

Dear ADC Participants and Families,

We hope you are staying warm and enjoying the fall weather. We have a great month coming up, which includes Veteran's Day, so look for special programming on Monday, November 11. We hope you are able to take some time and give thanks for family throughout the month. I know I appreciate all our wonderful families in Connections and the amazing staff that makes this program so special to all.

Reminders

- INITIALS MUST BE CLEARLY WRITTEN ON ALL CLOTHING – this includes HATS, GLOVES, COATS, ETC.
- Transportation/Schedule changes: please contact Kristen Conard @ 314.442.3261

Closings

In celebration of Thanksgiving, all programs of Adult Day at the J will be closed on both November 28 and 29.

We wish you and your families all a wonderful Thanksgiving!

Thank you for being part of our J family!

Ashley Stockman
Director, Adult Day at the J
Adult Day at the J



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, 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.

Additional funding for the IN Program has been provided by the generous support of The Miracle Makers Foundation, JCA Charitable Foundation, The J Associates, The Women's Auxiliary for the Jewish Aged and Emerson.

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 qualify. The program is licensed by the state of Missouri.



IN Program

To contact our staff:

Main Office 314.442.3248



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

**November 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**

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**.



November 1

November 2019

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

Daily Activities

Morning

- 8:30-9:30am Coffee Talks/Table Activity
- 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 Chair Yoga
- 11am Jewish-Focused Music Therapy/Hole-in-One
- F** 11:30am Bocce Ball
- R** 1pm Music Therapy
- 2pm Shabbat
- 3:30pm Friday Film: *Grumpy Old Men*

November 4 - 8

- 4** 10:30am Inter-Generational Music/Crossword Puzzles
- M** 11am Strength & Stretch
- O** Exercise Class
- N** 11:30am Charades/Sensory Relax
- 1pm Volleyball
- 4pm Checkers/Chess

- 5** 10:30am Inter-Generational Music/Mural Coloring
- T** 11am Exercise
- U** 11:30am Football Toss/Upbeat News
- E** 1pm Music Therapy
- 4pm Jenga

- 6** 10:30am Modern Chair Dance
- 11am Craftibility/Famous Faces
- W** 11:30 Super Hoop Ball
- E** 1pm Garden Club/DUO
- D** Therapy Dogs
- 3:30pm Wii Sports Tournament/Puzzles

- 7** 10:30am Tai Chi
- 11:15am Adapted Sports/Texas Hold 'em
- T** 1pm Bingo
- H** 4pm Walking Club/America's
- U** Funniest Home Videos

- 8** 10:30am Chair Yoga
- 11am Jewish-Focused Music Therapy/Bullseye Match
- F** 11:30am Ring Toss
- R** 1pm Music Therapy
- 2pm Shabbat
- 4pm Table Games

November 11 - 15

- 11** **THANK YOU, VETERANS!**
- 10:30am Inter-Generational Music/Sudoku Puzzles
- M** 11am Adapted Chair Dance
- O** 11:30am Patriotic Penny Toss/
- N** Card Writing
- 1pm St. Louis Strutters
- 4pm Table Games

HAPPY VETERANS DAY

- 12** 10:30am Inter-Generational Music/Jigsaw Puzzles
- T** 11am Hand-In-Hand/
- U** Adapted Sports
- E** 1pm Music Therapy
- 2pm Small Group Music Therapy/Exercise
- 4pm Yatzhee!

- 13** 10:30am Exercise
- 11am Garden Club/Horseshoes
- W** 11:30am Sing with Cathy
- E** 1pm Duo Pet Therapy
- D** 1:30pm Broadway Musicals Game/Name that Tool
- 4pm Table Games/Seed Sowing

- 14** 10:30am Tai Chi
- 11:15am Bowling/Creative Expressions
- T** 1pm Men's Club/Ladies Club
- H** 4pm Walking Club/Table Games
- U**

- 15** 10:30am Chair Yoga
- 11am Jewish-Focused Music Therapy/Mini Cornhole Toss
- F** 1pm Music Therapy
- R** 2pm Shabbat
- 4pm Gratitude Project/
- Table Games

November 18 - 22

- 18** 10:30am Inter-Generational Music/Mandala Coloring
- M** 11am Adapted Chair Dance
- O** 11:30am Group Scrabble/
- N** Adapted Sports
- 1pm Cooking Club/
- Armchair Travel
- 4pm Wii Water Sports/Sorry!

- 19** 10:30am Inter-Generational Music/Jigsaw Puzzles
- T** 11am Exercise
- U** 11:30am Ring Toss/Dominoes
- E** 1pm Music Therapy
- 2pm Small Group Music Therapy/Trivia
- 4pm Table Games/Famous Faces

- 20** 10:30am Exercise
- 11am Famous Faces/Garden Club
- W** 11:30am Adapted Sports
- E** 1pm Creative Expressions/
- D** DUO Therapy Dogs
- 4pm Dice Games

- 21** 10:30am Tai Chi
- 11:15am Gratitude Project/
- Adapted Sports
- T** 1pm Live Music by Anita Marie
- H** 4pm Carol Burnett Show
- U**

- 22** 10:30am Chair Yoga
- 11am Jewish-Focused Music Therapy/Adapted Sports
- F** 1pm Music Therapy
- R** 4pm Table Games/Garden Care
- I**

November 25 - 29

- 25** 10:30am Inter-Generational Music/Crossword Puzzles
- M** 11am Adapted Chair Dance
- O** 11:30am Price Match Game
- N** 12pm Thanksgiving Family Feast
- 1pm Bingo
- 4pm Table Games
- HAPPY BIRTHDAY TONI W.**

- 26** 10:30am Inter-Generational Music/Watercolors
- T** 11am Exercise
- U** 11:30am Garden Club/Adapted Sports
- E** 1pm Music Therapy
- 2pm Small Group Music Therapy/Trivia
- 4pm Table Games

- 27** 10:30am Exercise
- 11am Cooking Club/
- Adapted Sports
- W** 11:30am Name That Tune
- E** 1pm DUO Therapy Dogs
- D** 1:30 Bingo
- 4pm Group Scrabble

28 CLOSED



29 CLOSED

F
R
I