



March 2025

# Monthly Newsletter



**Tamyia Gould**  
Executive Director

## Community Events

IADC South had a fantastic February! We held a Super Bowl party with game food and soda. We even played Super Bowl Bingo! We also held a magical masquerade ball for Valentine's Day!

We're "marching" right into March with some springtime fun! Mardi Gras is top of the list! Come on in and join us for some New Orleans-style entertainment and king cake on Tuesday, March 4th at 2:00 pm.

Next is St. Patrick's Day! Wear your green and enjoy some Irish folk music with vocalist Rebekah Lawson on Monday, March 17th at 2:00 pm.

Hope to see you all this March!



## 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/>

- 3/3 Casino
- 3/5 Wal-Mart
- 3/7 Shapiro's
- 3/10 Hobby Lobby
- 3/11 Olive Garden
- 3/13 Golden Corral
- 3/14 Goodwill
- 3/16 Culver's
- 3/19 Popeye's
- 3/21 Indiana State Museum
- 3/24 Yummy Bowl
- 3/27 Chili's
- 3/31 Bowling



## Did You Know?

Healthy aging means adopting healthy habits and making positive lifestyle choices that contribute to health and well-being as we grow older. These habits may include: Nutrition, physical activity, mental functioning, and social well-being.

CDC, 2024