

Adult Day Care Center of Las Vegas
901 N. Jones Boulevard
Las Vegas, NV 89108
702.648.3425
Fax: 702.648.1408



Adult Day Care Center of Henderson
1201 Nevada State Drive
Henderson, NV 89002
702.368.2273
Fax: 702.243.2273



MONTHLY NEWSLETTER MARCH 2017

IT IS FUN BEING GREEN!. The Adult Day Care Center of Las Vegas (ADCCLV) 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, twice the amount that he or she 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 Las Vegas 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 contemporary fun activities that our participants enjoy, including: A daily exercise program, Laugh Chair Yoga, Tai Chi, Creative Dance, Organic Gardening, Spanish, Sign Language, Bingo Competitions, Arts & Crafts and live entertainment every afternoon. Please join us as we celebrate all the amazing ways we can go green in the month of MARCH.

WWW.ADLTDAYCARELV.ORG

MONDAY – FRIDAY 6:30AM – 6:30PM / SATURDAY-SUNDAY 8AM – 6PM



HIGHLIGHTS FROM FEBRUARY

February lifted our hearts and spirits! The seniors made Love Art that we displayed throughout our Center. We were wonderfully entertained by The Bob Katz, with some oldie but goodie love songs for our Valentine's Day celebration. A BIG THANK YOU! to Chef Chris and sous chef Cynthia for a very tasty Roast and Baked potato Valentine Lunch. The meal was simply marvelous. Our seniors Mardi Gras Love parade was quite joyful and memorable. Our Creative Dance classes with Margaret Rampey, have been simply awesome! We have had exciting Creative Dance classes with our energized seniors. Everyone is inspired during colorful dance sessions. **Our Senior Art Calendars are still on sale for only \$5, and they are beautiful!** A 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 family in February: Christine C., Bernie R., Barbara G., Lawrence C., Alma W. and Jerzine C.

CLOSURES

There are no closures in the month of March.

GET PLUGGED IN!

There's a computer *lab* here at the Center. It is located in the Quiet Room by the arts & crafts department and 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 1st is for **HOPE**. The 2nd for **FAITH**. The 3rd for **LOVE** and the 4th for **LUCK**.

Happy
St. Pat's



EVENTS IN MARCH

Saturdays and Sundays are special! We will be showcasing the Fabulous **I LOVE LUCY** series on **Saturdays and Sundays**. The **I LOVE LUCY** show continues to be watched by 40 million Americans each year. **Move and Groove** with **Free Expression Dance** daily to our Live Entertainment. Please join us for the fun activities on Saturdays and Sundays. We would also like everyone to join us for Cool Walk on Mondays at 9:30am, Creative Dance on Tuesdays and Fridays at 10:00am, Tai Chi-Yoga on Mondays and Saturdays at 10:00am, and Zumba on Sundays. Caregivers are invited! For goodness sake, we are calling all Cooks, Chefs, and Food Enthusiasts! Please don't forget to submit your recipes. See attached flyer for details. Our **St. Patrick's Day Party** will be on **Friday, March 17th**. We would like everyone to wear **GREEN**. Be on the look out for some special surprise events throughout the month. If these are not your regularly scheduled days, we would still love to see you here. Please take time to speak with our client services representatives so they can help you attend our center for more days.

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 organic garden has gone a little dormant for the winter.

We will replant in the spring.

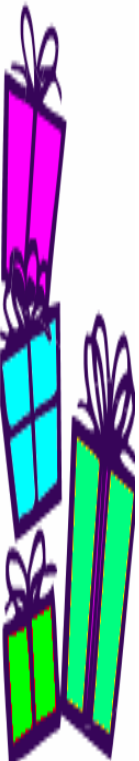


QUOTES FROM FAMOUS PEOPLE

"Those who bring sunshine to the lives of others cannot keep it from themselves."
By: James Matthew Barrie



DON'T FORGET! YOU CAN STILL PURCHASE ARTWORK FROM OUR TALENTED SENIORS. ALL PROCEEDS WILL, AS ALWAYS, BENEFIT THE ARTS AND CRAFTS DEPARTMENT. BE A PROUD OWNER OF ONE-OF-A-KIND ART MASTERPIECE.



HAPPY BIRTHDAY

Our birthday party will be held on the 4th Wednesday of the month, March 29th, 2017. Our March celebrants are Reginald R. (3/3), Edna E. (3/5), Elia V. (3/14), Kathy S. (3/18), Walter C. (3/19), Dwight A. (3/28) and Dolores S. (3/31). Entertainment will be provided and birthday treats will be served as well.



SUPPORT GROUP

Our ongoing support group meetings are held twice a month on the 1st and 3rd Wednesday of the month at 10:00 AM. March 1st and 15th will be the next meetings and everyone, as always, is welcome to attend!





THANK YOU!

On behalf of our entire family of caring professionals here at The Adult Day Care Center of Las Vegas, 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

