

Announcements

Cardinals Reminiscence League  
Monday, June 10 • 10:30am at 12pm  
Monday, July 8 • 10:30am at 12pm

Letter from the Nurse  
Please read the letter we have enclosed from our nurse.

Upcoming Closure  
Thursday, July 4 for Independence Day



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:**  
6/3 & 7/1 3:00 - 4:30pm  
**Friday:**  
6/21 & 7/19 10:00 - 11:00am

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



Questions/RSVP: Kristen Conard  
314.442.3261 • kconard@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  
**Adult Day at the J**  
Care for your whole family

June 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



June 3 - 7		
<b>MON</b>	3 10:30am	IN-GEN Music/Independent Crosswords
	11am	Adapted Chair Dance
	11:30am	Garden Club/Bubble Blast
	1pm	Sing with Cathy/ Upbeat News
	2pm	Trivia
<b>TUE</b>	4 10:30am	IN-GEN Music/ Color by Number
	11am	Exercise Outdoors
	11:30am	Word Games/Adapted Sports
	1pm	Music Therapy
	2pm	Trivia: Musicals
<b>WED</b>	5 10:30am	Exercise
	11am	Dart Gun Challenge/ Gardening
	11:30am	Walking Club
	1pm	DUO Therapy Dogs/Who's Smarter Than a 5th Grader?
	2pm	Trivia
<b>THU</b>	6 10:30am	Tai Chi
	11:15am	Taste Test & Food For Thought
	1pm	CARDS vs. REDS/ Garden Club
	2pm	Trivia
	2:30pm	Word Games with Cathy
<b>FRI</b>	7 10:30am	Exercise
	11:00am	Washers/Name that Show Tune
	1pm	Music Therapy
	2pm	Shabbat
	2:30pm	Trivia
	4pm	Outdoor Relax

June 10 - 14		
<b>MON</b>	10 10:30am	<b>Shavuot</b> IN-GEN Music/Cardinals Reminisce League
	11am	Modern Chair Dance
	11:30am	Baseball Toss/Sensory Garden Walk
	1pm	<b>Live Music by Matt Davis</b>
	2pm	Trivia
<b>TUE</b>	11 10:30am	IN-GEN Music/Coloring
	11am	Exercise
	11:30am	Chipping Target/Walking Club
	1pm	Music Therapy
	2pm	Trivia
<b>WED</b>	12 10:30am	Exercise
	11am	Garden Club/Walking Club
	11:30am	Conversation Catch/ Independent Reading
	1pm	DUO Therapy Dogs/Real or Fake Headlines
	2pm	Trivia
<b>THU</b>	13 10:30am	Chair Dance with Cathy
	11am	Blackjack/Adapted Sports
	1pm	Name That Face/Choice
	1:30pm	Walking Challenge/ Sign Language
	2pm	Trivia
<b>FRI</b>	14 10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Football Toss
	1pm	Music Therapy
	2pm	Shabbat
	2:30pm	Trivia
	3:30pm	Friday Flick: Mary Poppins

June 17 - 21		
<b>MON</b>	17 10:30am	IN-GEN Music/Adult Coloring
	11am	Modern Chair Dance
	11:30am	Horse Shoes/ Independent Reading
	1pm	Men's Club/Ladies Club
	2pm	Trivia
<b>TUE</b>	18 10:30am	IN-GEN Music/ Independent Word Search
	11am	Exercise
	11:30am	Shuffleboard/Choice
	1pm	Music Therapy
	2pm	Trivia
<b>WED</b>	19 10:30am	Exercise
	11am	Garden Club/ Sensory Garden Walk
	1pm	DUO Therapy Dogs/ Word Games
	2pm	Trivia
	3:30pm	Carol Burnett Show
<b>THU</b>	20 10:30am	Tai Chi
	11:15am	Walking Club/Armchair Travel: Adventures Around the World DVD
	1pm	<b>Live Music by Elaine Pontious</b>
	2pm	Trivia
	4pm	Magazines/Scrabble
<b>FRI</b>	21 10:30am	Chair Yoga
	11am	Name that TV Theme Song/ Jewish Focused Music Therapy
	11:30am	Tar Grip Throw/ Independent Reading
	1pm	Music Therapy
	2pm	Trivia
	4pm	Outdoor Relax/Table Games

June 24 - 28		
<b>MON</b>	24 10:30am	IN-GEN Music/ Independent Crosswords
	11am	IN-GEN Craftibility Class/ Adapted Sports
	1pm	<b>Live Music by John Scott/</b> Garden Club
	2pm	Exercise with Cathy
	2:30pm	Trivia
<b>TUE</b>	25 10:30am	IN-GEN Music
	11am	Exercise
	11:30am	Orbs/Sensory Garden Walk
	1pm	Music Therapy
	2pm	Trivia
<b>WED</b>	26 10:30am	Exercise
	11am	Cooking Club: Strawberry Shortcakes/Adapted Sport
	11:30am	Baseball
	1pm	Volleyball/Garden Club
	2pm	Trivia
<b>THU</b>	27 10:30am	Tai Chi
	11:15am	Texas Hold'em/ Name That Insect/Bird
	1pm	<b>Legacy Woodworks with Mark/</b> Noodle Ball
	1:30pm	Famous Sports Faces
	2pm	Trivia
<b>FRI</b>	28 10:30am	Chair Yoga
	11:00am	Jewish Focused Music Therapy/Indoor Golf
	1pm	Music Therapy
	2pm	Shabbat
	2:30pm	Trivia
	3:30 pm	National Parks Video <i>Happy Birthday Lonnie J.</i>

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

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