

February Announcements

Monday, February 17
CLOSED

Staff Professional Development Day



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.

2020 Meeting Information

SFC Arts & Education Building
4:30 – 5:30pm
Monday, April 13



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



Ashley Stockman
Director
314.442.3245



Kristen Conard
Assistant
Director
314.442.3261



Chris O'Brien
IN Program
Assistant



Lexi Millman
IN Program
Assistant



Cathy Connoley
Rec Program
Coordinator



Renee Butler
RN
314.442.3243



Jenay Sneed
CNA



Karen
Stephenson
Admin. Assist.
314.442.3248

Field Trip Assistance

- If any guardians would like to help with any of our upcoming outings, **please contact Brittany (314.442.3249)** as soon as possible.

Schedules & Transportation

- For all schedule and transportation changes, please contact **Kristen (314.442.3261 or adc@jccstl.org)** 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.

IN Program



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

February 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

February 2020

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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

DON'T FORGET THIS
IS A LEAP YEAR!



February 3 - 7

3	10:30am	IN-Gen Music/ Yoga with Lexie
M O N	11am	Moon Craft
	11:30am	Missouri Athletic Club Luncheon
	1:30pm	Speech Therapy/Snowflake craft/ Basketball
	2pm	Conflict Resolution Activity
	3:30pm	Cleaning
	4pm	Dance Exercise

4	10:30am	IN-Gen Music/Fine Motor/ Book Club
T U E	11am	Music Therapy/ Exercise
	1pm	Swimming /Make Your Own Frog Craft
	3:30pm	Laundry
	4pm	Roll A Topic

5	10:30am	Balloon tennis/Money Management
W E D	11:30am	Greeting Gym Members/ Exercise
	1pm	DUO Pet Therapy/Cactus pet rocks/Learning sign language for National Signing Day
	3:30pm	Cleaning
	4pm	Zumba /Reading

6	9:45am	Tai Chi
	10:30am	Painting with Potatoes/ Presentation Prep
T H U	1pm	Swimming /STEAM
	3:30pm	Laundry Skills
	4pm	Black History Month Presentation by IN

7	10:30am	Volunteering @ the J/ Cooking Club - Pancakes Music Therapy/ Exercise/ Basketball
F R I	1pm	National Wear Red Day
	2:30pm	Activity
	3:30pm	Cleaning Skills
	4pm	Brain Building Activity

February 10 - 14

10	10:30am	IN-Gen Music/Celebration of Chocolate Activity
M O N	11:15am	Dice Exercise/Social Etiquette
	1pm	Speech Therapy/Art
	2pm	Expressions/ Basketball Conflict Resolution Activity
	3:30pm	Cleaning Skills
	4pm	Dance Exercise

11	10:30am	IN-Gen Music/Fine Motor/ Book Club
T U E	11am	Music Therapy/ Exercise
	1pm	Swimming /Sensory Exploration
	3:30pm	Laundry Skills
	4pm	Conversation Starters

12	10:30am	Heart Rocket Activity/Buddify
	11:30am	Greeting Gym Members/ Exercise
W E D	1pm	DUO Pet Therapy/House of Cards STEAM Activity
	3:30pm	Cleaning Skills
	4pm	Zumba /Reading Skills

13	9:45am	Tai Chi
	10:30am	Writing /Social Etiquette
T H U	11:15am	Seed Sowing with Connections/iPad Learning
	1pm	Swimming /Art Expressions
	3:30pm	Laundry Skills
	4pm	Wii Team Builder

14	10:30am	Volunteering @ the J/ Cooking Club – Love Bud Oreos
F R I	1pm	Music Therapy/ Exercise/ Celebration of Love Activity
	2:30pm	Chocolate Tasting
	3:30pm	Cleaning Skills
	4pm	Adaptive Sport/Card Game

February 17 - 21

17	CLOSED Staff Development Day	
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M O N		
18	10:30am	Music Entertainment
	11am	Music Therapy/Exercise
T U E	1pm	Swimming /Market Prep
	3:30pm	Laundry Skills
	4pm	Conversational Starters – M&M Game

19	10:30am	Sensory Bag Activity/Time Management
W E D	11:30am	Greeting Gym Members/ Exercise
	1pm	DUO Pet Therapy/Galaxy Jars
	3:30pm	Cleaning
	4pm	Zumba /Reading

20	9:45am	Tai Chi
	10:30am	Candy Dispenser - STEAM/ Diversity Activity
T H U	1pm	Swimming /Market Prep
	3:30pm	Laundry Skills
	4pm	Adaptive Sport/Adult Coloring

21	10:30am	Volunteering @ the J/ Cooking Club
F R I	1pm	Music Therapy/ Exercise/ Basketball
	3:30pm	Cleaning Skills
	4pm	Safety Skills

February 24 - 28

24	10:30am	IN-Gen Music/Literacy Activity
M O N	11:15am	STEAM/Make Your Own Memory Game
	1pm	Speech Therapy/IN-canvas/ Basketball
	2pm	Conflict Resolution Activity
	3:30pm	Cleaning Skills
	4pm	Dance Exercise

25	10:30am	IN-Gen Music/Fine Motor/ Book Club
T U E	11am	Music Therapy/ Exercise
	1pm	Swimming /Market Prep
	3:30pm	Laundry Skills
	4pm	Hobby Exploration

26	10:30am	Self-Regulating Activity
	11:30am	Greeting Gym Members/ Exercise
W E D	1pm	DUO Pet Therapy/Instant Ice
	3:30pm	Cleaning Skills
	4pm	Zumba /Reading

27	9:45am	Tai Chi
	10:30am	Safety Skills
T H U	1pm	Swimming /Market Prep
	3:30pm	Laundry Skills
	4pm	Market Prep

28	10:30am	Volunteering @ the J/ Cooking Club
F R I	1pm	Music Therapy/Erupting Lemon
	2pm	Social Etiquette/ Basketball
	3:30pm	Cleaning Skills
	4pm	Market Prep