# **Dear IN Program Families,**

Wishing everyone good health this month! Don't forget to get your flu shot this season!

## **Important Reminder:**

Chilly weather is on the way and before you know it we will be bundled up with coats, hats, scarves and gloves! We want to make sure everybody goes home with the same items they came in with, which can pose quite the challenge from time to time. As with all clothing/ personal items brought into the ADC, we kindly ask that you clearly mark each item with a name or initials. This is tremendously helpful for avoiding confusion and smoothing out our transition process at the end of the day. We greatly appreciate your cooperation.

### **Happy Thanksgiving**

May your home be filled with laughter and happiness! Sending you my warm wishes from home to home and from heart to heart to wish you a very Happy Thanksgiving!

#### **Fun November Facts**

- The birthstone for November is the topaz.
- The birth flower for November is the chrysanthemum.

Looking forward to another great month with you all.

Sincerely, Brittany Fischer. IN Program Coordinator at the J





# **Parent Focus Groups**

Monthly focus groups are intended to provide families/ parents of IN Program participants an opportunity to connect and share resources with each other.

# **Upcoming Meeting November 8**

5-6pm

Meetings are held in the SFC Arts & Education Building and occur the second Wednesday each month.



# **Funding**

Partial funding of the Adult Day Center at the J is provided under the provisions of the 1966 Older Americans Act, the Mid-East Area Agency on Aging (MEAAA), United Way, the Jewish Federation of St. Louis, the Karty Fund, the Veteran's Administration, the Missouri Department of Mental Health, the State of Missouri Medicaid Program and the Department of Veterans Affairs.

A grant though the Julius, Anna and Lillian Jossem Memorial Fund of the Jewish Federation of St. Louis funds the monthly Tai Chi program. The Music Therapy program is funded by a grant through the JCA Charitable Foundation.











The Adult Day Center at the J welcomes adults of all faiths and ethnic origins. Medicaid is accepted and additional financial assistance is available to those who qualify. The program is licensed by the state of Missouri.

# **IN** Program

# To contact our staff:

Main Office. 314.442.3248



Ashley Stockman ADC Director 314.442.3245

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IN Program

Coordinator

314.442.3249



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**Lucy Kiarie** Kamau

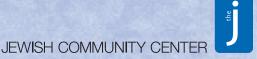




**Staenberg Family Complex Arts & Education Building** 2 Millstone Campus Drive St. Louis, MO 63146 p 314.442.3248 f 314.872.7189 iccstl.org













**Cynthia Wyatt** Activity Assistant







Karen Stephenson Admin. Assist. 314.442.3248

### Note:

- For schedule and/or transportation changes, call 314.442.3248.
- For all medicine changes, treatments and any other pertinent medical information, contact Renee.

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Nov	vember 1	- 3	Nov
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	ily Activit	ies	М
	rning		O N
	8:30- 30am Coffe	e Talks/Table Activity	IN
9:	30am Break	rfast	
10:	15am Discu	iss Schedule/Set Expectations	
	15pm Lunc	h	7
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2:	30pm Senso Activi	ory Break/Choice Individual itv	Ū
3:	15pm Snac		E
4:0	00pm Group	o/Individual Project	
1	10:30am	Library Trip	8
	1:00pm	Dance Entertainment:	Ū
W		STL Strudders Dance	M
D		Performance with Connections Group	E D
	2:00pm	Exercise: Track	
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2	9:45am 10:30am	<b>Tai Chi</b> Bake Sale Project	9
Т	11:30am	Greet Gym Members	_
H	1:00pm	Swimming	H
U			Ü
3	10:30am	Volunteering @ the J:	10
F	11:30am	Folding Towels Exercise: Lean & Clean	_
Ŗ	1:00pm	Wii & IPad Games with	F R
ı		Connections Group	Í
	2:00pm	Art Expressions	

Nov	vember 6	- 10	
6 M O N	10:00am 11:00am 1:00am 3:00pm	Speech Therapy Exercise: Lean and Clean Swimming Volunteering @ Covenant Place Dinner Set-up	
7 T U E	10:30am 11:00pm 1:00pm 2:00pm	In-Gen Music with Early Childhood Music Therapy Mason Jar Night Light Project with Connections Group Dinaz Birthday Celebration!	
W E D	10:30am 11:00am 1:00pm 3:00pm	Exercise: Lean and Clean Legacy Wood Work with Connections Group Volunteering @ Red Racks Thrift Store Bake Sale Project	
9 T H U	9:15am 11:00am 1:00pm	Tai Chi Cooking Club with Connections Group or Therapeutic Drumming Swimming	
F R I	10:30am 11:00am 1:00pm 2:00pm	Volunteering @ the J: Folding Towels VA Service with Connections Group Exercise: Inside Track Group Game	

Nov	ember 1	3 - 17	
13 M O N	10:00am 11:30am 1:00pm 3:00pm	Speech Therapy Exercise: Track Art Expressions Volunteering @ Covenant Place Dinner Set-up	
14 T U E	10:30am 11:00am 1:00pm 3:00pm	In-Gen Music with Early Childhood Speech Therapy Swimming Bake Sale Project	
15 W E D	10:30am 4:00pm	Art Museum Trip Return to Center	
16 T H U	9:45am 11:00 1:00pm	Tai Chi Bath Bomb Project with Connections Group Swimming	
17 F R I	10:30am 1:00pm 2:00pm	Volunteering @ the J: Folding Towels Exercise: Inside Track Art Expressions: Tie Dye	

Nov	vember 2	0 - 24	
20	10:00am	Speech Therapy	
	11:00am	Garden Club with	1
M		Connections Group	1
0 N	1:00pm	Exercise: Inside Track	
N	2:00pm	Bake Sale Project	
	2.00pm	Dake Sale Floject	
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21	10:30am	In-Gen Music with Early	<b>18.33</b>
		Childhood	Miles.
Т	11:00am		2.0
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22		Science Center Trip	BOTTO A
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23		Thanksgiving	
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24		Thanksgiving	
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November 27 - 30		
27		Speech Therapy
M	1:00pm 2:00pm	Art Expressions Bake Sale Project
O N	3:00pm	Volunteering @ Covenant Place
28	10:30am	In-Gen Music with Early Childhood
T U E	11:00am 1:00pm	Music Therapy Swimming
29 W E D	10:30am 4:00pm	Trip to the Magic House Return to Center
30 T H U	9:45am 10:30pm 11:00am 1:00pm	Tai Chi Greet Gym Members Art Expressions Swimming
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