



Independent
Adult Day Centers

Northeast Indy/
Hamilton Co.



October 2023

Monthly Newsletter



Charlotte Center
Executive Director



Angela E.

Guest of the Month

For October, we are highlighting one of our newer guests, Angela E. Angela is from Indianapolis, Indiana. She was raised in a small family along with a brother and sister. One of her fondest memories is being in the country, feeding cows and horses.

Angela has one son and one daughter. She also worked hard as a machinist. Nowadays, in her free time, Angela enjoys reading, scrapbooking, and helping those around her. She enjoys listening to country music or sitting back and enjoying "Law and Order—SVU."

Even though fall is her favorite season, she is excited to welcome the Christmas holiday and have time with family and friends. Angela comes to our center five days a week and is very easy to talk to and make friends with. Make sure you say "Hello!" to her.





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Events & Outings

- 10/2 Texas Roadhouse
- 10/3 Smoothie King & Drive Around
- 10/4 Target Shopping
- 10/5 Casino
- 10/9 Buffalo Wild Wings
- 10/10 Crumbl & Drive Around
- 10/12 Tuttle's Apple Orchard
- 10/16 MCL Women's Lunch
- 10/17 Rise and Roll & Drive Around
- 10/18 MCL Men's Lunch
- 10/19 Dollar Tree Shopping
- 10/23 Fall Drive Around
- 10/24 Michael's Shopping
- 10/25 FlixBrew
- 10/26 Texas Roadhouse
- 10/30 Ross Shopping



Did You Know?

Watching the leaves change color can be good for your health! Spending time among the trees and other outdoor foliage can lower blood pressure and reduce the stress-related hormones cortisol and adrenaline.

*National Foundation for Cancer Research, 2023

