



Independent  
Adult Day Centers

Northeast Indy/  
Hamilton Co.



April 2024

# Monthly Newsletter



Charlotte Center  
Executive Director



Becky W.

## Guest of the Month

This month we want to shine a spotlight on Becky W. who has attended this location since August 2021. She raised her sister and two brothers in Fort Wayne, Indiana. Growing up, one of her favorite memories was spending time with her grandparents who lived across the street. In her 20s she met a young man named Gary. They married and had one daughter and one son.

These days she enjoys relaxing and working on diamond art or reading fiction. She says her family makes her happiest because they bring so much joy into her life.

She compliments our location by saying it has changed her life with all the socializing, crafts, outings, activities, and entertainment offered.

Please feel free to have a seat and conversation with Becky. She will gladly speak with you!





## Events & Outings

- 4/1 Applebee's
- 4/2 Cookie Drive Around
- 4/3 Dairy Queen
- 4/4 Target
- 4/5 Mall Walk Around
- 4/8 Hobby Lobby
- 4/9 Taylor's Bakery
- 4/11 Tequila Sunrise
- 4/12 Hamilton East Library
- 4/15 Dollar Tree
- 4/16 Koto
- 4/17 Movie Outing
- 4/18 Paradise Shaved Ice
- 4/19 Mall Walk Around
- 4/22 Crumbl
- 4/23 Spring Drive Around
- 4/24 Golden Corral Men's  
Lunch
- 4/25 Golden Corral  
Women's Lunch
- 4/26 Hamilton East Library
- 4/29 Casino
- 4/30 Kung Fu Tea



### Did You Know?

Senior adults need lots of sleep to remain healthy and give their body time to recover from the prior day. Adults need at least 7 hours of sleep per night.

\*Center for Disease Control & Prevention, 2024

### Want to access your guest rights?

You can scan the QR code to the left by opening your camera on your smartphone, then clicking the link that appears on the screen in your camera view.

You can also always find your rights at <https://adulthood.com/guests-we-serve/adult-day-services-guest-rights/>

