

2017

Chapin Adult Day Care Center January Newsletter

Our Staff:

Annemarie Penner SW
Director

Julie Weinman
RN Coordinator

Bessie Soumalas
Activities Coordinator

Sweeta & Rosa
Program Aides

Grace Beltran
Secretary

Important Reminders

**Program
will be
CLOSED
on
Monday
January 16**

CHAPIN ADHC

165-01 Chapin
Pkwy.

Jamaica, NY 11432

(718)739-3990

Hours of Operation

Mon.-Fri.

8:30-4:30

**Come for a visit or
a tour!**

Chapin ADHC would like to wish all of our registrants and their loved ones a happy and healthy New Year!

January Events

**Tuesday January 10th Make Your Own Pizza
Horse Racing**

**Monday January 16th – Martin Luther King Jr. Day
Thursday January 19- Day Care Birthday Party**



**Happy Birthday
Byron and Petra**

**Friday January 20th-Inauguration Day Social *
Thursday January 26th - Las Vegas Day**

Thoughts from Martin Luther King

“Those who are not looking for happiness are most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others”

JULIE’S JANUARY HEALTH TIPS

Our Chapin Day Care RN Julie’s Health Tips

Make 2017 your healthiest year yet! This month’s health discussion will focus on how to achieve our own individual health goals for 2017

Ongoing winter weather reminders to our registrants.

Dress for the day! A hat, scarf and gloves on cold days.

We will all be aware of how fast an illness can spread and will put all practices in place to prevent colds and other conditions throughout the Winter months.