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## **HENDERSON MONTHLY NEWSLETTER MARCH 2017**

IT IS FUN BEING GREEN! The Adult Day Care Center of Henderson (ADCCH) welcomes March, the beginning of Spring and the opportunity to become eco-friendly by reducing our carbon footprints. The average American generates 4.5 pounds of trash every day, almost twice the amount that was produced daily in 1960. The atmosphere will be about fun recycling. One person's discards become our Center's treasures. Mastering a new skill can ward off dementia and even help fight cancer. Creative fitness may be the best preventative measure discovered so far. Our Henderson Center responds to the important mission of supporting senior citizens in their efforts to remain independent, with dignity in the community. We will continue to offer the fun contemporary activities that our participants enjoy: A daily exercise program, Tai Chi, Sign Language, Spanish, Gardening, Bingo competitions, Arts & Crafts and live entertainment in the afternoons. Please join us as we celebrate all the amazing ways we can go green in the month of March.

[WWW.ADULTDAYCAREHENDERSON.ORG](http://WWW.ADULTDAYCAREHENDERSON.ORG)

MONDAY – FRIDAY 6:30AM – 6:30PM

SATURDAY 8:00AM – 6:00PM

## HIGHLIGHTS FROM FEBRUARY



February lifted our spirits! The seniors made Love Art that was displayed throughout our Center. Our participants are enjoying the Centers daily **Fun-Food-Art-Activities**. You may see some of our client's food art-pieces in some gourmet food magazines. 😊 We were royally entertained by wonderful entertainers throughout the month. If you think you missed the opportunity to buy our Senior Art Calendar, they are still on sale for **\$5**, and they are quite beautiful. Our seniors had a fun packed Presidents Day, filled with presidential trivia. Everyone must have worn their thinking caps. The trivia answers were flowing from our seniors like water. **A BIG THANK YOU** to our wonderful hard working staff, you are our Unsung Heroes.

### NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center's family in February: John A, Robert C. Kathy S. and Harry M.

### CLOSURES

**There will be no closures in the month of March**

### GET PLUGGED IN!

There's an amazing state-of-the-arts computer lab here at our Center, Located in the Quiet Room adjacent to the library, next to the Arts & crafts department. The software suits all of your needs with its vast technology.

### DID YOU KNOW?

Legend says that each leaf of the clover means something, The 1<sup>st</sup> is for **HOPE**. The 2<sup>nd</sup> for **FAITH**. The 3<sup>rd</sup> for **LOVE** and the 4<sup>th</sup> for **LUCK**.



## EVENTS IN MARCH

We would like everyone to join us for Tai Chi on Wednesdays at 10:00am, and Move & Groove with Free Expression Dance everyday with our Live entertainment. You won't want to miss out! Thursdays are going to be themed and packed with activities including Totally Fun Spanish and Sign Language. We will SHAKE IT UP. Try not to miss our Thursdays! Caregivers are invited. On **Friday, March 17<sup>th</sup>** we will be celebrating St Patrick's Day. We want everyone to wear **GREEN**. Attention! Cooks, Chefs, and Food Enthusiasts! Please don't forget to submit your recipes. See flyer for details. Be on the lookout for some surprise events throughout the month. If these are not your regularly scheduled days, we'd still love to see you here.

## GETTING SCENT-IMENTAL

A new aromatherapy scent, Prairie Garden, a mix of citrus and sage will invigorate and soothe the senses. This scent will be the aromatic of choice as we continue with our aromatherapy series.

## SEE WHAT'S IN BLOOM!

Our garden is dormant for the winter. We will replant in the spring.



# Happy St. Pat's

## HAPPY BIRTHDAY

Our birthday party will be held on the 4<sup>th</sup> Wednesday of the month, March 25<sup>th</sup>, 2017. Our March celebrants are Kathy S., (3/18) Artavazd M. (3/26) William H. (3/26) and Larry Z. (3/29). Entertainment will be provided and birthday treats will be served as well.



## SUPPORT GROUP

We will have a **Support Group Meeting on Tuesdays March 7<sup>th</sup> and Tuesday March 21<sup>st</sup> at 10:00 am - 11:00 am.** Please see attached flyer for more details on caregiver support programs and community forums. Everyone is invited to attend.





# THANK YOU!

On behalf of our entire family of caring professionals here at Adult Day Care Center of Henderson, we would like to thank you for being an important and appreciated part of our Center. As we continue to strive to make our Center a place of caring and fun for all our participants, always remember our doors are open to you and your family members' needs.

**Thank you for choosing us!**

Dee Dee Woodberry

*Dee Dee Woodberry*

**Activities Director**

