

MEET THE FOUNDER

"I spent 28 years as a Registered Nurse witnessing the gap between medical care and meaningful life. I created Daybreak because I believe our elders deserve more than just supervision—they deserve a celebration.

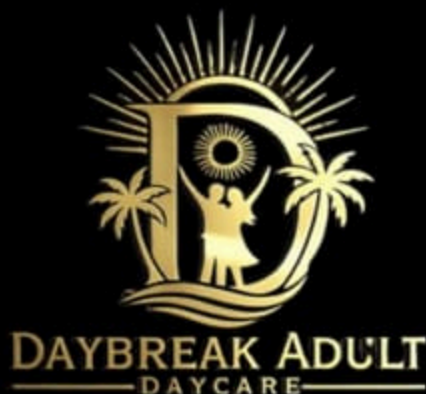
Inspired by my grandmother, Essie Racy Bradford, I built this sanctuary to be a place where dignity is the standard of care."

SHANEKIA "NIKKI" LINDSAY

REGISTERED NURSE, BSN, MBA



DayBreak Adult Daycare proudly serves Maryland Heights, Missouri, offering a resort-inspired adult day program that redefines what daytime care can be. We provide a safe, engaging, and uplifting environment where adults experience purpose, connection, and high-quality support—while families gain confidence and peace of mind.





The best way to meet us is in person.
Come see how we spend our days.


SCHEDULE A TOUR

MONDAY-FRIDAY • 7:30 AM - 5:30 PM

11705 DORSETT RD, SUITE 106-107
MARYLAND HEIGHTS, MO 63043

 (314) 594-4671

 (314) 428-9728

 Connect@DaybreakAdultDaycare.com

 www.DaybreakAdultDaycare.com

Daycare ~ Reimagined

DayBreak is a luxury adult daycare center designed to give families peace of mind and give adults a place where joy, purpose, and wellness come together.

Joy is essential.

Safety is non-negotiable.

Dignity is the standard.

ABOUT US



DayBreak Adult Daycare was created to bring peace, joy, and exceptional care to adults who deserve more than the traditional adult daycare experience.

Our 2,473 sq. ft. wellness-focused center in Maryland Heights blends the comfort of professional, nurse-led support with the joy of a resort-style daytime experience—complete with social energy, memorable meals, and meaningful activities that people actually look forward to.

We proudly support adults living with memory loss, chronic conditions, developmental disabilities, mobility limitations, or those simply needing structured enrichment and social engagement.



OUR SERVICES

DayBreak offers adult day services designed to support independence, connection, and well-being, with multiple payment options available. Our adult day care services include:

- 01** Social and recreational programming
- 02** Sensory and memory support experiences
- 03** Wellness and therapeutic activities
- 04** Concierge add-on services

Each service supports seniors physically, emotionally, and cognitively—while giving families confidence their loved one is thriving.



SIGNATURE EXPERIENCES

LIVE SOCIAL HOUR

Music, Mocktails, and Games

CREATIVE STUDIO

Art, Crafts, Karaoke & Reminiscence

BODY, SOUL & SPIRIT

Mindfulness, balance, body mechanics, and meditation

CELEBRATIONS & EVENTS

Party and play — spend your special day with us

THERAPY SERVICES

Music therapy, physical therapy, and pet therapy

SALON SERVICES

Hair, Nails, and Spa add-ons

CONCIERGE SPA SERVICES

Massage chairs & Relaxation

MEDICAL SERVICES

Nurse medication area, vital signs monitoring, and therapy services

FAMILY SUPPORT

Social work resources & guidance

IMMERSIVE SENSORY EXPERIENCE

Immersive Sensory Experience Through virtual reality

