

Dear IN Program Families,

November Highlights

We've started a book club! Every Monday morning at 11am we gather together to read and discuss as we go along. It's been a great experience so far and has provided another fantastic way for everyone to get involved.

On November 9 at 11:30am, IN participants will join the Connections program in celebration of Veteran's Day. Our IN members will be working on a poem to read and then present. On any given day, we often have several former service members with us in the Connection program, and programs on this day often take on special meaning.

**We're going to the Science Center!** We'll gather together on November 12 and head down to Oakland Avenue for a great off-site experience. Please arrive no later than 9:00am on this Monday. We will leave the J no later than 9:30am and we don't want anyone to miss out on the fun. We'll return by 2:30pm. I will be ordering lunches from our own Kitchen J to take with us. If your loved one would rather bring their own lunch, let me know by Monday, November 5.

Program Reminders

- We've begun swimming indoors on Tuesdays & Thursdays at 1:00pm.
- Any changes to transportation or daily schedules please contact Kristen Conard @ 314.442.3261.
- Any extra or new clothing kept in the front cabinets needs to be labeled with the participant's name.
- For those signed up to have an action tracker, make sure to record your steps every day. I will continue to distribute new fitness sheets in the binders for tracking purposes. Please contact me with any questions.

IN Program Closures

One final reminder is have a wonderful Thanksgiving. Due to the holiday, please note that the program will be closed on Thursday, November 22 and Friday, November 23.



Lastly, I Hope everyone has a wonderful Thanksgiving!

Brittany Fischer  
Program Coordinator  
Adult Day at the J



Parent Focus Groups

Quarterly Focus Groups are intended to provide parents and families of IN Program participants an opportunity to connect and share resources with each other.

**Quarterly Meeting Date**  
**Monday, December 17**  
**Meeting Time: 4:30-5:30pm**

*Meetings are held in the SFC Arts & Education Building*



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.

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:

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Note:

- For schedule and/or transportation changes, call **314.442.3261**.
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee**.

IN Program



A program of the  
**Adult Day at the J**  
*Care for your whole family*

**November 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





November 1 - 2

November 2018						
s	m	t	w	t	f	s
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Daily Activities	
Morning	
8:30-9:30am	Coffee Talks/Table Activity
9:30am	Breakfast
10:00am	Review Schedule/Set Expectations
12:15pm	Lunch
Afternoon	
3:15pm	Snack

T H U	1	9:45am	Tai Chi
		10:30am	Science
		11:30am	Dice Exercise Activity
		1pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
F R I		4pm	STEAM Activity
	2	10:30am	Volunteering@ the J: Folding Towels
		11:15am	Exercise
		1pm	Art Expressions
		2pm	Social Etiquette Skills
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
		4pm	Group Game (Gym)

November 5 - 9

M O N	5	10:30am	IN-Gen Music
		11am	Book Club
		1pm	Exercise
		2pm	Social Etiquette Skills
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
T U E		4pm	Adaptive Sport
	6	10:30am	IN-Gen Music
		11am	Music Therapy
		1pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
W E D		4pm	Group Game (Gym)
	7	10:30am	Greeting Gym Members
		11:15am	Exercise
		1pm	Pet Therapy/Sand Art
			Candle Activity
		2pm	STEAM Activity
T H U		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
		4pm	Group Game (Gym)
	8	9:45am	Tai Chi
		10:30am	Science
		11:15am	Exercise
F R I		1pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
		4pm	Group Game
	9	10:30am	Volunteering@ the J: Folding Towels
		11:30am	Veteran's Day Celebration with Connections
		1pm	Art Expressions
		2pm	Meal Planning Series I: Research Recipe
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
		4pm	Adaptive Sport

November 12 - 16

M O N	12	9:45am	Outing: Science Center
		2:30pm	Return to Center/Reflection Time
		3:30pm	Independent Living Skills
		4pm	Group Game
	13	10:30am	In-Gen Music
		11am	Music Therapy
T U E		1pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
		4pm	Group Game (Gym)
	14	10:30am	Greeting Gym Members
		11am	Exercise
W E D		1pm	Pet Therapy
		2pm	STEAM Activity
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
		4:00pm	Group Game (Gym)
T H U		15	10:30am
			11am
			1pm
			2:30pm
			4:00pm
			Group Game
F R I	16	10:30am	Volunteering@ the J: Folding Towels
		11am	Exercise
		1pm	Meal Planning Series II: Vote on Recipe & Create Grocery List
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
		4:00pm	Adaptive Sport

November 19 - 23

M O N	19	10:30am	IN-Gen Music
		11:00am	Book Club
		1pm	Exercise
		2pm	Money Management Bingo
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
T U E		4:00pm	Adaptive Sport
	20	10:30am	IN-Gen Music
		11am	Music Therapy
		1pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
W E D		4pm	Group Game (Gym)
	21	10:30am	Greeting Gym Members
		11:15am	Exercise
		1pm	Pet Therapy/ Thanksgiving
		2pm	Art Expressions
		2:30pm	STEAM Activity
T H U		3:30pm	Reflection Time
		4pm	Independent Living Skills
			Group Game (Gym)
	22	CLOSED	
		Happy Thanksgiving	
F R I	23	CLOSED	
		Happy Thanksgiving	

November 26 - 30

M O N	26	10:30am	IN-Gen Music
		11am	Book Club
		1pm	Safety Skills
		2pm	Social Etiquette Skills
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
T U E		4:00pm	Exercise
	27	10am	IN-Gen Music
		11am	Music Therapy
		1pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
W E D		4:00pm	Group Game (Gym)
	28	10:30am	Greeting Gym Members
		11am	Exercise
		1pm	Pet Therapy
		2pm	STEAM Activity
		2:30pm	Reflection Time
T H U		3:30pm	Independent Living Skills
		4:00pm	Group Game (Gym)
	29	9:45am	Tai Chi
		10:30am	Science
		11am	Exercise
		1pm	Swimming
F R I		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
		4:00pm	Group Game
	30	10:30am	Volunteering@ the J: Folding Towels
		11:15am	Exercise
		1pm	Meal Planning Series III: Cooking Club
		2pm	Dice Exercise Activity (Gym)
		2:30pm	Reflection Time
		3:30pm	Independent Living Skills
		4:00pm	Group Game