

Clean Hands Pure Hearts

Joyful December Updates

Seasons Greetings!

Welcome to December—a month of lights, love, and meaningful connection at our Adult Day Center. As we embrace the holiday season, we look forward to creating warm memories, joyful experiences, and moments that truly matter.

*Joyful hearts and twinkling lights,
Smiles that glow on winter nights.
At Clean Hands Pure Hearts, we share,
Comfort, kindness, loving care.*

*Laughter drifts from room to room,
Chasing off the winter gloom.
Memories made, traditions new,
Warm holiday wishes from our family to you.*

*May peace surround you day by day,
And joy gently guide your way.
With hope and love the season starts—
Happy Holidays from Clean Hands Pure Hearts.*



You're Invited to Our Holiday Party!

We're excited to invite all participants and their families to our Holiday Party on:

Monday, December 23
12:00 PM – 2:00 PM

Join us for an afternoon of music, good food, games, and holiday cheer as we celebrate this special season together. This is a wonderful time for families to connect, take photos, and make memories with their loved ones and our team.

We can't wait to celebrate with you! ❤️ ❤️



Upcoming Field Trips

December 3rd

Golden Corral

December 12th

**Chesapeake City Holiday
Luncheon**

December Birthdays

Annie-Participant 17th

Sonya Knight-Owner 18th

Center Closures

December 23-Close at 2:00pm

December 24-CLOSED

December 25-CLOSED

Welcome Our New Day Center Manager, Kia!

We are thrilled to welcome Kia as the new Day Center Manager at Clean Hands Pure Hearts! Many of you may already know her from our home health program, where she has provided exceptional care and leadership.

Kia has worked closely with some of our most challenging Dementia and Alzheimer's cases, always approaching each individual with patience, compassion, and unwavering positivity. Her dedication to helping others shines through in everything she does, and we are excited to see that same spirit brought into our Adult Day Center.

As we move into this new season, we look forward to the positive changes, fresh ideas, and joyful energy Kia will bring. Please join us in giving her a warm welcome as she steps into this new role!



We Are Now Open on Saturdays!

Give Yourself the Break You Deserve

Clean Hands Pure Hearts is excited to announce that we are now open on Saturdays — because we know how demanding caregiving can be, and caretaker exhaustion is real.

Whether you need a little self-care time, want to run errands, or simply need a break from a long work week, we're here to support you. Let us give you your Saturdays back while your loved one enjoys companionship, activities, and nurturing care in a safe, uplifting environment.

Saturday Hours: 8:00 AM – 4:00 PM

Tuition: \$75 per Saturday

Reserve a spot anytime — we're here to help make your weekends easier, brighter, and a little lighter. ❤️

Clean Hands Pure Hearts Adult Day Center 757-819-6774

Serving Hampton Roads