

Dear Families,  
Happy New Year!

I wanted to share a few reminders, so I can leave room to offer a few photos of some of our great recent events.

**CLOSED**  
The Adult Day Center will be closed on:  
**Tuesday, January 1 & Monday, February 18.**

- REMINDERS**
- Please mark jackets, coats, hats, scarves, gloves, etc. with either initials or first name with last name initial. This is very helpful in making sure everyone goes home with their own belongings.
  - Cold and flu season is in full force, and it doesn't take much for it to spread quickly in our programs. If you or your loved one are not feeling well, have a fever or have been exposed to a confirmed case of the flu or other viruses, **PLEASE take extra precautions and stay home.**

**RECENT FUN IN CONNECTIONS!**



Thank you for being a part of our J family!

Ashley Stockman  
Director, Adult Day at the J



**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:  
**Monday:** 1/7 & 2/4 3:00 - 4:30pm  
**Friday:** 1/18 & 2/15 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



**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

	<b>Ashley Stockman</b> Director 314.442.3245		<b>Kristen Conard</b> Assistant Director 314.442.3261
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	<b>Cathy Connoley</b> Rec. Program Coordinator 314.442.3247		<b>Cynthia Wyatt</b> Activity Assistant
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	<b>Emily Jolly</b> Activity Assistant		<b>Karen Stephenson</b> Admin. Assist. 314.442.3248
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	<b>Renee Butler</b> RN 314.442.3243		<b>Jenay Sneed</b> CNA
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**Note:**

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



Adult Day at the J welcomes adults of all faiths. 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 at the J**  
Care for your whole family

## January 2019 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**



January 1 - 4

January2019

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31

1

TUE

Closed

Happy New Year 2019

2

WED

10:30am

Chair Dance

11am

Adapted Sport/Blackjack

1pm

DUO TOUCH Therapy Dogs

1:30pm

What's in the News

2pm

Trivia

3:30pm

Binge-Worthy Wednesdays/ Mandala Art

4pm

Adapted Soccer/Magazines

3

THU

10:30am

Tai Chi

11:15am

Adapted Sport/Relaxation Video

1pm

Art Expressions/Sing with Cathy

2pm

Trivia

3:30pm

Word Games

4pm

Bowling

4

FRI

10:30am

Exercise

11am

Jewish Music Therapy Group/Volleyball

1pm

Music Therapy

2pm

Trivia

2:15pm

Shabbat

3:30pm

Table Tennis/UNO

Happy Birthday Tommy K. & Shelia R.

January 7 - 11

7

MON

10:30am

Inter-Generational Music/ Wii-Bowling

11am

Live Music with Dan Balsamo

1pm

Chair Dance

1:30pm

Adapted Sport

2pm

Trivia

3:30pm

Word Games/Dice Games

8

TUE

10:30am

Inter-Generational Music/ Adult Coloring

11am

Exercise

11:30am

Adapted Sport/Garden Club

1pm

Fluid Pouring Art/Name That Face

2pm

Trivia

3:30pm

Magazine Scavenger Hunt

4pm

Horseracing

9

WED

10:30am

Modern Chair Dance

11am

Texas Hold'em/Sing with Cathy

1pm

DUO TOUCH Therapy Dogs

1:30pm

Real or Fake?

2pm

Trivia

3:30pm

Magazines/iPads

4:30pm

Binge-Worthy Wednesday

10

THU

10:30am

Tai Chi

11:15am

Adapted Sport/Mandalas

1pm

Cooking Club/Conversation Ball

2pm

Trivia

3:30pm

Upbeat Current Events with Emily

4pm

Horseshoes

11

FRI

10:30am

Chair Yoga with Cynthia

11am

Jewish Music Therapy Group/Adapted Sports

11:30am

Word Games

1pm

Music Therapy

2pm

Trivia

2:15pm

Shabbat

4pm

Balloon Challenge

Happy Birthday Matt K.

January 14 - 18

14

MON

10:30am

Inter-Generational Music

11am

Modern Chair Dance

11:30am

Adapted Sports

1pm

Live Music with Bill Forness

2pm

Trivia

4pm

Table Games/Walking Club

15

TUE

10:30am

Inter-Generational Music/ Crossword Puzzles

11am

Exercise

11:30am

Garden Club/Adapted Sport

1pm

Sing with Cathy/Bingo

2pm

Trivia

3:30pm

Magazines/Table Games

4pm

Manicures/Documentary

16

WED

10:30am

Modern Chair Dance

11am

Inter-Generational Art/Tic Tac Toe Toss

11:30am

Bocce Ball

1pm

DUO TOUCH Therapy Dogs

1:30pm

Name 10 Things

2pm

Trivia

4pm

Word Games/Binge-Worthy Wednesdays

17

THU

10:30am

Tai Chi

11:15am

Bullseye Match/Kings in the Corner

1pm

Volleyball/Chinese Checkers

2pm

Trivia

4pm

Card Games/Dice Games

18

FRI

10:30am

Chair Yoga with Cynthia

11am

Jewish Music Therapy Group/Super Hoop Ball

1pm

Music Therapy/Mandalas

2pm

Upbeat News with Emily

2:15pm

Shabbat

4pm

Bowling

January 21 - 25

21

MON

MARTIN LUTHER KING, Jr. DAY

10:30am

Inter-generational Music/ I-Pads

11am

Live Music with Rekha Dravina

1pm

Men's Club & Ladies Club

2pm

Exercise

2:30pm

Martin Luther King, Jr. Trivia

4pm

Puzzles/Board Games

22

TUE

10:30am

Inter-Generational Music/ Word Searches

11am

Exercise

11:30am

Baggo/Follow Your Nose

1pm

Music Therapy

2pm

Trivia

3:30pm

Hangman/Manicures

4pm

Table Games/Wii Games

23

WED

10:30am

Modern Chair Dance

11am

Cooking Club/Horse Shoes

1pm

DUO TOUCH Therapy Dogs

1:30pm

Geography Trivia/Poker

2pm

Trivia

4pm

Clothes Pin Drop/Famous Faces

24

THU

10:30am

Tai Chi

11:15am

Garden Club/Adapted Sport

1pm

Bowling/Strategy Game Challenge

2pm

Trivia

2:30pm

Sing with Cathy/Adult Coloring

4pm

Upbeat Current Events with Emily

25

FRI

10:30am

Chair Yoga with Cynthia

11am

Jewish Music Therapy Group/Ring Toss

1pm

Music Therapy

2pm

Shabbat

2:15pm

Trivia

4pm

Triangle Toss/Magazines

January 28 - 31

28

MON

10:30am

Inter-Generational Music/ Soduku

11am

Chair Dance

11:30am

Washers/Limerick Challenge

1pm

I Love America Bingo/ Walking Club

2pm

Trivia

4pm

Walking Club/Table Games

29

TUE

10:30am

Inter-Generational Music/ Manicures

11am

Bowling/Adult Coloring

1pm

Music Therapy

2pm

Trivia

3:30pm

Magazines/iPads

4pm

Word Games

30

WED

10:30am

Modern Chair Dance

11am

Adapted Sport/Inter-Generational Art

1pm

Texas Hold'em/Sing with Cathy

2pm

Trivia

4pm

Binge-Worthy Wednesdays/ Mural Coloring

31

THU

10:30am

Tai Chi

11:15am

Gardening/Adapted Sport

1pm

Creative Expressions/ Parachute Exercise

2pm

Upbeat News with Emily

4pm

Table Games

Daily Activities

Morning

8:00am

Coffee Talks/Table Activities

9:30am

Breakfast

10:00am

Brain Boosters

12:15pm

Lunch

Afternoon

2:00pm

Bus Dismissal & Reflection/ Conversation

3:15pm

Snack

3:30pm

Small Group & Independent Leisure