

Evergreen Adult Day Team



SENIORS' RESOURCE
CENTER

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Our Adult Day Program in Evergreen was featured on the August 2019 edition of the MOUNTAIN CONNECTION, the local newspaper that serves Evergreen and surrounding areas. In the article, our very own Lourdes Yun & Jeremy Bogan offer a wonderful insight of our program and services here at SRC.

Classes

Elk Run is offering a series of free classes for seniors: "Aging with Altitude" from August-December 2019. Next class: September 17th: Injury and Fall Prevention. Presented by Robert Hayes, BSN, Injury Prevention Coordinator at Center St. Anthony. Please call 303-679-8777 to register. All classes are held at Elk Run (31383 Frost Way, Evergreen) from 1:00-2:00 pm.

Field Trips

- Tuesday, September 3 – Beau Jos'. Leave SRC at 11:00 am; back at 1:00 pm. **Please send \$12 with your loved one**
- Wednesday, September 11 – Hudson Garden in Littleton. Leave SRC at 11:00 am; back at 2:00 pm.
- Monday September 23 – Center for the Arts in Evergreen. Leave SRC at 11:00 am; back at 1:15 pm.



September 2 – Labor Day- SRC closed

Labor Day celebrates and pays tribute to the contributions of American workers. It was created in the late 19th century and became a federal holiday in 1894. Labor Day also symbolizes the end of summer for many Americans and is celebrated with parties, parades and athletic events.



Monday, September 23 – 1st day of Fall

The autumnal equinox, also known as the fall equinox is the astronomical start of fall in the Northern Hemisphere. After the autumnal equinox, the nights will get longer and the days shorter until the December solstice near Christmas time.

Quote

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go...”

— Dr. Seuss, *Oh, The Places You'll Go!*



September 15-21 – National Adult Day Services Week

National Adult Day Services week is celebrated yearly on the third week of September since it was proclaimed on September 27, 2013 by President Ronald Reagan. The week is set aside to raise awareness of the availability of adult day programs nationwide.

