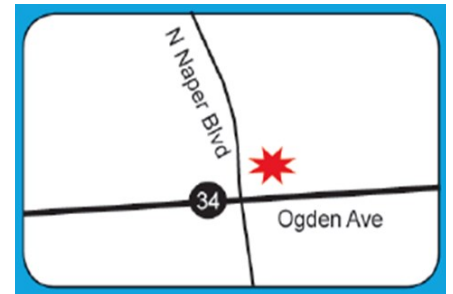




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



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

Naperville Senior Center Olympic Wheel Chair Races!



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 Birthdays!!!



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 ★★★★★ 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 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.”

September

Celebrating September as
National Senior Center Month



Naperville Senior Center
Adult Day Services

*Fitness &
Activity*

Monday

Tuesday

Wednesday

Thursday

Friday

Fall Colors Week

Special Events

2
LABOR DAY
 Labor Day celebration with a scavenger hunt and trivia.

3
Welcome September
Morning Gazette
September IQ and
Famous Birthdays

4
The Price Is Right
Price Is Right '40's & '50's
Snake Eyes
Mining Puzzle

5
Kick Off Day
Football Trivia
Football Word Puzzles
Paint By # Number
AM Football BINGO

6
Popcorn Day
Popcorn Snacks
Popcorn Games
BINGO

9
We're On Cloud Nine
Phrases With 9
Scattergories
Nine Trivia
Puzzles

10
Happy B'day Arnold Palmer
Putting Contest
Famous Golfers
Mining
Trivia

11
Word Game Wednesday
September Puzzles
Cranium Crunches
Wordle
2:30 Duke visits

12
Chocolate Milkshake
Milkshake Mining
1950's Music BINGO
Taste Test
2PM Dick

13
Superstitions
Phobia Game
BINGO
FRIDAY THE 13TH

16
Mexican Independence
Mexico Word Puzzle
Travel to Mexico City
Try Mexican Street Corn
Pinata

17
Harvest Moon
Harvest Moon Word Puzzle
Moon Songs
Moon Pies
2PM Flu Shots

18
Cheeseburger Day
Build-a-Burger Game
AM Crossword
Outdoor Picnic
2PM Flu Shots

19
Talk Like a Pirate Day
Discover Your Pirate Name
Pirate Day Song
Scavenger Hunt
2PM Dick

20
Octoberfest
Weiner Dog Race
Octoberfest Puzzles
Who Am I?
Keg Bowling

23
Dog Week
Match The Breed Game
Reminisce Favorite Pets
Bake Puppy Treats
DIY Shaggy Dog

24
Autumn Season Begins
Fall Time Detective
Fall Fever Sing-a-long
AM Fall BINGO
Fall Crossword

25
One Hit Wonder Day
Where Are They Now?
Sing-a-long
Pokeno
2PM Duke's Birthday

26
World Maritime Day
AM Ocean BINGO
Maritime Trivia and #'s
Nautical Hangman
Kraken Dice Game
2PM Dick

27
National Hunting and Fishing Day
Let's Go Fishing
Fishing Lines
Scavenger Hunt
Fishy Spelling Bee

30
I Heard It Through The Grapevine
Popular Phrases
Grape Jokes
Grape Recipes
Sing-a-Long



Covid Vaccine & Flu Shots
September Flu Shot Clinics
9/17 Tuesday: 2-3pm
9/18 Wednesday: 2-3pm

Duke & Mo

September 11: Wednesday
September 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.

Fun Times at Naperville Senior Center

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