Table Top Games
- Mini Golf Tourney | Bago
- Wheelchair Races



**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.

## **August Special Events**

**August 1—9: Olympic Games**

**August 7 & 28: Duke @2pm**

**August 19—23: Relay for Life**



**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*



Activity Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b></p> <p><b>Bargain Hunting</b> Coupon Searching Rummage Sale De- tective Thrift Store Field Trip</p> 	<p><b>6</b></p> <p><b>Happy Birthday Lucy</b> I Love Lucy Trivia Famous Lucy Episodes Pokeno Name That Tune</p>	<p><b>7</b></p> <p><b>Lighthouse Day</b> Lighthouse Craft Edible Lighthouse Lighthouse Mixedup Game 2pm Duke visit</p> 	<p><b>1</b></p> <p><b>Welcome August</b> Monthly Gazette August IQ   Dick @2 Famous August Birthdays OLYMPICS DAY 5</p>	<p><b>2</b></p> <p><b>Coloring Book Day</b> Color Trivia Twister Bean Bag Toss Color &amp; Sip BINGO &amp; OLYMPICS</p>
<p><b>12</b></p> <p><b>Sew What???</b> Sewing Community Project   Scap Puzzle AM Cranium Crunches</p>	<p><b>13</b></p> <p><b>Left Hander's Day</b> Lefthand Jeopardy Left, Right, Center Game Famous Left Handers</p>	<p><b>14</b></p> <p><b>Little League World Series</b> TWISTER Trivia Sweet Tooth De- tective Let's Play Ball</p> 	<p><b>8</b></p> <p><b>Bowling Day</b> Bowling Competition Matching Bowling Items Mixed up Bowling Puzzles Dick @2</p>	<p><b>9</b></p> <p><b>Elvis Day</b> Sing-a-Long Elvis Puzzle Elvis BINGO Elvis Snacks</p> 
<p><b>19</b></p> <p><b>World Photo Day</b> Jig Saw Puzzles Double Exposure Mary @2 Singer <b>Relay For Life</b></p>	<p><b>20</b></p> <p><b>NFL's Birthday</b> Guess Player &amp; Team Pigs In A Blanket Pokeno <b>Relay For Life</b></p> 	<p><b>21</b></p> <p><b>Let's Luau</b> Surf's Up Craft Move &amp; Groove Hawaiian Punch Game Aloha BINGO   <b>Relay</b></p>	<p><b>15</b></p> <p><b>Honey Bee Day</b> What Am I? Flight of a Bumblebee Spelling Bee Contest Water Color   Dick @2</p>	<p><b>16</b></p> <p><b>Fiora &amp; Fauna Day</b> Scavenger Hunt Hawaii Trivia Seize The Lei (Craft)</p>
<p><b>26</b></p> <p><b>Cherry Popsicle Day</b> BINGOCIZE Popsicle Greeting Craft</p> 	<p><b>27</b></p> <p><b>Puttering Around Day</b> Golf Puzzles Summer Mini Golf Card Game Golf Craft</p> 	<p><b>28</b></p> <p><b>Ringer Day</b> What Am I Game of Horseshoes Horseshoe Decor Stickman   2pm Duke</p>	<p><b>22</b></p> <p><b>Sunflower Day</b> Flower Trivia Sunflower Mining Game Van Gogh Sunflower Wa- tercolor   Dick @2   <b>Relay</b></p>	<p><b>23</b></p> <p><b>Daffodil Day</b> Watercolor Yellow Objects</p> 
<p><b>30</b></p> <p><b>Beach Day</b> Hula Hoop Fun Watercolor Beach Abstract Beach Volleyball Beach Jokes   BINGO</p>	<p><b>29</b></p> <p><b>Chuckwagon Races</b> Sing-a-Long Horse Racing Game Western Games Dick @2</p>	<p><b>Relay For Life Party 2pm</b></p>	<p><b>Available Activities include:</b> Physical Therapy Stations, Daily Journal, Jokes, &amp; 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.</p>	<p><b>Ongoing Activities &amp; Special Events</b></p> <p><b>August 1-2</b> OLYMPIC GAMES Paper Plane Races Basketball Tournament</p> <p><b>August 19-23</b> <b>RELAY FOR LIFE</b> Walk, Walker, &amp; Roll Fundraiser To Fight Cancer</p> <p><b>Duke &amp; Mo</b> August 7: Wednesday August 28: Wednesday 2 PM</p>

Naperville Senior Center Adult Day Services | 1504 N Naper Blvd. Suite 120 | Naperville, IL 60563  
NapervilleSeniorCenter.com | info@napervilleseniorcenter.com | 630.857.3017