



Independent
Adult Day Centers
Northwest Indy



October 2023

Monthly Newsletter



Tunisha Owens
Executive Director



Noussa K.

Guest of the Month

Our Guest of the Month for October is Noussa K. Noussa was born in Egypt, coming to the United States in 1972 at the age of 28. Noussa has two sisters, both doctors, and a brother who still lives in Egypt.

Noussa married and has two daughters, Amal and Mona. She worked at the Motorola Factory. After moving to the United States, Noussa would go back to Egypt every two years. The last time she was home was 40 years ago. She is planning to go visit next year for a month with her daughter, Mona, who will accompany her for two weeks.

Noussa states she is very blessed and thankful for her daughter who she lives with because she takes very good care of her.

For fun and relaxation, Noussa loves resting at home because it is very peaceful.



Events & Outings

10/2	Casino (Anderson)
10/3	Walmart
10/4	Yats
10/5	Cracker Barrel
10/6	Eagle Creek Hayride
10/9	Target
10/10	Goodwill
10/11	Blaze Pizza
10/12	Longhorn Steakhouse
10/13	Eagle Creek Hayride
10/16	MCL
10/17	Golden Corral
10/18	FlixBrew
10/19	Yats
10/20	Eagle Creek Hayride
10/23	Big Lots
10/24	Cracker Barrel
10/25	Yats
10/26	Cracker Barrel
10/27	Eagle Creek Hayride
10/30	Casino (Shelbyville)
10/31	Blaze Pizza



Center Update

Hello Northwest Indy friends and family! Fall is here, and we have some exciting things going on here at our center, including fun outings, hayrides, pumpkin painting, and a Halloween contest.

We are bringing back Monday Funday giveaways! Don't miss out on your opportunity to win—come in and join us on Mondays.

We will have a trick-or-treat and candy corn day, plant fall flowers in our courtyard, and celebrate Breast Cancer Awareness month, spirit day, chili cookout day, and homemade cookie day.

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