#### **Dear Families**,

#### **July Highlights & Reminders**

Thursday, July 4



Friday, July 12

IN will have a social luncheon at the Missouri Athletic Club (city location). We'll leave at 11:15am and return by 1:30pm. Lunch is paid for, so no need for extra money

Thursday, July 18

We will volunteer at the Jewish Food Pantry from 10:30am-12pm

If any parents would like to join us to help with the outings, please contact Ashley or Kristen.

### Reminders

- Sunscreen: We need a physicians order to apply sunscreen, or you must apply before arriving.
- Oversized Bags/Backpacks: Please do not bring large bags/ backpacks as we cannot safely store them.
- All clothing: Any clothing kept at the ADC needs to be labeled with name/initials
- Action Trackers: Make sure to record your steps every day
- Transportation/Schedule Changes: Please contact Kristen Conard @ 314.442.3261
- Non-urgent updates can be sent to adc@jccstl.org

Sincerely, Brittany Simon IN Program Coordinator





### **Parent Focus Groups**

Our quarterly Focus Group is intended to provide families/ parents of the IN Program an opportunity to connect and share resources with each other.

> **2019 Meeting Information** SFC Arts & Education Building 4:30 - 5:30pm

> > Monday, August 12 Monday, October 7 Monday, December 16



### **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.

The Adult Day Center at the J welcomes adults of all faiths. Medicaid is accepted and additional financial assistance is available to those who gualify. The program is licensed by the state of Missouri.





# **IN** Program

### To contact our staff:

Main Office.



Ashley Stockman Director 314.442.3245



**Kristen Conard** Assistant Director 314.442.3261

314.442.3248









**Caitlin Hennessy IN Program** Assistant





**Renee Butler** 

**Jenay Sneed** CNA



Karen Stephenson

Admin. Assist. 314.442.3248

Note:

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

# **N** Program

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

# **July 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

jccstl.or

Jul	y 1 - 5		July
1	10:30am	Volunteering: Garden of Eden	8
M O N	1pm 2pm 3:30pm	Back Yard Scavenger Hunt Social Etiquette Skills Independent Living Skills: Safety	M O N
	4pm	Zumba	4
2	10:30pm	IN-Gen Music/Writing Skills	9
-	11am 1pm	Music Therapy/ <b>Exercise</b> Swimming	Т
T U	3:30pm	Independent Living Skills:	U
Ε		Laundry	Ε ;
	4pm	Adapted Sport	4
			10
3	10:30am	Greeting Gym Members/ Exercise	
W	1pm	Art Expressions/Speech &	W E
E D	Onm	Pet Therapy	D
D	2pm	Fitness March/Red, White & Blue Parfaits	D
	3:30pm	Independent Living Skills: Cleaning	2
	4pm	Dance Exercise	2
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		Independence Bay	``
		Tropped by	4
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5	10:30am	Volunteering: Folding Towels	12
F	11:00am	Exercise	E .
R	1pm 2pm	Sensory Bottle Activity Shabbat	Ŗ
-	3:30pm	Independent Living Skills:	
		Stress Management	,
	4pm	Wii	4

			Sec.
ıly	y 8 - 12		
	10:30am 1pm 2pm	Cardinals Reminiscence League/Volunteering: Garden of Eden Money Management Skills Social Etiquette Skills	
	3:30pm 4pm	Independent Living Skills: Cleaning Zumba	
	10:30pm	IN-Gen Music/Dot to dot activity	
	11am 1:00pm	Music Therapy/ <b>Exercise</b> Swimming	
	3:30pm 4pm	Independent Living Skills: Laundry Wii	
)	10:30am	Greeting Gym Members	
	11am	Exercise	
	1pm	Art Expressions/Speech & Pet Therapy	
	2pm 2:30pm	Pina Colada Happy Hour Social Etiquette Skills	
	3:30pm	Independent Living Skills: Organization	
	4pm	Dance Exercise	
I	9:45am 10:30am	Tai Chi Social Etiquette Skills: Table Manners	
	11:15am	STEAM	
	1pm 3:30pm	Swimming Independent Living Skills:	
	5.50pm	Safety	
	4pm	Marble Run Activity	
2	10:30am	Volunteering: Folding Towels	
	11am	Outing: Missouri Athletic Club Luncheon	
	2pm 3:30pm	Shabbat Independent Living Skills:	
	4pm	Cleaning Adaptive Sport	

Jul	y 15 - 19			Jul	y 22 - 26			
15	10:30am	Volunteering: Garden of Eden		22	10:30am	Volunteering: Garden of Eden		
M O N	1pm 2pm 3:30pm 4pm	Money Management Skills Art Expressions Independent Living Skills: Cleaning <b>Zumba</b>		M O N	1pm 2pm 3:30pm 4pm	Volunteering: Sandwich Project Conflict Resolution Activity Independent Living Skills: Cleaning <b>Zumba</b>		
16 T U E	10:30pm 11am 1:00pm 3:30pm 4pm	IN-Gen Music/Memory Game Music Therapy/Exercise <b>Swimming</b> Independent Living Skills: Laundry Computer Skills		23 T U E	10:30am 11:00am 1:00pm 2pm 3:30pm 4pm	IN-Gen Music/Lacing Activity Music Therapy/STEAM Activity <b>Swimming</b> Ice Cream Social Independent Living Skills: Laundry Wii Happy Birthday Seth!		
17	10:30am	Greeting Gym Members						
W E D	11am 1:00pm 3:30pm 4pm	Exercise Art Expressions/Speech & Pet Therapy Independent Living Skills: Organization Dance Exercise Dewey's Pizza Volunteer Day		24 W E D	10:30am 11am 1:00pm 3:30pm 4pm	Greeting Gym Members Exercise Art Expressions/Speech & Pet Therapy Independent Living Skills: Time Management Dance Exercise		
18 T H U	9:45am 10:30am 1pm 3:30pm 4pm	Tai Chi Volunteering @ Jewish Food Pantry Swimming Independent Living Skills: Laundry Marble Run Activity		25 T H U	9:45am 10:30am 1pm 3:30pm 4pm	Tai Chi STEAM Activity <b>Swimming</b> Independent Living Skills: Laundry Computer Skills		
19 F R I	10:30am 11am 1pm 2pm 3:30pm 4pm	Volunteering: Folding Towels Exercise Music Therapy Shabbat Independent Living Skills: Cleaning Sketching Activity		26 F R I	10:30am 11:00am 1:00pm 2pm 3:30pm 4pm	Volunteering: Folding Towels Exercise Cooking Club: Bread Pudding Shabbat Independent Living Skills: Cleaning Wii		

July 29 - 31				1 S	SHA	RK	WEI	EK			
<b>29</b> 10:30am											
		1pm			Eden Fean	l Activ	vitv				
	M O	2pm					-	/ii: Er	dless		
	Ň	3:30pm			Ocean						
		3:30	рш		Independent Living Skills: Safety <b>Zumba</b>						
		4pm									
	30	10:3	0am		IN-Gen Music/Matching						
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	Ĕ	1:00pm 3:30pm			Swimming Independent Living Skills:						
				Laundry							
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	E 3:30pm			In	Pet Therapy Independent Living Skills:						
	D 4pm				Time Management Dance Exercise						
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	July					20	19				
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Daily Activities Morning											
	8:30- 9:30am Coffee Talks/Table Activity						1				
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