



Support Groups

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



Upcoming meetings:

Monday:
November 5 **3:00 - 4:30pm**
Friday:
November 16 **10:00 - 11:00am**

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

Questions/RSVP: Kristen Conard
314.442.3261 • kconard@jccst.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, 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.

To contact our staff:

Main Office. 314.442.3248



Ashley Stockman
Director
 314.442.3245



Kristen Conard
Assistant Director
 314.442.3261



Cathy Conoley
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 314.442.3247



Cynthia Wyatt
Activity Assistant



Connor Flood
Activity Assistant



Emily Jolly
PRN Program Assistant



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Admin. Assist.
 314.442.3248



Renee Butler
RN
 314.442.3243



Jenay Sneed
CNA

Connections

Socialization • Recreation • Support



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

November 2018
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

Note:

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



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.



November 1 - 2

November 2018

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	

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 Ind./Small Group Sensory, Art & Leisure
- 5:00pm Rest and Relaxation

1	10:30 am	Tai Chi
	11:15am	Scented Candle Making/ Bocci Ball
T	1pm	Live Music by Bill Forness
H	2pm	Trivia
U	3:30pm	Balloon Challenge/Magazine

2	10:30am	Chair Yoga
	11am	Jewish Focused Music Therapy/Bowling
F	11:30am	Name 5 Things
R	1:00pm	Music Therapy/Indv. iPad
I	2pm	Shabbat
	2:30pm	Creative Writing/Magazines
	3:30pm	Walking Club/Table Games

November 5 - 9

5	10:30am	Intergenerational Music
	11am	Live Music by John Scott/ Uno
M	1pm	Disco Dance w/Cathy
O	1:30pm	Cooking Club: Pumpkin Muffins/Conversational Ball
	2pm	Trivia
	2:30pm	Election 2018 News
	3:30pm	Magazines/Table Games

6	10:30am	Intergenerational Music
	11am	Exercise
T	11:30am	Donation Preparation/ Triangle Toss
U	1pm	Music Therapy/Adult Coloring
	2pm	Trivia/Name That Spice
	3:30pm	Walking Club/Rummikub

7	10:30am	Exercise
	11am	Garden Club/Adapted Soccer
W	11:30am	Price Match Game
E	1pm	Sand Art Project/ DUO Touch Therapy Dogs
	2pm	Trivia and Election Recap
	2:30pm	Coupon Scavenger Hunt
	3:30pm	Table Tennis/Card Games

8	10:30am	Tai Chi
	11:15am	Famous Faces/Blackjack
T	1pm	Sing The Hits with Cathy/ Scrabble
H	2pm	Trivia
U	2:30pm	Sensory Touch Challenge
	3:30pm	Noodle Ball/I-Pad

9	10:30am	Chair Yoga
	11am	Jewish Focused Music Therapy/Adapted Sports
F	11:30am	Veteran's Day Service: Honoring All Who Served
R	1pm	Music Therapy/Bunko
I	2pm	Shabbat
	2:30pm	Ice Breaker Game
	3:30pm	Armchair Travel: Rome

November 12 - 16

12	10:30am	Intergenerational Music
	11am	Adapted Line Dance w/Cathy
M	11:30am	Birthday Card Club/Washers
O	1pm	Sensory Relax/Word Games
N	1:30pm	Walking Club/Name That Tune
	2pm	Trivia
	3:30pm	Yahtzee

13	10:30am	Intergenerational Music/Adult Coloring
T	11:00am	Exercise
U	11:30am	Reminisce: Family Traditions/ Target Ball
	1pm	Music Therapy/ Crossword Challenge
	2pm	Trivia
	2:30pm	Family Feud
	3:30pm	Limbo

14	10:30am	Exercise
	11am	Adapted Sport/Blackjack
W	11:30am	Sing w/Cathy
E	1pm	DUO Touch Therapy Dogs/ Puzzle Challenge
	2pm	Trivia
	4pm	Walking Club/Table Games

15	10:30am	Tai Chi
	11:15am	Gentle Dodgeball/Garden Club
T	1pm	Classy Kickers Dance Performance/Mind-Body Stretch
	2pm	Trivia
	2:30pm	Creative Story Telling
	4pm	Alphabetical Magazine Scavenger Hunt

16	10:30am	Chair Yoga w/Cynthia
	11am	Jewish Focused Music Therapy/Hometown Reminisce Football
F	11:30am	Toss Challenge
R	1pm	Music Therapy/LCR
I	2pm	Shabbat
	4pm	Walking Club/Quirkle

November 19 - 23

19	10:30am	Ballroom Chair Dance w/ Cathy
M	11am	Science For Seniors/ Bocce Ball
O	11:30am	Football Toss/Science & Technology News
	1pm	Name That Tune/Nature Bingo
	2pm	Spelling Bee/Manicures & Hand Massage
	4pm	Jenga/Noodle Ball

20	9:45am	Tai Chi
	10:30am	Intergenerational Music/ Cooking Club: Hot Cocoa Bar Prep
T	11:00am	Bowling/Puzzle Challenge
U	1pm	Music Therapy/Scrabble
	2pm	Trivia
	4pm	Adapted Soccer/Table Games

21	10:30am	Exercise
	11am	Garden Club/ Gratitude Project
W	11:30am	Conversation Ball
E	12:15pm	Thanksgiving Feast
D	1pm	DUO Touch Therapy Dogs/ Spill & Spell
	2pm	Trivia
	4pm	Gratitude Project 2

22	CLOSED	
T	Happy Thanksgiving	
H		
U		

23	CLOSED	
F	Happy Thanksgiving	
R		
I		

November 26 - 30

26	10:30am	Intergenerational Music/Gin Rummy
M	11am	Exercise
O	1130am	Tar Grip Throw/Wheel-of- Fortune
	1pm	Men's & Ladies Club
	2pm	Trivia
	3:30pm	Clothespin Drop <i>Happy Birthday Toni W. (25th)</i>

27	10:30am	Intergenerational Music/Spelling Bee
T	11am	Twist & Shout w/Cathy
U	11:30am	Sport of Choice/I Love Lucy Reminisce
	1pm	Music Therapy/Oh Shoot
	2pm	Trivia
	2:30pm	Donation Prep/Magazines
	3:30pm	Walking Club/Table Games

28	10:30am	Exercise
	11am	Garden Club/Flip Flop Faces
W	11:30am	Folk Song Fest w/Cathy
E	1pm	Sequence/Parachute Fitness
D	2pm	Trivia
	2:30pm	Greeting Card Club/Name 5
	3:30pm	Documentary: Cyber Seniors

29	10:30am	Tai Chi
	11:15am	Ring Fling/Sensory Exploring w/Cynthia
T	1pm	Bingo/Walking Club
H	2pm	Trivia
U	2:30pm	Mad Libs/Magazines
	4pm	Table Tennis <i>Happy Birthday Carol G.</i>

30	10:30am	Chair Yoga w/ Cynthia
	11am	Jewish Focused Music Therapy/Super Hoop Ball
F	11:30am	Bag Ball Toss
R	1pm	Music Therapy/Art Expressions
	2pm	Shabbat
	2:30pm	Trivia/Donation Prep
	3:30pm	Sport of Choice/Table Games