

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
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, entitled 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 Conoley
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



W E D	2 10:30am	Tai Chi
	11:15am	Indoor Golf/Garden Club
	1pm	Bingo/Word Searches
	3:30pm	Bunco!

3	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Champion Throw
F R I	11:30am	Live Eagle Cam Watch
	1pm	Music Therapy
	2:15pm	Shabbat
	3:30pm	Doodle Dice

January 6 - 10

Featuring National
Parks of the SOUTH

6	10:30am	Inter-Generational Music/ Magazine Scavenger Hunt
M O N	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
T U E	11am	Exercise
	11:30am	Chocolate Taste Test
	1pm	Music Therapy
	3:30pm	Scrabble/National Parks Documentary

8	10:30am	Adapted Chair Dance
	11am	Blackjack/Tar Grip Throw
W E D	11:30am	National Parks Word Games & Slideshow
	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
	11:15am	Live Music by Rehka
T H U	1pm	Dravina
	3:30pm	Spare Time Bowling Game/ National Parks Walking Club

10	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Football Toss
F R I	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
M O N	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
T U E	11am	Hand In Hand/Adapted Sports
	1pm	Music Therapy
	2pm	Exercise
	3:30pm	Scene It!

15	10:30am	Modern Chair Dance
	11am	Adapted Sport/Mandala Art
W E D	11:30am	Upbeat News/Tar Grip Throw
	1pm	DUO Therapy Dog Visits
	1:30pm	Growing Together Gardening/Pictionary
	3:30pm	Sorry!

16	10:30am	Tai Chi
	11:15am	Adapted Sports/Broadway Musicals Game
T H U	1pm	Men's & Ladies Club
	3:30pm	National Parks Documentary/Table Games
		Happy Birthday Diann B.

20	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Adapted Sport
F R I	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
M O N	11am	Exercise
	11:30am	Adapted Sports
	1pm	Live Music by Elaine Poteous
	3:30pm	Jenga

21	10:30am	Inter-Generational Music/ Solitaire
T U E	11am	Exercise
	11:30am	Garden Club/Famous National Monuments
	1pm	Music Therapy
	3:30pm	Table Games

22	10:30am	Modern Chair Dance
	11am	Lasso Game
W E D	11:30am	Western National Parks Slideshow
	1pm	DUO Therapy Dog Visits
	1:30pm	Growing Together Gardening/Apples to Apples
	3:30pm	Group Scrabble

23	10:30am	Tai Chi
	11:15am	Volleyball
T H U	1pm	Sing with Cathy/Magazines
	1:30	Texas Hold 'em/Follow Your Nose
	3:30pm	Farkle!
		Happy Birthday Bill P.

24	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Adapted Sports
F R I	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
M O N	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
T U E	11am	Hand In Hand/Adapted Sport
	11:30am	National Park Word Scramble
	1pm	Music Therapy/Relax & Recline
	2pm	Exercise
	3:30pm	Dominoes

29	10:30am	Modern Chair Dance
	11am	Garden Club/Adapted Sports
W E D	11:30am	Name That Tune
	1pm	DUO Touch Therapy Dogs
	1:30pm	Growing Together Gardening/US Virgin Islands Trivia
	3:30pm	Table Games

30	10:30am	Tai Chi
	11:15am	Upbeat News/Adapted Sport
T H U	1pm	Sports Extravaganza
	3:30pm	Wii Sports Resort

31	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Super Hoop Ball
F R I	11:30am	Hawaii Documentary
	1pm	Music Therapy
	2:15pm	Shabbat
	3:30pm	Spill & Spell