

February Highlights



Hand-in-Hand  
with  
Early Childhood



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: 3/2 & 4/6 3:00 - 4:30pm  
Friday: 3/20 & 4/17 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 RRF Foundation for Aging, 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

Schedule & 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

March 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





March 2 - 6			
MON	2	10:30am	Inter-Generational Music/ Magazine Reading
		11am	Exercise
		11:30am	Drone Tag/Read Across America
		1pm	Live Music by Matt Davis
		3:30pm	Bunco!  HAPPY BIRTHDAY OLGA B.
TUE	3	10:30am	Inter-Generational Music/ Crossword Challenge
		11am	Exercise
		11:30am	Shuffleboard/Walking Club
		1pm	Music Therapy/Relax & Read
		3:30pm	Group Scrabble
WED	4	10:30am	Adapted Chair Dance
		11am	Garden Club/Triangle Toss
		1pm	DUO Therapy Dogs
		1:30pm	Growing Together/Name That Instrument
		3:30pm	100 Pin Bowling  HAPPY BIRTHDAY BOB C.
THU	5	10:30am	Tai Chi
		11:15am	Broadway Musicals Game/ Adapted Sports
		1pm	R/C Car Challenge/ Penny Ante
		3:30pm	Adult Coloring/Doodle Dice
FRI	6	10:30am	Chair Yoga
		11am	Jewish-Focused Music Therapy/Darts
		11:30am	Target Kick
		1pm	Music Therapy
		2:15pm	Shabbat
		3:30pm	Table Games

March 9 - 13				
MON	9	10:30am Exercise 11am Cooking Club: Pesto/ Adapted Sports 11:30am Word Games 1pm <b>St. Louis Zoo Presentation</b> 1:30pm Name That Folk Song/ Walking Club 2pm Pesto Party 3:30pm Bingo		
	10	10:30am <b>Purim Parade</b> 11am Purim Skit 11:30am Adapted Sports/ Upbeat News 1pm <b>Music Therapy</b> / Mandala Coloring 2pm Exercise 3:30pm Sorry!		
	WED	11	10:30am Adapted Chair Dance 11am Garden Club/Rebound Ski Ball 11:30am Jokes, Puns & Riddles 1pm <b>DUO Therapy Dog/Live Music by Rekha Dravina</b> 3:30pm Table Games	
		12	10:30am <b>Tai Chi</b> 11:15am Card Games/Adapted Sports 1pm <b>Growing Together</b> /Words of Wisdom: Jewish & Irish Proverbs 1:30pm Price Match/Aromatherapy 3:30pm Wii Sports	
		FRI	13	10:30am Chair Yoga 11am <b>Jewish-Focused Music Therapy</b> /Orbs 11:30am Champion Throw 1pm <b>Music Therapy</b> /I Am Lucky Craft 2:15pm Shabbat 3:30pm Racko
			<b>HAPPY BIRTHDAY WALTER L. &amp; NORMAN S. (14th)</b>	

March 16 - 20			
MON	16	10:30am	Inter-Generational Music/ Seek & Find
		11am	Exercise
		11:30am	Poker Toss
		1pm	Creative Expressions: Centerpieces/Name That TV Theme Song
		1:30pm	Armchair Travel: Ireland
		3:30pm	Table Games
TUE	17	10:30am	Exercise
		11am	Hand-In-Hand/Frisbee Golf
		11:30am	Group Crossword
		1pm	Music Therapy
		3:30pm	Kings in the Corner
WED	18	10:30am	Modern Chair Dance
		11am	Upbeat News/ Bullseye Match
		11:30am	Indoor Soccer
		1pm	DUO Therapy Dogs
		1:30pm	Sing with Cathy/Growing Together
		3:30pm	Roll It Tic-Tac-Toe
THU	19	10:30am	Tai Chi
		11:15am	Adapted Sports/Garden Club
		1pm	Men’s Club/Ladies Club
		3:30pm	Farkle
FRI	20	10:30am	Chair Yoga
		11am	Jewish-Focused Music Therapy/Adapted Hockey
		1pm	Music Therapy
		2:15pm	Shabbat
		3:30pm	Table Games

March 23 - 27			The GREAT GAMING WEEK
MON	23		ROCK YOUR SOCKS FOR DOWN SYNDROME AWARENESS DAY
		10:30am	Inter-Generational Music/ Crossword Puzzles
		11am	Exercise
		11:30am	Tar Grip Throw
		1pm	Live Music with Ro Anderson
TUE		3:30pm	Joe Name It  HAPPY BIRTHDAY DENNIS S.
	24	10:30am	Exercise
		11am	Hand-In-Hand/Conversation Catch
		11:30am	Washers
		1pm	Music Therapy/Relax & Read
WED		3:30pm	Sharp Shooters
	25	10:30am	Adapted Chair Dance
		11am	Creative Expressions: Clay Bird Bath/Toss Challenge
		11:30am	Parachute Canopy
		1pm	DUO Therapy Dogs
THU		1:30pm	Growing Together/ Word Games
		3:30pm	UNO
	26	10:30am	Tai Chi
		11:15am	Garden Club/Hole in One
		1pm	Bingo/Puzzles
FRI		3:10pm	Cardinals Opening Day Watch Party
	27	10:30am	Chair Yoga
		11am	Jewish-Focused Music Therapy/Basketball
		11:30am	Target Baseball
		1pm	Music Therapy
		2:15pm	Shabbat/Gaming Auction
		3:30pm	Table Games  HAPPY BIRTHDAY LEE A. (28th) & DON G. (29th)

March 30 - 31		
MON	30	10:30am    Inter-Generational Music/ Sudoku
		11am    Exercise
		11:30am    Baggo/Walking Club
		1pm    Volleyball
		1:30pm    Word Puzzle Challenge
		3:30pm    Lucky Dog
TUE	31	10:30am    Exercise
		11am    Garden Club/Ring Toss
		11:30am    Name 5
		1pm <b>Music Therapy/Relax</b> & Read
		3:30pm    Yahtzee!

March				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

2:00pm

Reflections/Bus Dismissal

3:15pm

Snack

3:30pm

Small Group & Independent Leisure