



Independent
Adult Day Centers

*Northeast Indy/
Hamilton Co.*



June 2025

Monthly Newsletter



Guest of the Month

Norma was born in Kentucky. She is a single child. She has one son, Micheal, who she says is the most influential person in her life because of the way he treats her with the most respect. Her favorite childhood memory was being able to take her dog places with her wherever she would go and spending time with her grandmother and sitting on her lap getting all her love.

Norma became a nurse because she loves to help people. She loves to travel and visit other family members in Kentucky.

Norma loves coming to the center. She enjoys the activities most, as well as hanging out with her friends and dances. Her favorite thing to do in her free time is to hang out with her "grand dog." She has a personal motto that she lives by which is to treat others how you want to be treated and not to let life run right past you.



Norma J.





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Events & Outings

- 6/2 Picnic Outing
- 6/3 Hobby Lobby
- 6/5 Cookie Drive Around
- 6/6 Bowling Outing
- 6/9 Kohl's Outing
- 6/10 Sahm's Outing
- 6/12 Cookie Drive Around
- 6/13 Dollar Tree
- 6/16 Frosty Drive Around
- 6/17 Tequila Sunrise
- 6/19 Five Below
- 6/20 Casino Outing
- 6/23 Jagger's Women's Outing
- 6/25 Jagger's Men's Outing
- 6/26 Dunkin' Coffee
- 6/27 Hobby Lobby



Did You Know?

The CDC encourage at least 150 minutes of moderate-intensity aerobic activity per week for seniors, including activities that strengthen muscles and improve balance.

CDC, 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 for additional details!