



Independent
Adult Day Centers

Northwest Indy



September 2024

Monthly Newsletter



Cori Kustron
Executive Director



Mary S.

Guest of the Month

September's Guest of the Month is Mary S. Mary grew up in Southeast Missouri with eight siblings. She had four brothers and four sisters. Her favorite thing growing up was jumping rope and working her job. She started working at 12 years old.

Mary has five children and nine grandchildren, four who live in Indy. Mary enjoys doing arts & crafts, singing, and socializing with others.

She absolutely loves the center and everything about it. She thinks it's beautiful and loves learning new things. She also enjoys engaging with others and making new friends. Come stop by and say "Hi!" to Mary!



Events & Outings

- 9/4 Goodwill
- 9/5 Azzip Pizza
- 9/9 Casino Trip #1
- 9/10 Golden Corral
- 9/12 Putt Putt Golf
- 9/13 Bowling
- 9/16 Five Guys
- 9/18 Applebee's
- 9/20 Walmart/Ross
- 9/23 Casino Trip #2
- 9/24 Pottery By You
- 9/26 Picnic in the Park
- 9/27 Newfield's Museum
- 9/30 Indiana War Museum

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/](https://adulthood.com/guests-we-serve/adult-day-services-guest-rights/)



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

