

Dear Adult Day Center Families,

As we approach the end of the year, I wanted to take a moment and reflect on a few 2016 programming highlights. Through support from the JCA Charitable Foundation, we have been able to provide two music therapy sessions each week from Midwest Music Therapy. These sessions are comprised of both group and individual therapies, and have truly benefited each of our participants in unique ways. Several participants have also have shared positive experiences through our expansion of activities, which include Adapted Cooking and Therapeutic Art, Gardening Club, Creative Minds Activities and our Mens' and Ladies' Discussion Groups. Overall, we are pleased with the progress that was made over the past year and look forward to a wonderful 2017!

In the Human Services field, we are always looking for innovative ways to further develop our programs and enhance our participants' experiences. As such, I am pleased to share that we will soon be launching a new activity which will include water-based group exercise led by our Activity Director, Terri Mines, at the aquatic center at The J. We hope to pilot this new activity with a small group starting as early as this month, and we will keep you posted as plans develop.

We will also embrace December's cold weather through various winter themed activities, including a Winter Wonderland Celebration on Friday, December 9. If anyone has a legendary recipe they would like to share, please bring in a copy as soon as possible. We will hold a Winter Holiday Style Cooking Club session on Thursday, December 15 and we would love to share yours with the group!

Thank you all for being a part of the J family!
Ashley



November Fun at the ADC



Funding

Partial funding of the Adult Day Center at the J is provided under the provisions of the 1966 Older Americans Act, the Mid-East Area Agency on Aging (MEAAA), 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.

A grant through the Julius, Anna and Lillian Jossem Memorial Fund of the Jewish Federation of St. Louis funds the monthly Tai Chi program. 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 and ethnic origins. Medicaid is accepted and additional financial assistance is available to those who qualify. The program is licensed by the state of Missouri.

To contact our staff:

Main Office. 314.442.3248



Ashley Stockman
ADC Director
314.442.3245



Theresa (Terri) Mines
Activity Director
314.442.3249



Cynthia Wyatt
Activity Assistant



Renee Gavigan
Nurse
314.442.3243



Claudia Golliday
Nurse



Kristen Conard
ADC Asst. Director
314.442.3261



Kathy Heitman
Activity Assistant



Karen Stephenson
Admin. Assist.
314.442.3248



Jenay Sneed
CNA

Note:

- For schedule and/or transportation changes, call **314.442.3248**.
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee**.

Support Groups

The J/Alzheimer's Association Support Group meets at the Adult Day Center at the J, located in the Staenberg Family Complex – Arts & Education Building. Upcoming meetings are:

Monday: December 5 & January 2

3:00 - 4:30pm

Wednesday: December 21 & January 18

6:00 - 7:00pm

Supervision is available for your loved one during Monday meetings, by reservation only.

Contact Ashley Stockman at **314.442.3245** to RSVP or for more information.

Adult Day Center the j
Care for your whole family



December 2016
Therapeutic 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

JEWISH COMMUNITY CENTER



December 1 - 2

December 2016						
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

7:30am	Early Morning Activities
9:30am	Breakfast
10:10am	Brain Boosters

12:15pm Lunch

Afternoon

2:00pm	Bus Dismissal and Reflection & Conversation
3:15pm	Snack
3:30pm	Late Afternoon Activities
5:00pm	Rest and Relaxation

T H U	1	10:30am 11:15am	Tai Chi Cooking Club/Horseshoe Tournament
		1pm	Entertainment with Howard Bly/Buzz Word Game

F R I	2	10:30am 11am	Chair Yoga Uno/Champion Throw
		11:30am	Winter Leisure Charades
		1pm	Music Therapy with Chrissy/Linko
		2pm	Shabbat

December 5 - 9

M O N	5	10:30am 11am	Exercise Bowling
		11:30am	Orbs Toss/Gardening Club
		1pm	Volley Ball
		1:30pm	Name That Tune/Wheel of Fortune

T U E	6	10:30am 11am	Exercise Paws for the Cause Pet Therapy
		11:15am	Numbers Ball
		11:30am	Clothes Pin Drop/What's in the Bag?
		1pm	Music Therapy with Chrissy/Penny Ante

W E D	7	10:30am 11am	Exercise Art Expressions/Football Toss
		11:30am	Football Team Spelling B
		1pm	Entertainment with Stacy and Sterling/Sports Bingo

T H U	8	10:30am 11:15am	Tai Chi Baggo/Reminiscence of Movie Musicals
		1pm	Entertainment with Dan Balsamo/Saturday Matinee Game

F R I	9	10:30am 11am	Exercise Black Jack/Super Hoop Ball
		11:30am	Group Crossword
		1pm	Winter Wonderland Entertainment with Chad Evans/Winter Memory Challenge Activity
		2pm	Shabbat

Happy Birthday Jerry T. (11th)

December 12 - 16

M O N	12	10:30am 11am	Intergenerational Music Exercise
		11:30am	Tennis Ball Toss/Creative Minds with Kathy
		1pm	Entertainment with Rob Callmeyer/Wii Games and iPad Technology

T U E	13	10:30am 11am	Intergenerational Music Exercise
		11:15am	Intergenerational Special Event with Linda Wheatland Smith/Missouri Jingo
		1pm	Music Therapy with Chrissy/National Park Yahtzee

W E D	14	10:30am 11am	Exercise Pokeno Toss
		11:30am	Winter Trinket Box Memories/Spill and Spell
		1pm	Entertainment with Bryan Foggs/Nature Bingo

T H U	15	10:30am 11:15am	Tai Chi Winter Holiday Style Cooking Club/Bull's Eye Toss
		1pm	Entertainment with Cheryl Brown/The Grocery Shopping Game

F R I	16	10:30am 11am	Chair Yoga Uno/Tic Tac Toe Toss
		11:30am	Snowman Pass Competition
		1pm	Music Therapy with Chrissy/Connect
		2pm	Shabbat

Happy Birthday Ava C.

December 19 - 23

M O N	19	10:30am 11am	Intergenerational Music Exercise
		11:30am	Gardening Club/Bag Ball
		1pm	Men's Club/Ladies Club

T U E	20	11am	Paws for the Cause Pet Therapy
		11:15am 1pm	Exercise Music Therapy with Chrissy/Scrabble

W E D	21	10:30am 11am	Exercise Ring Toss/Winter Art Expressions
		11:30am 1pm	Group Crossword Entertainment with Bill Forness/Parcheesi

T H U	22	10:30am 11am	Tai Chi Winter Holiday Art Expressions II/Winter Leisure Charades
		11:45am 1pm	Movement Ball Entertainment with Joseph Garnier/Wii Games and iPad Technology

F R I	23	10:30am 11am	Chair Yoga Black Jack/Triangle Toss
		11:30am	Winter Trinket Box Memories
		1pm	Music Therapy with Chrissy/Life Stories
		2pm	Shabbat

December 26 - 30

M O N	26	10:30am 11am	Intergenerational Music Exercise
		11:30am	Shuffle Toss/Reminiscence of Old Fashioned Toys
		1pm	Therapeutic Drumming/ Checkers and Domino Tournament
		1:30pm	Puzzle Fun/Sing A Long Happy Birthday Julie F.

T U E	27	10:30am	Intergenerational Music and Hanukkah Presentation with Rabbi Brad
		11am 11:30am	Morning Stretch Intergenerational New Year's Eve Hat Making/Horse Race Competition
		1pm	Music Therapy with Chrissy/Jumbo Chinese Checkers
			Happy Birthday Julie F.

W E D	28	10:30am 11am	Exercise Basketball
		11:30am	Basketball Team Spelling B/ Gardening Club
		1pm	Entertainment with Matt Davis/Capital, States & Sequence Game

T H U	29	10:30am	New York New York Exercise Routine
		11am 11:30am	Shuffle Putt Champion Throw/Elder Song Bingo
		1pm	New Year's Eve Style Entertainment with Joe Thompson and Jazz Band

F R I	30	10:30am 11am	Winter Holiday Stretch Uno/New Year's Eve Tournament Toss
		11:30am	New Year's Eve Group Crossword
		1pm	New Year's Eve Style Music Therapy with Chrissy/ New Year's Eve a Word Challenge and Trivia Contest