

Meaningful Day Services

MAIN OFFICE:

225 S. School St., Brownsburg, IN 46112
(317) 858-8630 Fax: (317) 858-8715

JEFFERSONVILLE THERAPY CENTER:

590 Missouri Ave., Suite 204
Jeffersonville, IN 47130
(812) 288-4688
Fax: (812) 610-8333

INDIANAPOLIS DAY SERVICES:

3725 Kentucky Ave.
Indianapolis, IN 46221 (317) 248-0016

LAWRENCEBURG THERAPY CENTER:

465 Bielby Rd., Suite C,
Lawrenceburg, IN 47025
(812) 655-3541 Fax: (812) 610-8333



Meaningful Day Services *newsletter*

30 Years of Meaningful Experiences!



Even in the cold, our community adventures keep us moving!



Recreational Therapy

The American Therapeutic Recreation Association (ATRA) is the national professional organization that champions evidence-based Recreational Therapy practice — from research, to education, and advocacy. ATRA elevates our profession by promoting interventions that support social connection, meaningful participation, and overall well-being across diverse populations and settings.

Recreational Therapists are uniquely positioned to address social isolation and foster community engagement through structured, intentional experiences that help people feel connected, purposeful, and supported. Together, we can elevate the understanding of RT as a vital service that improves lives.

Learn more about ATRA's role and the social connection focus of Recreational Therapy:
<https://www.linkedin.com/pulse/connecting-socially-disconnected-message-all-health-human-qoble/?trackingId=ZPTqwa6ZSgCLKzHp920Xtw%3D%3D>

Meet Chris!

Meet, Chris! Here's a little glimpse into his Recreational Therapy journey:

Through long-term participation in Recreational Therapy, Chris has experienced meaningful growth in communication, independence, and community involvement. RT has helped him build confidence, make choices, and strengthen his social connections across many areas of his life.

Recently, Chris transitioned from his family home to a waiver-supported residential setting. Recreational Therapy played a key role in supporting this transition by increasing his access to community resources, and assisting Chris with structured community integration opportunities. Through intentional, goal-driven outings, he has strengthened communication skills, increased physical activity, and expanded his comfort and independence in community settings.

Community-based interventions—including visits to the Fort Wayne Zoo and recreational activities, such as bowling—have supported improved socialization, decision-making, and participation beyond the home environment. With support from his Recreational Therapist, Chris, actively participates in planning outings, reinforcing autonomy and self-advocacy.

Recreational Therapy helps individuals build skills, independence, and a meaningful, connected life in their community.





Chair One Fitness programs are designed to deliver a fun and interactive full-body workout that uplifts participants through dance-inspired movements and guided fitness exercises. Using a chair for stability and support, participants engage in exercises that enhance strength, flexibility, balance, and cardiovascular health in a fun, safe, and supportive environment.

Our classes focus on:

Strength building: Light resistance exercises to maintain and improve muscle tone.

Flexibility and range of motion: Gentle stretches to keep joints and muscles healthy.

Cardiovascular wellness: Low-impact, rhythm-based movements that get the heart moving.

Fun and social engagement: Music, dance, and group interaction create an uplifting experience.

The 60-minute classes are designed to accommodate all fitness and ability levels. Chair One Fitness is ideal for individuals with limited mobility, those recovering from injury, or anyone who enjoys a low-impact, music-filled workout. Each session is led by a Recreational Therapist certified in Chair One Fitness, skilled at adapting and modifying movements so every participant can engage safely, confidently, and to their fullest potential.

Bring Chair One Fitness classes to your facility with Meaningful Days Services and experience how movement, music, and community can make every day more meaningful.



Contact
Stacey Carlson at
scarlson@meaningfuldays.net
or call
317-858-8630.

CHAIR ONE



Clients enjoy lots of indoor adventures during the cold winter months!



Meaningful Day Services

Empowering Independence for 30 Years!

We are accepting referrals for the following services and locations:

Behavioral Consultation: Now accepting referrals in Ft. Wayne, IN and Jasper, IN. Openings include daytime and after school (may vary based on region).

Counseling Services: Openings at our Brownsburg and virtually statewide.

Music Therapy: Now accepting referrals in Jeffersonville, IN and surrounding region (daytime and afterschool). Daytime openings in Brownsburg, Carmel, Franklin, Greenwood, Noblesville, and Westfield (greater Indianapolis area).

Recreational Therapy: Now accepting referrals in Allen, Huntington, Vanderburgh, and Warrick counties.

Vocational Rehabilitation: Openings in Hendricks County and Clark County.

Submit referrals through website at: <https://www.meaningfuldays.com/enroll>



Meaningful Harmonies

Open to infants and children of all abilities between the ages of 6 months and 4 years.

Jeffersonville location

For more information or to sign up, call:

(812) 288-4688

Meaningful Harmonies is an infant and toddler music group that is centered around developing and enhancing social, physical, and cognitive skills through the exploration of music, movement, and more!

This 6- to 8-week course is facilitated by board-certified music therapists, and it is open to infants and children of all abilities between the ages of 6 months and 4 years. The course consists of weekly 30-minute sessions with a small group of children and their caregivers. Families have the opportunity to choose either a Wednesday group with Ms. Hannah or a Friday group with Ms. Tamia.



Tamia Yates

Ms. Tamia has worked as a board-certified music therapist with Meaningful Day Services for two years. She has worked with children, teaching them songs from musical theatre, learning about instruments, and exploring movements with music. Tamia enjoys discovering new ways to move and play, and she is excited to make these discoveries with families in this group!

Hannah Levesque

Ms. Hannah is a mom of a toddler and has worked as a board-certified music therapist with Meaningful Day Services for five years. She specifically loves working with infants and children. She loves using singing, dancing, and instrument play to foster learning of developmental skills. Ms. Hannah is excited to bring her expertise to this new group, as she brings music and fun to families in the area!



We thank our Recreational Therapy team!

In honor of Recreational Therapy Month, we're excited to highlight the meaningful impact our Recreational Therapy team brings every day. This month, we're celebrating by sharing the many heartfelt comments we've received about two of our outstanding recreational therapists. Their dedication, creativity, and compassion continue to enrich the lives of those we serve—and the positive feedback speaks for itself.

Olivia Kattner CTRS

"Ability to successfully identify activities that will challenge my son and yet hold his interest. Provides a large variety of potential activities. Understands communication methods used by my son. Ability to work well with team members. Offers opinions and suggestions on what might be good for him." (Guardian)

"She is knowledgeable. Knows client's needs and implements activities accordingly. Is friendly and is prompt on her schedule." (Alternate Agency Provider)

"Olivia is professional, she displays a great deal of respect and care for her clients and supporting teams. Olivia is a very effective and positive communicator. She goes the extra-mile to make sure her clients are supported, encouraged, and get high-quality services to help them meet their recreational needs. She is an amazing professional and therapist. The best in the business!!" (Alternate Agency Provider)



Olivia

Pam Thompson CTRS

"Pam is just amazing at what she does! She is always organized and prepared for meetings and always has an update of all the activities and goals her and the individual have been working on. She is both professional and personable and truly cares about the individuals she works with as well as the family. She also thinks outside the box and is consistently striving to ensure everyone is living their best life!" (Case Manager)

"Pam is highly knowledgeable in her field and answers all my questions regarding therapy. Pam goes well above and beyond to provide services for my son and I cannot thank her enough for all she has done for us." (Guardian)

"Pam does a great job at communicating and going above and beyond. She is a great team player and is enjoyable to work with. It's obvious she loves what she does and genuinely cares for the people she works with." (Alternate Agency Provider)



Pam



Follow us on Facebook: Meaningful Day Services or find us on X: @MDSIndiana, Instagram at: Meaningful_Day_Services and TikTok at: @meaningfuldayservices1

