

Better Day Club

An Adult Day Program

Serving Monroe & Surrounding counties

What is Better Day Club?

Better Day Club is an adult day program designed for individuals who are having cognitive changes related to health or aging, or who are in the early to moderate stages of Alzheimer's or a related dementia. We know that individuals who are cognitively and socially engaged on a regular basis fare much better than those who are not. Our goals are to provide:

- ✓ Enriching Activities reflecting member interests
- ✓ Social & Creative engagement
- ✓ A fun, safe and accepting place where club members are family
- ✓ A chance for care partners to enjoy some free time
- ✓ Staffing by trained and licensed caregivers
- ✓ Program design and facilitation by Cathleen Weber, MSW, LCSW

When does Better Day Club Meet and what is the cost?

- ✓ Better Day Club meetings are from Noon to 4 p.m. each Wednesday.& Thursday
- ✓ Payment can be made privately or we can bill your long term care insurance.
- ✓ Program days, hours of operation and payment options will expand as the program grows.

We already have in home or senior living services. Is Better Day Club for us?

An ideal care plan is a complementary blend of family care, in-home companion care and adult day services. Better Day Club members report:

- ✓ Experiencing increased cognitive focus
- ✓ Looking forward to club meetings and to seeing their friends
- ✓ Having less anxiety and sleeping better
- ✓ Even individuals who have not been very social have found enjoyment at Better Day Club!

BDC sounds great, but that won't work for us.

Better Day Club provides something special for both of you. Better Day Club brings out the best in people. Club meetings are upbeat. When we are around a special event or company, we tend to put forth our best behavior. Share your concerns. We'll be honest about our ability. It's likely that you will be pleasantly surprised!

For More Information:

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Better Day Club is located at 4211 E. Third Street, Bloomington, IN 47401

Locally owned and operated