



Independent
Adult Day Centers

South Indy



April 2025

Monthly Newsletter



Tamyia Gould
Executive Director

Community Events

IADC South had a marvelous March! We held a Mardi Gras celebration with big band music and dancing! We also held a super fun St. Patrick's Day celebration. We enjoyed some Irish folk music with vocalist Rebekah Lawson and our shamrock shakes were a big hit!

April is here! Thursday, April 3rd is World Party Day and we are having a disco dance party! Don't miss the "Great Easter Egg Exchange Game" on the 15th for your chance to win a gift basket! Our "Spring Fling" is on Friday, April 18th. We will be painting spring pictures and enjoying entertainment by Shelby McMahon. Thursday, April 24th is "Senior to Senior" day! High school seniors from Circle City BELIEVE will be joining us for some fun activities! Check out the calendar for other special events this month!



Events & Outings

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/>

- 4/1 Golden Corral
- 4/2 Five Below
- 4/4 Mission 37 Thrift Store
- 4/7 T.G.I. Friday's
- 4/9 Wal-Mart
- 4/10 Casino
- 4/14 Dollar Tree
- 4/15 El Ezabache
- 4/17 Popeye's
- 4/21 Ruby Tuesday's
- 4/30 Sack Lunch in the Park



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

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 for additional details!