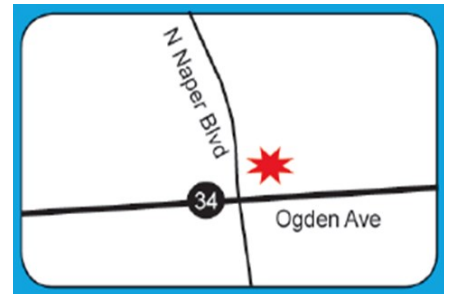




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



Naperville Senior Center Adult Day Newsletter | October 2024 | Another Year | Blink of an Eye

## Naperville Senior Center: Talk Like A Pirate Day!!



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: Lots Of Pirates!!! Swords Up!!!



**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.

## **October Special Events**

**October 9 & 23: Duke @ 2pm**

**October 11: Dance Party**

**October 31: Happy Halloween**



**Pam & Mike Cooper**  
**Your Hosts**

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

### 5.0 ★★★★★ 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*

### Google Review by Stephan D, September 19, 2024:

## Naperville Senior Center Adult Day Care

1504 N Naper Blvd Suite 120, Naperville, IL

5.0 ★★★★★ 26 reviews ⓘ

Naperville Senior Center is the gold standard for senior day care. Pam and Mike and all the staff are caring, compassionate, and competent. NSC is a gem in an industry that unfortunately falls short overall in providing quality care to seniors.



# October

## Activity Schedule



Monday

Tuesday

Wednesday

Thursday

Friday



**Welcome to October**  
 1 Monthly Gazette  
 October IQ  
 Famous October Birthdays

**Homemade Cookie Day**  
 2 Baking w/Jenn  
 Cookie Unscramble  
 Cookie Poll

**Up to BAT in October**  
 3 Craft Clothes Pin BATS  
 BAITer Up Centerpiece AM  
 Puzzles: Who What Where When  
 Baseball Jokes | 2pm Dick

**World Animal Day**  
 4 SPOT The difference  
 AM Pet BINGO  
 Who Am I?  
 Animal Quiz

**Frost on the Pumpkins**  
 7 James Whitcomb Riley  
 Pumpkin Patch Snow  
 Corky Pumpkin Craft  
 Bake w/Jenn

**Tunes Tuesday**  
 8 Name That Tune  
 Sing-A-Long  
 Music BINGO

**Scarecrow Day**  
 9 Scare The Crows Game  
 Scare Crow Ringer  
 Hay-There Door Decor  
 Scavenger Hunt | Duke 2pm

**Double 10th Day**  
 10 10th Day of 10th Month  
 Perfect "10" Puzzle  
 Categories Game  
 Snake Eyes | 2pm Dick

**Dance & Choreography**  
 11 Let's Dance Word Math  
 Dance Party  
 BINGO

**Indigenous People**  
 14 Morning Coloring  
 True Or False  
 First Categories  
 Alphabet Code

**I Love Lucy Day**  
 15 Game Show Trivia  
 Laugh With Lucy  
 What Am I? Game

**Dictionary Day**  
 16 Spelling Bee  
 Dictionary Song  
 Begins w/D  
 Can You Spell-Misspell  
 Game?

**Cadillac's Birthday**  
 17 Sing-A-Long  
 Price Is Right  
 What Am I?  
 Trivia  
 2pm Dick

**Route 66 Day**  
 18 Armchair Travelling  
 Crossword Puzzle  
 Travel Songs  
 Transport Quiz  
 BINGO

**World Gratitude Day**  
 21 Mindful YOGA  
 Thank You Card Craft  
 Gratitude Tips/Poems

**Nut Day**  
 22 Peanut Toss Game  
 Facts on Nuts | Photo Match  
 Squirrel Craft  
 Nuts About Nuts

**A Boo-tiful Day**  
 23 Double "O" Puzzle  
 Sing-A-Long  
 Duke 2pm

**Pumpkin Day**  
 24 Bake w/Jenn  
 Order up Game  
 Pumpkin Project  
 Peter Peter Pumpkin Eater  
 Mother Goose | 2pm Dick

**Frankenstein Day**  
 25 Frankenstein Dice Game  
 Famous Monsters  
 Frankenstein Dessert

**Chocolate Day**  
 28 CAN You Picture This?  
 Chocolate Taste Test  
 AM Puzzle's & Pondering  
 PM Dot-to-dot Yarn Craft  
 Candy Trivia

**National Cat Day**  
 29 CLAWS Word Game  
 Cat Facts  
 Cat Craft

**Candy Corn Day**  
 30 Candy Corn Toss Game  
 Sweet Tooth Detective  
 Baking w/Jenn  
 Candy Puzzle

**Happy Halloween**  
 31 HALLOWEEN Mini Golf  
 AM Halloween BINGO  
 Costume Reminiscing  
 Junk Drawer Detective  
 Halloween Puzzles | 2pm Dick

**HALLOWEEN**  
 Members are encouraged to wear a costume and join in the festivities along with volunteers and staff.

### Special Events

- 10/3 Baseball Game
- 10/10 Double 10's
- 10/11 Dance Party
- 10/31 Halloween

### Dick

2 PM Thursdays

### Duke & Mo

- October 9: Wednesday
- October 23: 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.