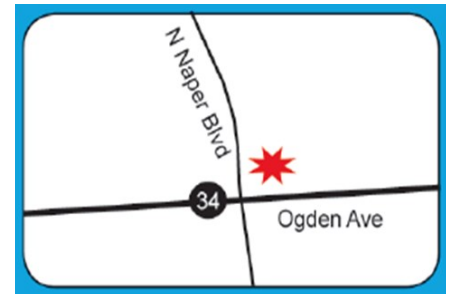




- Fun Activities & Exercises (supervised by Therapist)
- Indoor Walking Track
- Caregiver Support
- Nutritious Meals & Snacks
- Affordable Daily Care
- Serving 19 Communities
- 630.857.3017

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



Naperville Senior Center Adult Day Newsletter | March 2025 | Another Year | Blink of an Eye

“And The Winner Is...” | Come Join The Fun!!



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!

First Day of Baseball



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

Top of the Second: Come Join The Fun!



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.

April Special Events

April 7 10: Sporting Events

April 9 & 22: Duke @ 2pm

Thursdays: Stories w/Dick



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*



2025 APRIL Activity Schedule



Fitness & Activity
Naperville Senior Center
Adult Day Services

Monday

Tuesday

Wednesday

Thursday

Friday

Welcome to April
 Famous April B-Day
 Morning Gazette
 April IQ
 April Fools Day

Let's Walk Day
 Walking Songs Trivia
 Scavenger Hunt
 Pokeno

Find A Rainbow Day
 Rainbow Fruit Skewers
 Short Sing-A-Long
 Chair Yoga | Music BINGO
 2pm Dick

Burpee Day
 Seed Mosaic Craft
 Planting Indoors
 Bloom & Grow: Rhyming-
 Puzzle | BINGO

Welcome April Week

College Basketball Championship Game
 Basketball Puzzles
 Basketball Trivia
 Basketball Tourney

Home Run Record Day
 Stick Man Game
 Let's Play Ball
 Sing Along

Green Bay Packers Day
 Famous Players
 Football Trivia
 Football Toss
 Duke2pm

Masters Golf Tourney
 Golf Puzzles & Trivia
 Putting Practice
 Golf BINGO
 2pm Dick

National Pet Day
 Furry Friend Humor
 Water Color
 Baking w/Lenn: Animal-
 Crackers | BINGO

Special Events

- 4/7 Basketball Game
- 4/8 Baseball Game
- 4/9 Football Toss
- 4/10 Golf Putt Practice

Dick

2 PM Thursdays

Duke & Mo

April 9: Wednesday
 April 22: Tuesday
 2 PM

April Showers Week

What's the Weather Day
 Forecast Card Game
 All-Weather Workout
 Nancy 2pm:
 > Pokeno

STRESS Awareness Day
 De-Stressing Activity
 Sing-A-Long
 Yoga

Ellis Island Day
 Famous Passengers
 Ellis Island Facts
 What Am I? & Crossword
 2pm Dick

Dance Week Begins
 Dance Crazy Music
 Let's Dance Word Hatch
 Esther: BINGO 2-3PM

Love This Planet Week

Earth Day
 Earth Day Watercolor
 Crossword Puzzle
 What Am I
 Duke 2pm

Movie Theater Day
 AM Movie Star BINGO
 Movie Character
 Guess Who?
 Movie Songs | PM BINGO

Soda Fountain Day
 Root Beer Floats
 Rock 'n Roll Music BINGO
 Group Storytelling Program
 2pm Dick

Arbor Day
 Who Am I?
 Forest Funnies | BINGO
 Mixed Media Tree Artwork
 Arbor Day Word Puzzles

Happy Spring Time Week

Willie Nelson Day
 Willie Nelson Trivia
 Name That Country Artist
 Sing-A-Long
 Pokeno

Retro Toys Day
 Horse Race
 Mr/Mrs Potato Head Craft
 Classic Toys: Then & Now



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.

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