

**Dear IN Program Families,**

**Upcoming Activities**

- December 19 – IN will make homemade snow with Connections participants to get in the winter spirit and learn science at the same time!
- December 13 – We'll have a lively afternoon at our Holiday Social, for IN & Connection participants. We will provide live music and refreshments! Participants are welcome to dress up this day in the holiday spirit!
- December 21 – Since it's the first day of winter, we'll kick it off right by hosting a PJ Day! At 1pm, IN will make hot cocoa and play winter hangman! It should warm us up and be lots of fun.

**Program Reminders**

- Please contact Kristen (314.442.3261 or kconard@jccstl.org) with any changes to your transportation or daily schedules so we call all remain up-to-date.
- Any extra or new clothing kept in the front cabinets needs to be labeled with participant's name. **This also goes for all coats, hats, scarves, or gloves.**
- For those signed up for an action tracker, make sure to record your steps daily. I will continue to distribute new fitness sheets in the binders for tracking purposes. Please reach out to me with any questions.

**IN Program Closures**

This is a reminder that our Adult Services and IN will be closed on both December 24 and 25. We wish you all a happy and healthy holiday season, whatever you and your family celebrate.

**Happy Holidays and Happy New Year!**

Wishing everyone great health and happiness,

Brittany Fischer  
Program Coordinator  
Adult Day at the J



**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.

**Quarterly Meeting Date**

**Monday, December 17**

**Meeting Time: 4:30-5:30pm**

*Meetings are held in the SFC Arts & Education Building*



**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.

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.

**IN Program**

**To contact our staff:**

Main Office . . . . . 314.442.3248



**Ashley Stockman**  
*Director*  
314.442.3245



**Kristen Conard**  
*Assistant Director*  
314.442.3261



**Brittany Fisher**  
*IN Program Coordinator*  
314.442.3249



**Rachel Goldmeier**  
*IN Program Assistant*



**Caitlin Hennessy**  
*IN Activity Assistant*



**Cathy Conoley**  
*Activity Assistant*



**Cynthia Wyatt**  
*Activity Assistant*



**Karen Stephenson**  
*Admin. Assist.*  
314.442.3248



**Renee Butler**  
*RN*  
314.442.3243



**Jenay Sneed**  
*CNA*

**Note:**

- For schedule and/or transportation changes, call **314.442.3261.**
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee.**

**IN Program**



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

**December 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



### December 3 - 7

<b>M O N</b>	<b>3</b> 10:30am	<b>IN-Gen Music</b>
	11:00am	Book Club
	1pm	Exercise
	2pm	Cookbook Activity
	2:30pm	Reflection Time
	3:30pm	Winter Social w/ Connections
	4pm	Adaptive Sport

<b>T U E</b>	<b>4</b> 10:30am	<b>IN-Gen Music</b>
	11:15am	Music Therapy
	1pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game (Gym)

<b>W E D</b>	<b>5</b> 10:30am	Greeting Gym Members
	11am	Exercise
	1pm	<b>Pet Therapy</b>
	2pm	STEAM Activity
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game (Gym)

<b>T H U</b>	<b>6</b> 9:45am	<b>Tai Chi</b>
	10:30am	Science
	11am	Exercise
	1pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game

<b>F R I</b>	<b>7</b> 10:30am	Volunteering @ the J: Folding Towels
	11:15am	<b>Exercise</b>
	1pm	Art Expressions
	2pm	Cookbook Activity
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Adaptive Sport

### December 10 - 14

<b>M O N</b>	<b>10</b> 10:30am	<b>IN-Gen Music</b>
	11am	Book Club
	1pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Adaptive Sport

<b>T U E</b>	<b>11</b> 10:30am	<b>IN-Gen Music</b>
	11am	<b>Music Therapy</b>
	1pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game (Gym)

<b>W E D</b>	<b>12</b> 10:30am	Greeting Gym Members
	11am	Exercise
	1pm	<b>Pet Therapy</b>
	2pm	STEAM Activity
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game (Gym)

<b>T H U</b>	<b>13</b> 9:45am	<b>Tai Chi</b>
	10:30am	Science
	11am	Exercise
	1pm	Holiday Social
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game

<b>F R I</b>	<b>14</b> 10:30am	Volunteering @ the J: Folding Towels
	11:15am	<b>Exercise</b>
	1pm	Art Expressions
	2pm	Cookbook Activity
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Adaptive Sport

### December 17 - 21

<b>M O N</b>	<b>17</b> 10:30am	<b>IN-Gen Music/</b> Social Etiquette Skills
	11am	Book Club
	1pm	Exercise
	2pm	Cookbook Activity
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Adaptive Sport

<b>T U E</b>	<b>18</b> 10:30am	<b>IN-Gen Music</b>
	11am	Music Therapy
	1pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4:00pm	Group Game (Gym)

<b>W E D</b>	<b>19</b> 10:30am	Greeting Gym Members
	11:00am	Exercise
	1pm	<b>Pet Therapy/</b> Indoor Snow Making w/ Connections
	2pm	STEAM Activity
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4:00pm	Group Game (Gym)

<b>T H U</b>	<b>20</b> 9:45am	<b>Tai Chi</b>
	10:30am	Science
	11:15am	Exercise
	1pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game

<b>F R I</b>	<b>21</b> 10:30am	Volunteering @ the J: Folding Towels
	11:15am	<b>Exercise</b>
	1pm	Winter Hangman & Hot Coco Social
	2pm	Cookbook Activity
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Adaptive Sport

### December 24 - 28

<b>M O N</b>	<b>24</b>	<b>ADC Closed</b>
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<b>T U E</b>	<b>25</b>	<b>ADC Closed</b>
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<b>W E D</b>	<b>26</b> 10:30am	Greeting Gym Members
	11am	Exercise
	1pm	<b>Pet Therapy</b>
	2pm	STEAM Activity
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4:00pm	Group Game (Gym)

<b>T H U</b>	<b>27</b> 10:30am	Science
	11:15am	Exercise
	1pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4:00pm	Group Game

<b>F R I</b>	<b>28</b> 10:30am	Volunteering @ the J: Folding Towels
	11am	<b>Exercise</b>
	1pm	Art Expressions
	2pm	Cookbook Activity
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4:00pm	Adaptive Sport

### December 31

<b>M O N</b>	<b>31</b> 10:30am	<b>IN-Gen Music</b>
	11:15am	Music Therapy
	1pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4:00pm	Group Game (Gym)



### December 2018

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						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					

### Daily Activities

#### Morning

8:30-9:30am	Coffee Talks/Table Activity
9:30am	Breakfast
10:00am	Review Schedule/Set Expectations

#### 12:15pm Lunch

#### Afternoon

3:15pm	Snack
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