



Independent
Adult Day Centers

Northeast Indy/
Hamilton Co.



September 2024

Monthly Newsletter



Charlotte Center
Executive Director



Rayfus H

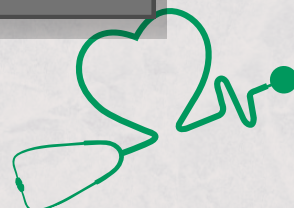
Guest of the Month

This month we are shining a spotlight on Rayfus H. He was raised in Indianapolis and comes from a large family. Being one of eleven kids, he was raised with four sisters and six brothers.

His sister worked as a head teacher and her assistant was a young lady named Joyce. Rayfus would pick up his sister from work, which brought him to meet Joyce.

Rayfus says she was the most stunningly beautiful woman he had ever seen. Together they started a wonderful family that consists of three boys and three girls. Spending 30 years working for IPS, he drove a bus and says it was the most rewarding career path he could have ever chosen.

He is a man that is very thankful for God and the life he and his wife have been blessed with. Rayfus says at the center he enjoys going on the outings and the friendships he has made with other guests.



Events & Outings

9/4 Tuttle's Orchard Lunch

9/5 Crave Cookies Drive

9/6 Target Shopping

9/9 Sahm's Women's
Lunch

9/10 Picnic Lunch

9/12 Dairy Queen

9/13 Sahm's Men's Lunch

9/16 Kohl's Shopping

9/18 Red Robin Lunch

9/19 Frosty Drive

9/20 Casino

9/23 Woodland Bowling

9/25 Goodwill Shopping

9/26 Izakaya

9/27 McDonald's Milkshake



Did You Know?

Regular exercise can help older adults stay independent and prevent many health problems that come with age. Older adults should do two types of physical activities each week to improve their health— aerobic and muscle-strengthening.

NCOA, 2024

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/>

