



April 2024

Monthly Newsletter



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Executive Director



Community Events

Hey all! I hope you all have enjoyed the month of March! We had so much fun this past month with all kinds of celebrations! We celebrated Dr. Seuss with “Cat in the Hat” day. Also, in honor of “World Wildlife” day, we had Rainforest Randy from Silly Safari bring in some of his exotic animal friends!

On April 4th, we will be having an ice cream sundae bar to celebrate the birthday of ice cream. April 8th is the solar eclipse! We are inviting your family and friends to our block party at 2 pm. Join us for music, food, and to watch the solar eclipse with our special safety glasses. On April 23rd, you are invited to our “Pink Party” to celebrate the pink full moon. Be sure to wear pink that day!

...we come into the center and doors for
...a regular month of April



Events & Outings

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/>

- 4/1 Golden Corral
- 4/3 Walk in The Park
- 4/4 Bowling
- 4/6 Casino
- 4/9 Popcorn World
- 4/10 Half-Priced Books
- 4/11 Yummy Bowl
- 4/19 Red Lobster
- 4/22 Golden Corral
- 4/23 Goodwill
- 4/25 Red Lobster
- 4/26 Happy Days
- 4/29 Madison Café
- 4/30 Dollar Tree



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