



Independent
Adult Day Centers
Northwest Indy



April 2025

Monthly Newsletter



Guest of the Month

Jeff grew up in Florida and he worked as a waiter, as well as in schools. He believes his personal strengths are scholastics and listening to other individuals.

He loves taking the time to meet new people and understand his peers. Some of his favorite activities include napping, playing pool, and swimming.

Jeff loves to travel to Florida to visit his parents and enjoys spending time with his friends, Lisa and Kari. Come in and join us to visit our good friend, Jeff!



Jeff



Events & Outings



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

4/2 Zaxby's
 4/3 Casino
 4/4 Tropical Smoothie Cafe
 4/8 Scenic Drive/DQ Stop
 4/9 Ollie's Dept. Store
 4/9 Watercolor w/Jeaninne
 4/10 Juggler
 4/11 Dave & Buster's
 4/14 Chic-fil-a
 4/15 Casino
 4/16 Taste Of China
 4/17 Dollar Tree
 4/17 Golden Egg Challenge
 4/18 Picnic In the Park
 4/22 McAllister's
 4/23 Tropical Smoothie Cafe
 4/24 70's Themed B'Days
 4/25 Wal-Mart
 4/28 Clown Performer
 4/29 Subway
 4/30 Goodwill
 4/30 Mega Bingo

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<https://adultday.com/guests-we-serve/adult-day-services-guest-rights/>



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