

## Dear Families,

### Dining with Dignity a Huge Success

I want to sincerely thank everyone who generously supported our Dining with Dignity campaign. It made all of us in the Adult Day Services area extremely proud to see such amazing support, and I'm excited to be able to announce that we surpassed our initial goal and will be able to replace the place settings! The new dinnerware will bring a more appealing and engaging feel to mealtimes and offer a more dignified eating experience for all your loved ones. Your support of this effort is genuinely appreciated and would not have been possible without it... THANK YOU!



### Memorial Day Monday, May 27

We will be closed in observance of Memorial Day.

### Reminders

- **Sunscreen:** A physician order is required for sunscreen to be used at the Center, or you must apply it before arriving each day. Participants are not permitted to apply sunscreen on their own. See enclosed Nurse's note
- **Transportation/Schedule Changes:** please contact Kristen Conard (314.442.3261)

Ashley Stockman  
Director, Adult Day at the J  
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:**  
5/6 & 6/3                      3:00 - 4:30pm

**Friday:**  
5/17 & 6/21                    10:00 - 11:00am

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

Questions/RSVP: Kristen Conard  
314.442.3261 • kconard@jccstl.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. The Music Therapy program is funded by a grant through the JCA Charitable Foundation.

## To contact our staff:

Main Office. . . . . 314.442.3248



**Ashley Stockman**  
Director  
314.442.3245



**Kristen Conard**  
Assistant  
Director  
314.442.3261



**Cathy Connoley**  
Rec. Program  
Coordinator  
314.442.3247



**Cynthia Wyatt**  
Activity  
Assistant



**Emily Jolly**  
Activity  
Assistant



**Karen Stephenson**  
Admin. Assist.  
314.442.3248



**Renee Butler**  
RN  
314.442.3243



**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**.



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

**May 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

**May 1 - 3**

**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

**1** 10:30am Exercise  
 11am Adapted Basketball/  
 Blackjack  
**WED** 1pm **Live Music by Dan Balsamo/**  
 DUO Therapy Dogs  
 2pm Trivia  
 2:30pm Walking Club  
 3:30pm Outdoor Relax

**2** 10:30am Tai Chi  
 11:15am Garden Club/Adapted Sport  
**THU** 1pm Sensory Relax with Cathy/  
 Creative Expressions:  
 Visor Craft  
 2pm Trivia  
 2:30pm Walking Club  
 4pm Scrabble/Uno  
*Happy Birthday Joe D.*

**3** 10:30am Chair Yoga  
 11am Jewish Music Therapy/  
**FRID** **Mexico Travels, Presented**  
 by Alice & Alan Ludmer  
 1pm Music Therapy & Mocktails  
 for **Cinco De Mayo**  
**Celebration**  
 2pm Shabbat  
 2:30pm Trivia  
 4pm Table Tennis/Table Games

**May 6 - 10**

**6** 10:30am In-Gen Music/Crosswords  
 11am Modern Chair Dance  
**MON** 11:30am Upbeat News/Adapted Sports  
 1pm Sing with Cathy/Garden Club  
**N** 2pm Trivia & Kentucky Derby  
 Recap  
 2:30pm National Nurses Day  
 Appreciation Time  
 3:30pm Table Games

**7** 10:30am In-Gen Music/Color by  
 Number  
**TUE** 11am Creative Expressions/  
 Washers  
 11:30am Word Games  
 1pm Music Therapy  
 2pm Exercise with Cathy  
 2:30pm Magazines/Walking Club  
 4pm Wii Bowling

**8** 10:30am Exercise  
 11am Outdoor Scavenger Hunt/  
 Inter-Generational Art  
**WED** 11:30am Walking Club/Garden Club  
 1pm Cards vs. Phillies/DUO  
 Therapy Dogs  
 2pm Trivia  
 2:30pm I-Pads/Magazines  
 4pm Table Games

**9** 10:30am Tai Chi  
 11:15am Bowling/Sudoku Puzzles  
**THU** 1pm Squirt Gun Art/Sensory Relax  
 2pm Trivia  
 2:30pm Grand Ole Opry Historic  
 Performance Video  
 4pm Black Jack

**10** 10:30am Chair Yoga  
 11am Jewish Music Therapy/  
**FRID** Triangle Toss  
 11:30am Reminisce: Parks  
 1pm Music Therapy  
 2pm Shabbat  
 2:30pm Trivia  
 3:30pm Outdoor Relax  
*Happy Bithday Ron W. & Bob M. (12th)*

**May 13 - 17**

**13** 10:30am In-Gen Music/Cardinals  
 Reminiscence League  
**MON** 11am Exercise  
**N** 11:30am Cooking Club: Spring Fruit  
 Salad/Adapted Sport  
 1pm Hangman/Garden Club  
 1:30pm Dice Fitness  
 2pm Trivia  
 2:30pm Walking Club/Magazines  
 4pm Outdoor Relax

**14** 10:30am In-Gen Music/Word Search  
 11am Exercise  
**TUE** 11:30am Adapted Sport  
 1pm Music Therapy  
 2pm Trivia  
 2:30pm Outdoor Relax/Magazines  
 4pm Table Games

**15** 10:30am Exercise  
 11am Bowling  
**WED** DUO Therapy Dogs/Garden  
 Club  
 1pm Trivia  
 2pm Quirkle/Walking Club  
 4pm

**16** 10:30am Tai Chi  
 11:15am Popcorn Toss/Blackjack  
**THU** 1pm Bingo  
 2pm Trivia  
 4pm Outdoor Walking/Table  
 Games

**17** 10:30am Chair Yoga  
 11am Hole in One/Jewish-Focused  
**FRID** Music Therapy  
 11:30am Name 10  
 1pm Music Therapy  
 2pm Shabbat  
 4pm Mural Coloring/Outdoor Relax

**May 20 - 24**

**20** 10:30am In-Gen Music/Color by  
 Number  
**MON** 11am Modern Chair Dance  
**N** 11:30am Triangle Toss/Upbeat News  
 1pm Men's Club/Ladies Club  
 2pm Trivia  
 2:30pm Outdoor Walking Club/  
 Magazines  
 4pm Table Games/Outdoor Relax

**21** 10:30am In-Gen Music/Sudoku  
 Puzzles  
**TUE** 11am Tar Grip Throw/Creative  
 Expressions: Jewelry  
 Making  
 11:30am Conversation Catch  
 1pm Music Therapy  
 2pm Exercise with Cathy  
 2:30pm Trivia  
 4pm Outdoor Relax

**22** 10:30am Exercise  
 11am In-Gen Art/Football Toss  
**WED** 11:30am Word Games  
 1pm **Jazz Concert in the PAC/**  
**Movie Matinee:**  
**Hello Dolly!**  
 2:30pm Trivia  
 4pm Walking Club/Outdoor Relax

**23** 10:30am Tai Chi  
 11:15am Garden Club/Lawn Darts  
**THU** 1pm **Live Music with**  
**Anita Marie**  
 2pm Trivia  
 4pm Farkle/Outdoor Walking Club

**24** 10:30am Chair Yoga  
 11am Outdoor Bubble Art & Bubble  
**FRID** Blast/Jewish Music  
 Therapy  
 1pm Music Therapy  
 2pm Shabbat  
 2:30pm Trivia: Memorial Day  
 4pm Patriotic Sing-A-Long

**May 27 - 31**

**27** **CLOSED FOR**  
**MEMORIAL DAY**  
**MON**

**28** 10:30am In-Gen Music  
 11am Exercise  
**TUE** 11:30am Bullseye Match/Garden Club  
 1pm Music Therapy  
 2pm Trivia  
 2:30pm Walking Club/Magazines  
 4pm Outdoor Relax

**29** 10:30am Sing with Cathy  
 11am DUO Therapy Dogs/Are You  
 Smarter Than A 5th Grader?  
**WED** 1:15pm **Tai Chi for National Senior**  
**Health and Fitness Day**  
 2:15pm Trivia  
 2:30pm Outdoor Relax  
 4pm Scrabble

**30** 10:30am Tai Chi  
 11:15am Garden Club/Shuffleboard  
**THU** 1pm Cardinals vs. Phillies/Sensory  
 Relax  
 2pm Trivia  
 4pm Table Games

**31** 10:30am Chair Yoga  
 11am Jewish-Focused Music  
**FRID** Therapy/Adapted Sports  
 1pm Music Therapy  
 2pm Shabbat  
 2:30pm Trivia  
 4pm Outdoor Walking Club

**May 2019**

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			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	31	