



Independent
Adult Day Centers

Northeast Indy/
Hamilton Co.



May 2024

Monthly Newsletter



Charlotte Center
Executive Director



Judy W.

Guest of the Month

Judy W. was born in Casey, Indiana. She grew up with five siblings. Judy fondly remembers how they decorated their Christmas tree every year.

In her youth, she loved taking dance lessons. She met a young man named David and was smitten. They married when she was 18 and had six kids: two boys and four girls. She worked as a phone operator and retired from the phone company.

Her compassion to help and listen are her favorite attributes about herself. Judy says she loves IADC because it's like a new world every day. New faces, new stories, and she thinks that's very special.



Events & Outings

- 5/1 Casino
- 5/2 Wal-Mart
- 5/6 Denny's
- 5/7 Cookie Drive Around
- 5/9 Movie Theater
- 5/13 Milkshake Drive
Around
- 5/14 Steak n' Shake
- 5/15 Bowling
- 5/16 Target
- 5/17 Outback Steakhouse
- 5/20 Sahn's Women's
Lunch
- 5/21 Goodwill
- 5/22 Movie Theater
- 5/23 Sahn's Men's Lunch
- 5/24 Frosty Drive Around
- 5/28 Newfields Art Museum
- 5/29 TJ Maxx
- 5/30 Dairy Queen Drive
Around
- 5/31 Yummy Bowl



Did You Know?

Seniors are at significant increased risk of heat-related illnesses, known collectively as hyperthermia, during the summer months and should stay inside on particularly hot days.

National Institute of Health, 2024

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