

Dear Connections Family,

New Family Member!



With great excitement, it is my pleasure to announce the birth of **Sage Daniel Simon**, son of Brittany (Fischer) and Jake Simon! Sage joined the world Friday, July 12 at 5:58am, weighing in at 7 lbs. & 13 ounces and 21¾ in. long. Brittany and Sage are both doing great, and are hoping to come by for a visit very soon! Congrats & Mazel Tov to the Simons!

Presenting the Monthly Mensch!

Mensch is a Yiddish word for an exceptional person of wisdom and character that others strive to emulate. Since we began this the program, we have featured the following participants:

- Diann B.
- Richard B.
- Amerik K.
- Norman S.

This August we will proudly feature **Sarah R.** Please come by the ADC and read about Sarah's life and accomplishments!

Reminders & Closures

- September 2 – Labor Day
- September 30 – Rosh Hashanah

Thank you for being 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: 8/5 & 9/9 3:00 - 4:30pm
- Friday: 8/16 & 9/20 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

August 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

August 1-2

August 2019						
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	31

Daily Activities	
MORNING	
8:00am	Coffee Talks/Table Activities
9:30am	Breakfast
10:00am	Brain Boosters
12:15pm Lunch	
AFTERNOON	
2:00pm	Trivia/Bus Dismissal
3:15pm	Snack
3:30pm	Small Group/Independent Leisure

T H U	1	10:30am	Tai Chi
		11:15am	Shark Attack/Ocean Sensory Exploration
		1pm	Sing with Cathy/Sensory Gardening
		4pm	Walking Club/Word Games
F R I	2	10:30am	Chair Yoga
		11am	Jewish-Focused Music Therapy/Horseracing
		11:30am	Word Games
		1pm	Music Therapy/Magazines
		2pm	Shabbat
		3:30pm	Table Tennis/Table Games

August 5-9

M O N	5	10:30am	Inter-Generational Music/ASL Lessons
		11am	Adapted Chair Dance
		11:30am	Frisbee Golf/Newsletter Project
		1pm	Herbal Tea Class/Art Expressions
		3:30pm	Name That Instrument
		4pm	Table Games
T U E	6	10:30am	Inter-Generational Music/ Crossword Puzzle Challenge
		11am	Exercise
		11:30am	Garden Club/Walking Club
		1pm	Music Therapy
		2pm	Root Beer Float Social
		3:30pm	Checkers
W E D	7	10:30am	Exercise
		11am	Blackjack/Famous Faces
		11:30am	Washers
		1pm	DUO Therapy Dogs
		1:30pm	Foil Art/Sing with Cathy
		3:30pm	Table Games
T H U	8	10:30am	Tai Chi
		11:15am	Adapted Sports/Fruit Kabobs
		1pm	Live Music by Matt Davis/ Watercolor Painting
		4pm	Upbeat News
F R I	9	10:30am	Chair Yoga
		11am	Jewish-Focused Music Therapy/State Fair Games
		1pm	Music Therapy
		2pm	Shabbat
		4pm	Table Games/Disney Scene-It

August 12-16

M O N	12	10:30am	Cardinals Reminisce League/Inter-Generational Music
		11am	Adapted Chair Dance
		11:30am	Tar Grip Throw
		1pm	Sensory Class/Cooking Club: Banana Split Day
		4pm	Documentary: Echo—An Elephant to Remember
T U E	13	10:30am	Inter-Generational Music/ Walking Club
		11am	Exercise
		11:30am	Table Tennis/Box Meal Kits
		1pm	Music Therapy
		3:30pm	Bunco
W E D	14	10:30am	Exercise
		11am	Bean Bag Toss/Newsletter Writing Project
		11:30am	Cooking Club: Summer Fruit Salad & Fruit Dip/Super Hoop Ball
		1pm	Duo Therapy Dogs/ Music Therapy
		3:30pm	Inter-Generational Games: Disney Scene It!
T H U	15	10:30am	Tai Chi
		11:15am	Bowling
		1pm	Fresh Flower Arranging/ Hunting & Fishing Reminisce
		2pm	B-Day Celebration
		4pm	Bingo/Adult Coloring
			HAPPY BIRTHDAY JANET C.
F R I	16	10:30am	Chair Yoga
		11am	Jewish-Focused Music Therapy/Horseshoes
		1pm	Woodstock Live with Ro Anderson
		2pm	Shabbat
		4pm	Walking Club/Table Games



August 19-23 CAMPING WEEK

M O N	19	10:30am	Inter-Generational Music/ Soduku
		11am	Adapted Chair Dance
		11:30am	Fishing Game
		1pm	Live Music by Bill Forness
		4pm	Putt Putt Golf
			HAPPY BIRTHDAY DOTTIE W.
T U E	20	10:30am	Inter-Generational Music/ Color by Number
		11am	Exercise
		11:30am	Ladder Ball
		1pm	Music Therapy/Word Search
		3:30pm	Campfire Madlibs
W E D	21	10:30am	Disco Dance with Cathy
		11am	Texas Hold 'Em/Mini Cornhole
		11:30am	Word Games
		1pm	DUO Therapy Dogs
		1:30pm	Let's Make S'mores/Sensory Relax
		4pm	Table Games
T H U	22	10:30am	Tai Chi
		11:15am	Kings in the Corner/Follow Your Nose
		1pm	Live Music by Anita Marie
		4pm	State Park Video
F R I	23	10:30am	Chair Yoga
		11am	Jewish Focused Music Therapy/Adapted Sports
		11:30am	Famous Political Faces
		1pm	Music Therapy/Puzzles
		2pm	Shabbat
		4pm	Name 10 Things

August 26-30

M O N	26	10:30am	Inter-Generational Music/ Mandala Coloring
		11am	Exercise
		11:30am	Upbeat News/Adapted Sports
		1pm	Men's & Ladies Clubs
		4pm	Table Games
T U E	27	10:30am	Inter-Generational Music/ Word Search
		11am	Exercise
		11:30am	Chipping Target
		1pm	Music Therapy/Adult Coloring
		3:30pm	Soulard Market Reminisce/ Table Games
			HAPPY BIRTHDAY MIKE S.
W E D	28	10:30am	Adapted Chair Dance
		11am	Garden Club/Ring Fling
		11:30am	Sing with Cathy
		1pm	DUO Therapy Dogs/ Mock-Market
		3:30pm	Farkle
		6pm	Intergenerational Project Kick Off Party
T H U	29	10:30am	Tai Chi
		11:15am	Poker/Adapted Sports
		1pm	Bingo
		3:30pm	Table Games
F R I	30	10:30am	Chair Yoga
		11am	Jewish-Focused Music Therapy/Adapted Sports
		1pm	Music Therapy/Puzzles
		2pm	Shabbat
		4pm	Walking Club/Paint By Number
			HAPPY BIRTHDAY WAYNE T.
			HAPPY BIRTHDAY LORRAINE D. (31 ST)