

ADULT DAY CENTER

5401 Fen Oak Dr., Madison
Phone: 608-826-8106



Program Manager:
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Tours & Information:
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Care Supervisor:
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2025 ADC CLOSURES

Friday July 4th
Fourth of July



Monday September
1st Labor Day

Friday October 24th Staff In-
service

Thursday and Friday November
27th and 28th Thanksgiving and
day after

Wednesday and Thursday De-
cember 24th and 25th Christmas
Eve and Day

Stay Cool and Hydrated

As summer temperatures soar, staying hydrated becomes more than just a comfort, it's essential for your health. Making sure you drink enough water is key to avoiding dehydration, heat exhaustion, and other heat-related illnesses.



Why Hydration Matters in Summer?

During hot weather, our bodies sweat more to cool us down. This increased loss of fluids means we need to replenish our water intake more frequently. Even mild dehydration can lead to headaches, fatigue, dizziness, and reduced concentration. For older adults, the risks can be even more serious.

How Much Water Should You Drink?

A general rule in hot weather is to drink small amounts of water regularly throughout the day—before you feel thirsty.

Bring Your Own Reusable Water Bottle

One of the easiest ways to make sure you stay hydrated is to carry your own water bottle. Not only is it convenient, but it's also an environmentally friendly alternative to single-use plastic bottles. Just remember to put your name on your bottle.

Drinking water during the hot summer months isn't just about comfort.

Happy Birthday to those celebrating this month

7/1 Bruce H
7/3 Genevie "Izzy" R
7/7 Richard C
7/12 Barbara D
7/19 Yolanda Y
7/24 Rylei S
7/25 Jacob S
7/31 Patricia R

Join us on Monday, July 14th at 2:00 for
a birthday celebration.



We had the pleasure of celebrating our
wonderful Participants (above) birthdays
last month! Thank you for letting us be a
part of your special day!

Thank you!

A huge thank you to everyone who has
donated various items to the day center
over the last month.

Rosa F

Volunteers:

Ashley
The Wildlife lady
Pastor Paul
Father Foley
Lady Bug the Clown and Friends
Michael K
Blackhawk Volunteers
Fitness with Jessica

The Adult Day Center Staff

Phone: 608-826-8106

Program Manager: Nichole Kraemer

Direct Line: (608) 826-8116

Care Supervisor: Kristin Hutson

Direct Line: (608) 826-8106

Program Supervisor: Kaitlin Simmons

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License Practical Nurse: McKenzy Endres

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Sunscreen

With the number of outings we've been
enjoying—whether it's visits to local land-
marks like the Capitol, Olbrich Gardens,
or spending time tending to our outdoor
gardens—we want to make sure that eve-
ryone is staying safe in the sun. One of
the easiest and most effective ways to do
that is by using sunscreen regularly.

We strongly encourage all participants to
bring their own sunscreen or wear UVA
protective clothing or hat. This helps en-
sure that you're using a product that
works well with your individual skin type
and sensitivities, whether it's fragrance-
free, water-resistant, or specially formulat-
ed for your needs.

When you bring your sunscreen, please
clearly label it with your name. Recreation
Specialist staff will collect and safely store
it in their office so it's easily accessible
when needed. Staff will also be available
to help remind participants to reapply
throughout the day, especially on longer
outings or during extended time outdoors.

ADC Pictures

Participants had the opportunity to explore some of the city's highlights, including a visit to the State Capitol, Veterans Museum, Perkins, Burger King, the Farmers Market and strolling through the scenic Olbrich Gardens. Mama Meg, Father Foley and Madison Missions came to the day center.



Community Engagement

We have been loving getting out into the community— but we are just as excited to welcome the community into our space!

This month, we are thrilled to have many volunteers and community presentations here. Below is a quick snap shot of people coming in:

Tuesday, July 1st

10:00am Welcome Drum Circle with Jim Turk

10:00am Welcome Blackhawk Church/ Madison Mission Volunteers

Wednesday, July 2nd

10:00am Welcome Blackhawk Church/ Madison Mission Volunteers

10:00am Welcome Julaine- Wildlife Presentation

Tuesday, July 8th

1:00pm Welcome Fitness with Jessica

Monday, July 14th

10:00am Welcome Blackhawk Church/ Madison Mission Volunteers

Tuesday, July 15th

10:00am Welcome Blackhawk Church/ Madison Mission Volunteers

Wednesday, July 16th

10:00am Welcome Blackhawk Church/ Madison Mission Volunteers

10:00am Welcome Julaine—Wildlife Presentation

Thursday, July 17th

1:00pm Welcome Momma Meg's Ice Cream Truck

Friday, July 18th

10:30am Welcome Father Mark

Monday, July 21st

10:00am Welcome Catholic Charities Finance Department

Tuesday, July 22nd

1:00pm Welcome Fitness with Jessica

Wednesday, July 23rd

10:00am Welcome Joshua—Bible Study

Thursday, July 24th

10:00am Welcome Megan from the Diocese of Madison

Monday, July 28th– Wednesday, July 30th

10:00am Welcome Blackhawk Church/ Madison Mission Volunteers

Get Ready to Mix, Swirl, & Create!

Join us for a **Tie-Dye Making Party on Wednesday, July 30th** where you can design your own one-of-a-kind colorful masterpiece. We'll provide the tie dye supplies—all you need to bring is something white to dye and your creativity.

Let's fill the day with bright colors, good vibes, and fun fashion! Please join us in wearing something tie dye that you have made in the past.

Don't miss this chance to make a mess & a memory!



Welcome Aeva!



We're excited to welcome Aeva as the newest member of our volunteer team! She is a passionate and driven student

who is eager to make a difference. Aeva joins us from the Urban League program and will be here until August.

Here are three fun facts to help you get to know her:

- I would like to go to UW Milwaukee to become a neurosurgeon
- I love to play volleyball
- I come from a large family and have 10 siblings



Adult Day Center
5401 Fen Oak Dr.
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Place Address
Label Here