





### **Support Groups**

The J/Alzheimer's Association Support Group meets at the Adult Day Center at the J, in the Staenberg Family Complex – Arts & Education Building.

Upcoming meetings: alzheimer's **Association**° **Monday:** 

September 17 & October 1 3:00 - 4:30pm Friday:

September 21 & October 19 10:00 - 11:00am

Supervision is available for your loved one during Monday meetings, by reservation.

Questions/RSVP: Kristen Conard 314.442.3261 • kconard@jccst.org



REMINISCENCE LEAGUE

2018 Group Information Mondays • 10:30am – 12pm Meeting Dates September 17 October 15

#### Funding

Partial funding of the Adult Day Center at the J is provided under the provisions of the 1966 Older Americans Act, Aging Ahead, 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.

## To contact our staff:



Ashley Stockman Director 314.442.3245



Kristen Conard Assistant Director 314.442.3261





Cynthia Wyatt Activity Assistant





Emily Jolly PRN Program Assistant



Karen Stephenson Admin. Assist. 314.442.3248



**Renee Butler** *RN* 314.442.3243



Lucy Kiarie Kamau RN



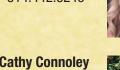
Jenay Sneed CNA

Note:

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



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.



## Connections Socialization • Recreation • Support



# A program of the **Adult Day Center** J

## **September 2018** Recreation Calendar & News

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



jccstl.org

Sej	otember :	3 - 7	
3		ADC Closed – Labor Day	
M O N		Happy Birthday Fred T. (9/1), Alvin A (9/2) and Arline K. (9/3)	
4 T U E	10:30am 11am 11:30am 1pm 2pm 2:30pm 4pm	In-Gen Music/I-Pad Games Exercise Pictionary/Walking Club/1:1 Music Therapy Music Therapy Trivia: Labor Unions & Vocations Sm Group Music Therapy Essential Oils Sensory Relaxation	
5 W E D	10:30am 11am 11:30am 1pm 2pm 2:30 4pm	Exercise/Walking Club Cooking Club: Apple Turnovers /Football Toss Name that Tune <b>DUO TOUCH Pet Therapy</b> / Painting Trivia: Poets & Authors The Hokey Pokey & Other Classic Dances Armchair Travel: Namibia	
6 T H U	10:30am 11:15am 1pm 2pm 4pm	<b>Tai Chi</b> NFL Season Kickoff Info & Football Bloopers/Gardening Live Music with Cheryl Brown/Dominos Trivia Music: Sing the Hits of the '50s	
7 F R I	10:30am 11am 11:30 1pm 2pm 2:30pm 4pm	Chair Yoga Soda Taste Test/ <b>1:1 Music</b> <b>Therapy</b> Bocce Ball/Mandalas <b>Music Therapy/Garden</b> <b>Club</b> Rosh Hashanah Shabbat with Rabbi Brad Trivia/Sm Group Music Therapy Balloon Volleyball	

sep	eptember 10 - 14					
0		ADC Closed –				
		Rosh Hashanah				
M		Happy Birthday				
0 N		Lee M. & Cristiana W.				
1	10:30am	In-Gen Music				
	11am	Exercise				
T	11:30am	Pen Pals/Wii Games/1:1 Music Therapy				
U E	1pm	Music Therapy				
	2pm	Trivia: Kitchen Tools &				
		Culinary Lingo				
	2:30pm	Sm Group Music Therapy Bowling				
2	4pm 10:30am	Exercise/Walking Club				
2	11am	Art Expressions: Leaf Still				
N		Life/Washers/Beanbag Toss				
N E D	11:30am	Current Events				
U	1pm	<b>DUO TOUCH Pet Therapy</b> / Balloon Dodge Ball				
	2pm	Trivia: Comedians & Comedy				
	·	Films				
	4pm	Country & Western Sing-A-				
3	10:30am	Long Tai Chi/CARNIVAL DAY				
3	11:15am	Humor for Health/CARNIVAL				
т	1pm	Cooking Club: Chocolate				
H		Covered Fruit/Carol Burnett				
U	2pm	Show Trivia: All Things Chocolate				
	4pm	Let's Dance: Chair Dances!				
4	10:30am	Chair Yoga				
-	11am	Blackjack/Modified				
F R		Soccer/1:1 Music Therapy				
R I	11:30am	Remembering the Golden				
•		Girls, The Waltons & Little House On the Prairie				
	1pm	Music Therapy/Dominos				
	2pm	Shabbat				
	2:30pm	Trivia/Sm Group Music				
	4pm	Therapy Walking Club				
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Sep	otember <sup>-</sup>	17 - 21	Sept
17 M O N	10:30am 11am 11:30am 1pm 2pm 4pm	In-Gen Music/Cardinal's Reminiscence League Exercise Ringtoss Music Performance by Howard Bly/Sorry All Things Chocolate Crossword Puzzle Spon <i>tune</i> ous Game	24 M 0 N 225
18 T U E	10:30am 11am 11:30am 1pm 2pm 4pm	<b>In-Gen Music/Yom Kippur</b> with Rabbi Brad Exercise Golf <b>Music Therapy</b> Trivia: Restaurants Word Picture Riddles/ Walking Club	T U E 26
19 W E D		ADC Closed – Yom Kippur	W E D
20 T H U	10:30am 11:15am 1pm 2pm 2:30pm	<b>Tai Chi</b> Name The Landmark/Garden Club Sing the Hits with Cathy Toss Challenge Trivia: September Birthdays	27 T H U
21 F R I	10:30am 11am 1pm 2pm 2:30pm	Chair Yoga Shuffle Toss/UNO/ <b>1:1 Music Therapy Music Therapy</b> /Walking Club Shabbat Trivia/Sm Group Music Therapy	28 F R I

Sep	otember 2	24 - 28
24 VI D N	10:30am 11am 11:30am 1pm 2pm 3:30pm	In-Gen Music/Color by Number Exercise Shuffle Board/Aromatherapy Men's & Ladies Clubs Trivia: Abbreviations & Acronyms Logo Board Game/Logic Puzzles
25 T U E	10:30am 11am 11:30am 1pm 2pm 2:30pm 4:00pm	In-Gen Music Exercise Target Ball/Animal Short Stories/1:1 Music Therapy Music Therapy Shabbat Trivia/Small Group Music Therapy Hangman/Checkers
26 N E D	10:30am 11am 1pm 2pm 4pm	Exercise/Walking Club Garden Club/Famous Faces Bingo <b>DUO TOUCH Pet Therapy/</b> Puzzles/IPad Trivia: Name the Occupation Sing with Cathy: Songs of the 5 Senses
27 T H U	10:30am 11:15am 1pm 2pm 4pm	Tai Chi Hangman Entertainer TBA Trivia Left Right Center/Walking Club
8 F I	10:30am 11am 1pm 2pm 2:30pm 4pm	Chair Yoga Blackjack/Horseshoes/ <b>1:1</b> <b>Music Therapy</b> <b>Music Therapy</b> /Reader's Digest Short Stories Shabbat Trivia/Sm Group Music Therapy Table Games/Relaxation with Aromatherapy

Septe	September		201		18	
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	29	20	21	22
23	24	25	26	27	28	29
30						
Daily Ac	+i\/i	tioe				
Morning		ues				
7:30am	Ear	ly Mo	rning	Activi	ties	
9:30am	Early Morning Activities Breakfast					
10:10am	10:10am Brain Boosters					
12:15pm	Lun	ich				
Afternoo	Afternoon					
2:00pm	Bus Dismissal and Reflection & Conversation					
3:15pm	Snack					
3:30pm	Ind./Small Group Sensory, Art & Leisure					
5:00pm	Rest and Relaxation					

