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Adult Day Care Center of Henderson
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HENDERSON MONTHLY NEWSLETTER SEPTEMBER 2009

It's Classical Music Month at The Adult Day Care Center of Henderson. We will be celebrating this time with some of the most beautiful music ever composed. Our Henderson Center responds to the important mission of supporting senior citizens in their efforts to remain independent, with dignity in the community. The atmosphere of our center will be full of life and vibrancy through classical music. We will continue to offer the fun activities that all of our participants love, including: A daily exercise program, Tai Chi, Chair Yoga, Organic Gardening, Bingo Competitions, Arts & Crafts, and live entertainment in the afternoons. You are invited to join us as we enjoy the Piano Sonatas, Violin concertos, and choral arrangements of the greats as we celebrate the month of SEPTEMBER.



HIGHLIGHTS FROM AUGUST

August was filled with happiness, Ice Tea socials, awesome entertainment and early morning strolls to view our beautiful desert landscape and mountains. Our seniors have finished their jewelry boxes and bracelets, which turned out absolutely wonderful. We are getting close to completing our scenic board. The excitement is building.

NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center family in August: Barbara Hazeltine, Carl Romesburg, Mike Martinez, Elsie Ayala, Jim Nall, Thomas Mills, William Erickson, and William Sizemore.

CLOSURES

The Adult Day Care Center of Henderson will be closed on the following dates:

**Labor Day Monday September 7th and
Yom Kippur Monday the 28th.**

GET PLUGGED IN!

There's an amazing computer *lab* here at the Center. It is located in the Quiet Room by the arts & crafts department and the software suits all needs with its vast technology





EVENTS IN SEPTEMBER

We would like everyone to join us for Tai Chi on Tuesdays at 10:00am, Chair Yoga on Thursdays at 10:00am, and move & groove to Zumbia @ 1:00pm every Friday. Caregivers are invited. Please don't forget to submit your recipes. See attached flyer for details. Be on the look out for some surprise events throughout the month. If these are not your regularly scheduled days, we would still love to see you here.

GETTING SCENT-IMENTAL

A new aromatherapy scent, Cinnamon, which helps to invigorate brain cells and inspire creativity, will be the aromatic of choice as we continue the aromatherapy series.

SEE WHAT'S IN BLOOM!

Our vegetable garden continues to delight us with the fresh edible treats in our meals every day here at the center.

DID YOU KNOW?

The Classical period in Western music occurred in the second half of the 18th century although the term "classical music" is used as a blanket term for music which falls into this particular vein, dating back to 1425.



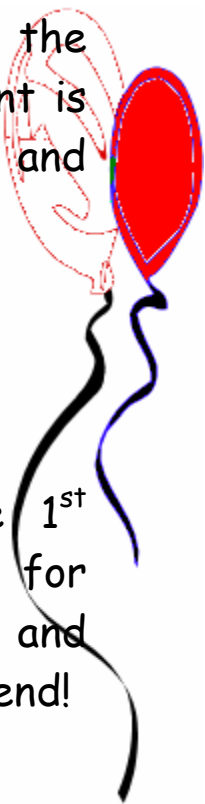


HAPPY BIRTHDAY

Our birthday party will be held on the 4th Wednesday of the month, September 23rd, 2009. Our September celebrant is William Erickson (9/15). Entertainment will be provided and birthday treats will be served as well.

SUPPORT GROUP

We have started an evening support group on the 1st Wednesday of every month. Please see attached flyer for many more details on caregiver support programs and community forums. Everyone is welcome and invited to attend!





THANK YOU!

We offer our heartfelt thanks on behalf of the Adult Day Care Center of Henderson for your continued support. Your kindness and generosity has been a blessing and to our Center and we could not do it without you. Remember, our doors are always open to you and your family members' needs. Our hardworking aides and nurses are always available to give their undivided attention. While your family member is here at our Center. Thank you for choosing us!

Dee Dee Woodberry

Activities Director



