



October 2024

Monthly Newsletter



Tamyia Gould
Executive Director

Community Events

Summer has ended and autumn has begun. During the month of September, we held some great events. We had our “Back to School Daze” social and created our very own IADC South yearbook. “Adult Day Services” week was so much fun celebrating our superhero staff and guests and ending the week with our annual “BBQ and Bingo” in the park!

In October, we will have our annual “Ho Down” and chili cook-off contest, pumpkin decorating contest, and Halloween costume party—open to family! We would love to see you this month!

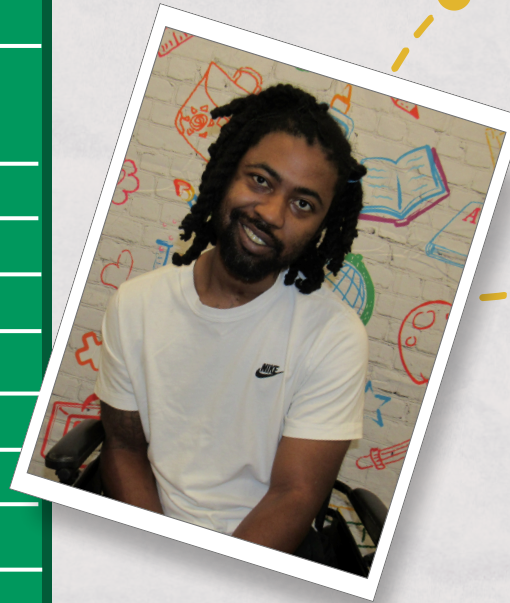


Events & Outings

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/>

- 10/1 Yummy Bowl
- 10/3 Casino
- 10/7 Happy Days
- 10/9 Apple Orchard/
Pumpkin Patch
- 10/10 Bowling
- 10/11 Golden Corral
- 10/15 Denny's
- 10/16 Ale Emporium
- 10/17 Half-Priced Books
- 10/21 Portillo's
- 10/22 Golden Corral
- 10/24 Yummy Bowl
- 10/29 Bowling
- 10/30 5 Below



Did You Know?

Physical activity can go a long way toward fall prevention. Activities such as walking, water workouts, or tai chi can reduce the risk of falls by improving strength, balance, coordination and flexibility.

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