



Independent
Adult Day Centers

South Indy



March 2024

Monthly Newsletter



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Community Events

Hello everyone—I hope you all have had a wonderful month! During the month of February, we had several special events, including celebrating Black History Month and Bob Marley's birthday with a reggae party. We celebrated Mardi Gras and held a Sweetheart Dance for Valentine's Day, and had an NBA All-Star Game party with tailgate food and music!

Marching into March, get ready for Cat in the Hat/Green Eggs & Ham day! On March 15th, we are celebrating St. Patrick's Day. Join us on March 25th for our Spring Fling dance and be sure to wear bright and pastel colors! We are looking forward to seeing you at our center!



Events & Outings

3/4	Casino
3/6	Happy Days
3/7	Wal-Mart
3/12	Golden Corral
3/14	Red Lobster
3/15	Five Below
3/18	Children's Museum
3/20	Golden Corral
3/21	Chuy's Mexican
3/26	Buffalo Wild Wings
3/28	Yummy Bowl
3/29	Buffalo Wild Wings



Did You Know?

With spring around the corner, you should wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses to avoid sunburn. Also use broad-spectrum sunscreen with at least SPF 15.

*Center for Disease Control & Prevention, 2024