



June 2024

Monthly Newsletter



Tamyia Gould
Executive Director

Community Events

May was an exciting month for us here. We celebrated Mother's Day with a Paris-themed sip-and-paint. We had a luau party and took a trip to Garfield Park for a picnic.

June is coming up quick, and here's some things we have planned for you. We will be having a Father's Day celebration on June 14th at 2pm. The first day of summer is June 20th and Mr. Sprinkles will be here to serve yummy ice cream! Check out the rest of the outings and events below!



Events & Outings

Want to access your guest rights?

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

- 6/3 Casino
- 6/5 Five Guys
- 6/7 Happy Days
- 6/11 Yummy Bowl
- 6/12 Shopper's World
- 6/13 Golden Corral
- 6/17 Great Times Putt Putt
- 6/21 Madison Cafe
- 6/25 Yummy Bowl
- 6/27 Golden Corral



Did You Know?

More than 1 in 4 older adults report falling each year—this results in about 37 million falls. Doing exercises that make your legs stronger and improve your balance, like Tai Chi, can help.

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