



Independent  
Adult Day Centers

Northeast Indy/  
Hamilton Co.



April 2025

## Monthly Newsletter



### Guest of the Month

Brenda M. is our Guest of the Month and was born in Atlanta, GA. She comes from a small family that consisted of herself and a brother. She says her childhood was filled with love, especially by her grandmother, who remains her most influential person. Brenda's fondest memory from her youth is when she would bake goods with her grandma.

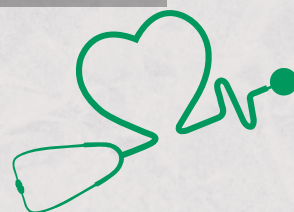
She met Alton and, together, they created a beautiful family. Her daughters Lindsey, Stacey, and Catherine are Brenda's pride and joy.

One thing Brenda is most proud of is graduating from college and becoming an English teacher.

She encourages everyone to "be good to people." She lives by that motto by making new friends while at the center, which she says is what she loves most about attending.



Brenda M.







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## Events & Outings

- 4/1 Smoothie King
- 4/2 Hobby Lobby
- 4/3 McDonald's
- 4/7 Target
- 4/9 Ford's Garage Men's Outing
- 4/10 Sahm's Women's Outing
- 4/11 McDonald's Cookie DA
- 4/14 Casino
- 4/16 Five Below
- 4/17 Dairy Queen
- 4/18 Applebee's
- 4/21 Trail Walking
- 4/22 McDonald's Ice Cream
- 4/23 Picnic
- 4/24 Dunkin Donuts
- 4/28 Sun & DA
- 4/30 Tequila Sunrise



### Did You Know?

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

COA, 2025

### Want to access your guest rights?

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

**GUEST REFERRAL BONUS:** Did you know that IADC offers a guest referral bonus of \$200? If you know someone who can benefit from our services, you could benefit, too! Let us know today! Go to [adultday.com/guest-referral-bonus-program](https://adultday.com/guest-referral-bonus-program) for additional details!