

Dear IN Program Families,

Our next IN Program Market Sale will be held on December 4 & 5 between 3:30-5:30pm. We will be doing a lot of preparation throughout the month. Please help us spread the word!

We have several outings planned during the month which you can find in bold in the calendar. If any guardians would like to attend and help, we would love to have you join us! Please contact Brittany as soon as possible at 314.442.3249.

- 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!

Sincerely,

Brittany Simon
IN Program Coordinator
314.442.3249.




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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Admin. Assist.
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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**.

IN Program



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

November 1

November							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		

Daily Activities

Morning

8:30-9:30am	Coffee Talks/Table Activity
9:30am	Breakfast
10:00am	Review Schedule/Set Expectations

12:15pm Lunch

Afternoon

2:30pm	Reflection Time
3:15pm	Snack
4:00pm	Group Games/Projects

1	10:30am	Volunteering @ the J/
	1pm	Exercise/Buddify
F	3:30pm	Outing: Health Works STL
R	4pm	Museum
I		Return to center
		Adaptive Sport/Adult
		Coloring

November 4 - 8

4	10:30am	Volunteering @ Food
		Pantry/Leadership Skills
M	1pm	Speech Therapy/Art
O		Expressions/Conflict
N		Resolution Activity
	3:30pm	Independent Living Skills:
		Cleaning
	4pm	Zumba

5	10:30am	IN-Gen Music with ECC/
		Motor Skills/Book Club
T	11am	Music Therapy/Exercise
U	1pm	Swimming/Music Therapy/
E		STEAM
	3:30pm	Independent Living Skills:
		Laundry
	4pm	IN Market Prep/iPad
		Learning

6	10:30am	Greeting Gym Members/
		Exercise/Money
W		Management
E	1pm	Volunteering @ Federation
D	3:30pm	Independent Living Skills:
		Cleaning
	4pm	Dance Exercise

7	9:45am	Tai Chi
	10:30am	Volunteering @ Federation
		Swimming/STEAM
T	1pm	Independent Living Skills:
H		Laundry
U		IN Market Prep/iPad
	3:30pm	Learning
	4:00pm	
		Happy Birthday, Dinaz!

8	10:30am	Volunteering @ the J/
		Exercise/Buddify
F	1pm	Cooking Club/Basketball
R	3:30pm	Independent Living Skills:
I		Cleaning
	4pm	Art Expressions/Wii

November 11 - 15

11	10:30am	Volunteering @ Food
		Pantry/Leadership Skills
M	1pm	Speech Therapy/Veterans
O		Day Celebration
N	3:30pm	Independent Living Skills:
		Cleaning
	4pm	Zumba
		Happy Birthday Nalani!

12	10:30am	IN-Gen Music with ECC/
		Motor Skills/Book Club
T	11am	Music Therapy/Exercise
U	1pm	Swimming/Music Therapy/
E		STEAM
	3:30pm	Independent Living Skills:
		Laundry
	4pm	IN Market Prep/Typing Skills
		Happy Birthday Mike!

13	10:30am	Greeting Gym Members/
		Exercise/Money
W		Management
E	1pm	Ladies & Men's Club/DUO
D		Pet Therapy
	3:30pm	Independent Living Skills:
		Cleaning
	4pm	Dance Exercise

14	9:45am	Tai Chi
	10:30am	STEAM/Hygiene Skills
T	1pm	Swimming/Art Expressions
H	3:30pm	Independent Living Skills:
U		Laundry
	4pm	IN Prep Sale/Conversational
		Starters

15	10:30am	Volunteering @ the J/
		Exercise/Buddify
F	1pm	Music Therapy/Independent
R		Table Activity
I	3:30pm	Independent Living Skills:
		Cleaning
	4:00pm	IN Market Prep/Social Skills
		Activity

November 18 - 22

18	10:30am	IN-Gen Music with ECC/
		Gratitude Activity
M	11am	IN Market Prep/
O		Conversation Ball
N	1pm	Speech Therapy/Art
		Expressions/Social
		Etiquette Skills
	3:30pm	Independent Living Skills:
		Cleaning
	4pm	Zumba

19	10:30am	IN-Gen Music with ECC/Fine
		Motor Skills/Book Club
T	11am	Music Therapy/Exercise
U	1pm	Swimming/Music Therapy/
E		STEAM
	3:30pm	Independent Living Skills:
		Laundry
	4pm	IN Market Prep/Ice Breakers

20	10:30am	Greeting Gym Members/
		Exercise
W	11:30am	Social Etiquette Skills
E	1pm	DUO Pet Therapy/Art
D		Expressions
	3:30pm	Independent Living Skills:
		Cleaning
	4pm	Dance Exercise
		Happy Birthday, Luke!

21	9:45am	Tai Chi
	10:30am	STEAM/Hygiene Skills
T	1pm	Swimming/Basketball/IN
H		Market Prep
U	3:30pm	Independent Living Skills:
		Laundry
	4pm	IN Market Prep/Conversation
		Ball

22	10:30am	Volunteering @ the J/
		Exercise/Buddify
F	1pm	Music Therapy/Independent
R		Table Activity
I	3:30pm	Independent Living Skills:
		Cleaning
	4:00pm	IN Market Prep/Group Game

November 25 - 29

25	10:30am	IN Market Prep/IN-Gen
	1pm	Music with ECC
M	3:30pm	Speech Therapy/Cooking
O	4pm	Club/Conflict Resolution
N		Independent Living Skills:
		Cleaning
		Zumba
		Happy Birthday, Cleo!

26	10:30am	IN-Gen Music with ECC/
	11am	Motor Skills/Gratitude
T	1pm	Activity
U	3:30pm	Music Therapy/Exercise/
E	4pm	Cooking Club
		Swimming/Music Therapy/
		STEAM
		Independent Living Skills:
		Laundry
		IN Market Prep/Social
		Etiquette Skills

27	10:30am	Greeting Gym Members/
	1pm	Exercise/Money
W	3:30pm	Management
E	4pm	DUO Pet Therapy/Art
D		Expressions
		IN Market Prep
		Independent Living Skills:
		Cleaning
		Dance Exercise

28	CLOSED	
T		
H		
U		

29	CLOSED	
F		
R		
I		