

Dear Families,

As we approach the end of the year, I wanted to take a moment to reflect on a few programming highlights from 2018. With generous support from the JCA Charitable Foundation we were able to once again expand our Music Therapy services provided by Midwest Music Therapy. These sessions are offered as large and small groups, as well as individual sessions which have been uniquely beneficial for many of our participants. The Garden Club is hard at work year-round creating lush and tranquil sensory garden spaces, and Cynthia continues to guide our green thumbs through a truly exceptional therapeutic horticulture experience. Our newest agricultural endeavor includes the addition of an aeroponic Tower Garden to our indoor sensory garden area. This has already been a great resource of learning and growth for us all!

We have observed countless positive shared experiences throughout the year as participants engaged in many of our newest activities; including Sensory Exploration, Art Expressions, Gardening Club, Reminiscence Activities and our Men's and Ladies Groups. Overall, our team is delighted with the growth and progress of our programming this year and look forward to seeing what 2019 has in store!

REMINDERS & CLOSURES

We'll be embracing the cold this December through various winter themed activities, including a Winter Wonderland Holiday Party on Thursday 12/13. Adult Day will be closed Monday, December 24 and Tuesday, December 25.

From our hearts, all of us here in Adult Day wish you the warmest and happiest holidays and thank you for being part of our J family!

Ashley Stockman
Director, Adult Day at the J



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:
12/3 & 1/7 3:00 - 4:30pm

Friday:
12/3 & 1/18 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



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Connections

Socialization • Recreation • Support



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

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.



December 3 - 7

MON	3	10:30	Happy Hanukkah In-Gen Music/Adult Coloring
		11:00	Exercise
		11:30	Toss Challenge
		1:00	Music of Buddy Holly, The Carpenters, and John Denver
		2:00	Menorah Lighting with Rabbi Brad Horowitz
		2:30 3:30	Trivia Winter Decorating/ Magazines

TUE	4	10:30am	In-Gen Music/I-Pad Games
		11am	Exercise
		11:30am	Adapted Sport/Garden Club
		1pm	Music Therapy/Crossword Puzzles
		2pm 2:30pm 4pm	Menorah Lighting Trivia Armchair Travel: Thailand

WED	5	10:30am	Exercise/Walking Club
		11am	Painting/Cookie Decorating
		1pm	Duo Pet Therapy/Name That Musician
		2pm	Menorah Lighting
		2:30 4pm	Trivia Balloon Challenge

THU	6	10:30am	Tai Chi
		11:15am	Blackjack/ Conversation Catch
		1pm	Famous St. Louisans Reminisce
		1:30	Conversation Ball
		2pm	Menorah Lighting
		2:30 3:30pm	Trivia Dreidel Game/Magazines

FR I	7	10:30am	Chair Yoga
		11am	Jewish Music Therapy/ Adapted Sport
		11:30	Pearl Harbor Documentary & Remembrance
		1pm	Music Therapy
		2pm	Menorah Lighting/Shabbat
		2:30pm	Trivia
		4pm	Word Games

December 10 - 14

MON	10	10:30	Chair Dance
		11am	Live Ballet with Karlovsky Dance Company
		1pm	Art Expressions/St. Louis Sports Documentary
		1:30	Sing with Cathy
		2pm	Menorah Lighting
		2:30	Trivia
		4pm	Football Toss <i>Happy Birthday Pat Es. (9th)</i>

TUE	11	10:30am	In-Gen Music/Puzzles
		11am	Exercise
		11:30	Shuffleboard/Poker
		1pm	Music Therapy
		2pm	Trivia
		2:30pm 4pm	Magazines/iPad Games Baby Reminisce/Table Games

WED	12	10:30am	Exercise
		11am	Live Music with Elaine Pontious
		1pm	Current Events Quiz
		1:30	Art Expressions/ Toss Challenge
		2pm	Trivia
		4pm	Magazines/Table Games <i>Happy Birthday Bernie S.</i>

THU	13	10:30am	Tai Chi
		11:15am	Adapted Sport
		1pm	WINTER WONDERLAND HOLIDAY PARTY WITH CHERYL BROWN
		2pm	Word Games/Relaxation
		2:30pm	Video
		3:30pm	Manicures/Table Games

FR I	14	11am	Jewish Focused Music Therapy/Adapted Baseball
		1pm	Music Therapy
		2pm	Shabbat
		2:30pm	Walking Club/Trivia
		4pm	Magazine Scavenger Hunt

December 17 - 21

MON	17	10:30am	In-Gen Music/Relaxation
		11am	Video
		11:30am	Exercise
		1pm	Adapted Sports
		2pm 4pm	Men's and Ladies Club Trivia Table Games/Magazines

TUE	18	10:30am	In-Gen Music/Color by Number
		11am	Exercise
		11:30am	Sport of Choice
		1pm	Musical Therapy
		2pm 4pm	Trivia IN-CONNECTIONS Dice Games

WED	19	10:30am	Exercise
		11am	Sing with Cathy/Blackjack
		1pm	Art Expressions/Balloon Challenge
		1:30pm	Challenge
		2pm 4pm	Name that Face Trivia Documentary Film

THU	20	10:30am	Tai Chi
		11:15	Adapted Sport/iPad Leisure
		1:00pm	Gardening/Humor for Health
		1:30pm	December in History
		2pm 4pm	Trivia Catch Challenge

FR I	21	10:30am	Chair Yoga
		11am	Jewish Focused Music
		11:30	Therapy/Group Word Game
		1pm	Balloon Challenge
		2pm	Music Therapy/Independent
		2:30pm	Crosswords
		4pm	Shabbat Trivia Uno/Magazines

December 24 - 28

MON	24	CLOSED	
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TUE	25	CLOSED	
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WED	26	10:30am	Exercise
		11am	Adapted Sport/Adult Coloring
		1pm	Live Music by Wright Entertainment
		2pm	Trivia
		4pm	Magazines/Table Tennis <i>Happy Birthday Julie F.</i>

THU	27	HAPPY 100TH BIRTHDAY BUD!	
		10:30am	Chair Dance with Cathy
		11am	Indoor Sports Challenge
		1pm	Garden Club/Classic Commercial Reminisce
		2pm 4pm	Trivia Magazines/Walking Club

FR I	28	10:30am	Chair Yoga
		11am	Jewish Focused Music Therapy/Washers Toss
		11:30	Triangle Toss/Current Events
		1pm	Music Therapy
		2pm	100th BIRTHDAY CELEBRATION FOR BUD M./ Shabbat
		2:30pm	Trivia
		4pm	Table Games

December 31

MON	31	10:30am	IN-GEN Music/Color by Number
		11am	Exercise
		11:30	Sing with Cathy
		1pm	Word Puzzle Challenge/ Bingo
		2pm	Trivia
		4pm	Walking Club/Table Games

December 2018

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		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	Bus Dismissal & Reflection/ Conversation
3:15pm	Snack
3:30pm	Small Group & Independent Leisure