



Independent  
Adult Day Centers

South Indy



June 2025

## Monthly Newsletter



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Executive Director



### Community Events

Happy June everyone! Let's take a quick look back at May: we held a very special Mother's Day Tea with tea, hats, gloves, and gifts! May 16th was National Cartoonist Day, and we were visited by a caricature artist.

June is here and it's time to gear up for Summer! We will be having a "Gone Fishing for Father's Day" celebration on the 13th! On the 20th, we will be holding our first annual "100 Backpack Giveaway" event from 4pm until supplies are gone.

Also don't forget to join us for our "Life's A Beach" beach party with sand-tastic sandcastle building and yummy Trinidad treats! We have June jammed pack with fun, so come on in!

## Events & Outings

### Want to access your guest rights?

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

6/3	Freddy's
6/5	Casino
6/9	5 Below
6/11	Greenwood Park Mall
6/12	Wal-Mart
6/16	Popeye's Chicken
6/17	Goodwill
6/18	Ritter's Ice Cream
6/24	Freddy's
6/26	Bowling
6/30	Ritter's Ice Cream



## 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

**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 [adulday.com/guest-referral-bonus-program](https://adulday.com/guest-referral-bonus-program) for additional details!