



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:
October 1 3:00 - 4:30pm

Friday:
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



2018 Group Information
Mondays • 10:30am – 12pm

Meeting Dates
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 through 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:

Main Office. 314.442.3248



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Connor Flood
Activity Assistant



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Admin. Assist.
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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 the j
Care for your whole family

October 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



October 1 - 5		
M O N	1	10:30 am In-Gen Music/Spill & Spell 11am Exercise 11:30 Finish the Phrase 1pm Grapevine Herbal Wreath/ 2pm Sing the Show Tunes 3:30pm Birthstones & Horoscopes Adapted Word Games
	2	10:30am In-Gen Music/Walking Club 11am Bullseye Match 11:30am What's In the Bag? 1:00pm Music Therapy 2pm Bandstand Boogie Exercise 2:30pm St. Louis Trivia 3:30pm Informational Video: Playing For Change
	3	10:30am Exercise 11am Insect & Bird Call Identification Game 11:30am Divided Difficulty Word Games 1pm DUO TOUCH Pet Therapy/Yahtzee 2pm Trivia 3:30pm Charades
	4	10:30am Exercise with Kristen 11am Blackjack/Sport of Choice 11:30am Name That Tool 1pm Volleyball 2pm Trivia: TV Talk Show Hosts 2:30pm Magazines/Books/Puzzles 4pm Armchair Travel: Jamaica Beyond the All Inclusives <i>Happy Birthday Marian H.</i>
	5	10:30am Chair Yoga with Cynthia 11am Washers/Jewish Focused Music Therapy 11:30am Finishing Lines 1pm Music Therapy 2pm Shabbat 2:30pm Magazine Scavenger Hunt 4pm Table Tennis

October 8 - 12		
M O N	8	10:30am In-Gen Music/College Football Records 11am Horseshoes 11:30am Reader's Digest Humor 1pm Cooking Club: Herb Dip with Rye Bread 1:30pm Fall Reminisce 2pm Sitcom Trivia 4pm Mini Cornhole
	9	POLKA PARTY DAY 10:30am In-Gen Music/Word Crossy 11am Pumpkin Ring Toss /Nail Polish for Polish Party 11:30am Polish Landmarks/Walking Club 1pm Music Therapy Polka Party 2pm Famous Polish Americans Trivia 4pm Football Toss
	10	10:30am Exercise 11am Hole-in-One 11:30am Trivia 1pm In-Gen Duo Touch Therapy/Health & Science News 2pm Dog Breed Trivia 4pm Balloon Volleyball
	11	10:30am Tai Chi 11:15am Fall Leaf Press or Blackjack 1pm Live Music by Young at Harp 2pm Transportation Trivia 4pm Jenga or Name 5 Things <i>Happy Birthday LeBertha L.</i>
	12	10:30am Chair Yoga 11am Shuffle Board/Jewish Music Therapy 11:30am Nature Trivia 1pm Music Therapy 2pm Shabbat 4pm Othello/Walking Club

October 15 - 19		
M O N	15	10:30am In-Gen Music/Cardinals Reminisce League 11am Live Music by John Scott Jewelry or Bookmark Making/Close-Up Game 1pm The Addams Family 2pm Show/Dominos 3:30pm Adapted Baseball
	16	10:30am In-Gen Music/Parchessi 11am 11:00 Basketball 11:30am Word Picture Riddles/Walking Club 1pm Music Therapy 2pm Trivia 4pm Conversation Ball <i>Happy Birthday John N.</i>
	17	10:30am Tar Grip Throw/Gardening 11am Name The Recording Artist 11:30am Spelling Bee 1pm DUO TOUCH Pet Therapy Visits/Texas Hold 'Em 2pm Apple Taste Test & Apple Trivia 4pm Table Games/Walking
	18	10:30am Exercise with Cathy 11:15am Word Games/Blackjack 1pm FREE ELVIS CONCERT IN THE PAC 4pm Kickball
	19	10:30am Chair Yoga 11am Make Spiced Cider/Bean Bag Toss/Jewish Focused Music Therapy 11:30am Word Game 1pm Music Therapy 2pm Shabbat 3:45pm Bowling

October 22 - 26		
M O N	22	10:30am In-Gen Music/Chinese Checkers 11am Men's Club & Ladies Club 1pm Cooking Club: Cashew Truffles/UNO 2pm Trivia 3:30pm Tossing Challenge
	23	10:30am In-Gen Music /Navy Crossword Puzzle 11am Football Toss 11:30am Fall Sports Updates 1pm Music Therapy 2pm Trivia 2:30pm Short Stories or Puzzles 3:30pm Adapted Tennis
	24	10:30am Bulb Planting/Word Basketball 11am Songs of Autumn 11:30am Finish The Phrase 1pm In-Gen DUO TOUCH Pet Therapy/Blackjack 2pm What's That Smell? 2:30pm Cookbook Trivia 4:00pm Table Games/Walking Club
	25	10:30am Planter Staining/Tai Chi 11:15am Tossing Game 1pm Singing with Cathy 2pm Trivia: Herbs, Flowers, & Plants 2:30pm Current Events: Local News 4pm Video: Natural Wonders of the World
	26	10:30am Chair Yoga 11am Jewish Music Therapy/Hokey Pokey & other Hits 11:30am Pet Trivia 1pm Music Therapy 2pm Shabbat 2:30pm Name 5 Things 3:30pm Table Tennis

October 29 - 31		
M O N	29	10:30am In-Gen Music/Group Scrabble 11am Painting Mini Pumpkins/Walking Club 1pm Live Music by Anita Marie 2pm Music Trivia 2:30pm Table Games 4pm Adapted Soccer
	30	10:30am In-Gen Music/Kings In the Corner 11am Balloon Swat 11:30am Hangman 1pm Music Therapy 2pm Word Riddles/Trivia 2:30pm Magazine Scavenger Hunt 4pm Adapted Sport of Choice
	31	10:30am Pumpkin Toss 11am Baking Pumpkin Muffins /Sing with Cathy 1pm DUO TOUCH Pet Therapy/October In History/Quirkle 2pm Sports Update 2:30pm Agatha Christie & Alfred Hitchcock Trivia 4pm Horseracing

Daily Activities

Morning

- 7:30am Early Morning Activities
- 9:30am Breakfast
- 10:10am Brain Boosters

12:15pm Lunch

Afternoon

- 2:00pm Bus Dismissal and Reflection & Conversation
- 3:15pm Snack
- 3:30pm Ind./Small Group Sensory, Art & Leisure
- 5:00pm Rest and Relaxation