

Happy New Year!

From our Adult Day at the J family to yours, we wish you all a happy and healthy New Year!

Thank you for being part of our J family!

Ashley Stockman

Ashley Stockman
Director, Adult Day at the J



Support Groups

Caregiver Connections Support Group

The J, along with the Alzheimer's Association, provide two monthly support group opportunities. These groups, entitle Caregiver Connections, meet in the Adult Day at the J area in the Staenberg Family Complex – Arts & Education Building on one Monday and Friday each month.



Upcoming meetings

Monday: 1/6 & 2/3 3:00 - 4:30pm
Friday: 1/17 & 2/21 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, Trio Foundation of Saint Louis, United Way, the Jewish Federation of St. Louis, the Karty Fund, the Veteran's Administration, the Missouri Department of Mental Health, and the State of Missouri Medicaid Program.

Additional funding for the Connections program provided by The Retirement Research Foundation, JCA Charitable Foundation, the J Associates, The Women's Auxiliary for the Jewish Aged, Aging Ahead, The Trio Foundation of St. Louis, Emerson, and the Department of Veterans Affairs.

The Music Therapy program is funded by a grant through the JCA Charitable Foundation.

Meet 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

Schedules & Transportation

- For all schedule and transportation changes, **please contact Kristen (314.442.3261)** as soon as possible.

Medical Updates

- For any medicine and/or treatment changes and any other pertinent participant medical information, **please contact Renee (314.442.3243)** immediately.



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

January 2020
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.org



January 1 - 3

January 2020						
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	
2:30pm	Bus Dismissal & Reflection/ Conversation
3:15pm	Snack
3:30pm	Small Group & Independent Leisure

1	CLOSED	
WED		
2	10:30am 11:15am 1pm 3:30pm	Tai Chi Indoor Golf/Garden Club Bingo/Word Searches Bunco!
3	10:30am 11am 11:30am 1pm 2:15pm 3:30pm	Chair Yoga Jewish-Focused Music Therapy /Champion Throw Live Eagle Cam Watch Music Therapy Shabbat Doodle Dice

January 6 - 10		Featuring National Parks of the SOUTH
6	10:30am	Inter-Generational Music/ Magazine Scavenger Hunt
MON	11am	Exercise
	11:30pm	Shuffle Putt
	1pm	Live Music by Matt Davis
	3:30pm	Wii Sports Resort/Uno
7	10:30am	Inter-Generational Music/ Mural Coloring
TUE	11am	Exercise
	11:30am	Chocolate Taste Test
	1pm	Music Therapy
	3:30pm	Scrabble/National Parks Documentary
8	10:30am 11am 11:30am	Adapted Chair Dance Blackjack/Tar Grip Throw National Parks Word Games & Slideshow
WED	1pm	DUO Therapy Dog Visits
	1:30pm	Growing Together
		Gardening/Word Games
	3:30pm	Walking Club/Table Games
9	10:30am	Tai Chi Creative Expressions/Mini Cornhole Toss
THU	11:15am	Live Music by Rehka
	1pm	Dravina
	3:30pm	Spare Time Bowling Game/ National Parks Walking Club
10	10:30am 11am	Chair Yoga Jewish-Focused Music Therapy /Football Toss
FRI	11:30am	Movement Ball
	1pm	Music Therapy
	2:15pm	Shabbat
	3:30pm	Family Feud

January 13 - 17		Featuring National Parks of the NORTHEAST
13	10:30am	Inter-Generational Music/ Word Search Challenge
MON	11am	Exercise
	11:30am	Bowling
	1pm	Sing with Cathy/Cooking Club: Boston Brown Bread
	1:30pm 3:30pm	Word Games/Garden Club Table Games
14	10:30am	Inter-Generational Music/ Trivia Challenge
TUE	11am	Hand In Hand /Adapted Sports
	1pm	Music Therapy
	2pm	Exercise
	3:30pm	Scene It!
15	10:30am 11am 11:30am	Modern Chair Dance Adapted Sport/Mandala Art Upbeat News/Tar Grip Throw
WED	1pm	DUO Therapy Dog Visits
	1:30pm	Growing Together
		Gardening/Pictionary
	3:30pm	Sorry!
16	10:30am 11:15am	Tai Chi Adapted Sports/Broadway Musicals Game
THU	1pm	Men's & Ladies Club
	3:30pm	National Parks Documentary/Table Games
		Happy Birthday Diann B.
20	10:30am 11am	Chair Yoga Jewish-Focused Music Therapy /Adapted Sport
FRI	11:30am	National Parks Word Games
	1pm	Music Therapy
	2:15pm	Shabbat
	3:30pm	State Capital Bingo

January 20 - 24		Featuring National Parks of the WEST
20	10:30am	Inter-Generational Music/ Puzzles
MON	11am	Exercise
	11:30am	Adapted Sports
	1pm	Live Music by Elaine Ponteous
	3:30pm	Jenga
21	10:30am	Inter-Generational Music/ Solitaire
TUE	11am	Exercise
	11:30am	Garden Club/Famous National Monuments
	1pm	Music Therapy
	3:30pm	Table Games
22	10:30am 11am 11:30am	Modern Chair Dance Lasso Game Western National Parks Slideshow
WED	1pm	DUO Therapy Dog Visits
	1:30pm	Growing Together
		Gardening/Apples to Apples
	3:30pm	Group Scrabble
23	10:30am 11:15am 1pm 1:30	Tai Chi Volleyball Sing with Cathy/Magazines Texas Hold 'em/Follow Your Nose
THU	3:30pm	Farkle!
		Happy Birthday Bill P.
24	10:30am 11am	Chair Yoga Jewish-Focused Music Therapy /Adapted Sports
FRI	11:30am	Famous Faces
	1pm	Music Therapy
	2:15pm	Shabbat
	3:30pm	Table Games

January 27 - 31		Featuring National Parks of the MIDWEST & OFFSHORE
27	10:30am	Inter-Generational Music/ Crosswords
MON	11am	Exercise
	11:30am	Toss Challenge
	1pm	Stencil Art: Gateway Arch National Park/Hand Massage
	1:30pm	Mount Rushmore Documentary
	3:30pm	Table Games
28	10:30am	Inter-Generational Music/ Word Searches
TUE	11am	Hand In Hand /Adapted Sport
	11:30am	National Park Word Scramble
	1pm	Music Therapy /Relax & Recline
	2pm 3:30pm	Exercise Dominoes
29	10:30am 11am 11:30am	Modern Chair Dance Garden Club/Adapted Sports Name That Tune
WED	1pm	DUO Touch Therapy Dogs
	1:30pm	Growing Together
		Gardening/US Virgin Islands Trivia
	3:30pm	Table Games
30	10:30am 11:15am 1pm 3:30pm	Tai Chi Upbeat News/Adapted Sport Sports Extravaganza Wii Sports Resort
31	10:30am 11am	Chair Yoga Jewish-Focused Music Therapy /Super Hoop Ball
FRI	11:30am	Hawaii Documentary
	1pm	Music Therapy
	2:15pm	Shabbat
	3:30pm	Spill & Spell