



Independent  
Adult Day Centers

South Indy



December 2023

## Monthly Newsletter



Tamyia Gould  
Executive Director



### Community Events

Hey everyone!

I hope you all had an amazing November! We have had quite some fun this past month.

We celebrated our veterans with a special program honoring them. We had "Crazy Sock" day and a paper airplane-flying contest!

Looking ahead to December, all holiday events are planned! Our yearly outing to **Beef and Boards** is on **December 14th** (limited space available).

We will be having an **ugly sweater contest** on **December 15th**. Our **holiday party** will take place on **December 21st**—the first day of winter.

Also, our **New Year's party** will be on **December 29th**. The clothing theme for the event is black and white. I hope to see each of you in the month of December for our fun holiday events!





## Outings

12/1	Golden Corral
12/4	Goodwill
12/5	Five Guys
12/7	Madison Cafe
12/12	Fujiyama
12/13	Happy Days
12/14	Beef & Boards
12/19	Hooters
12/20	Library
12/22	Bowling
12/27	Uno's Pizza
12/28	Golden Corral



## Did You Know?

Snow and ice are just around the corner.  
 To prevent falls, make sure steps and  
 walkways are clear before you walk.  
 Also, if you use a cane, replace the  
 rubber tip before it is worn smooth.

\*Health In Aging, 2023