

## Upcoming Special Events

### SAVE THE DATES!

#### Dining with Dignity Reception

Adult Day Center – Staenberg Family Complex,  
Arts & Education Building

**Sunday, April 7**  
**2-4pm**

Please help support our efforts to elevate our services by replacing our worn, institutional tableware with better looking and more functional place settings. Help us celebrate and honor those who have offered their commitment to preserve the dignity of those we serve. More information about this special fundraiser coming soon!

#### Dewey's Pizza Dining Out for Good

In University City - 559 North and South Rd, University City,  
MO 63130

**Monday, April 29**  
**4pm-9pm**

Dewey's Pizza is hosting a give back night at their University City location on North and South Road. Present the enclosed flyer from 4-9pm on April 29 and a percentage of your purchase will be donated to support our Adult Services programs!

Thank you for being part of our J family!

**Ashley Stockman**  
*Director, Adult Day at the J*  
*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:**  
**3/4** **3:00 - 4:30pm**

**Friday:**  
**3/15** **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](mailto:kconard@jccstl.org)



Our participant, Rick K., belts out Luciano Pavarotti in perfect pitch for his birthday.

## 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. 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 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*

### Note:

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



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 the  
**Adult Day at the J**  
Care for your whole family

**March 2019**  
**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](http://jccstl.org)



## March 1



March 2019						
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	Bus Dismissal & Reflection/ Conversation
3:15pm	Snack
3:30pm	Small Group & Independent Leisure

<b>1</b>	10:30am	Chair Yoga
	11am	Jewish Music Therapy/ Ladder Ball
<b>F</b>	11:30am	Geography Trivia
<b>R</b>	1pm	<b>Music Therapy</b> /Independent Reading of Choice
	2pm	Shabbat
	2:30pm	Trivia
	3:30pm	Word Games

## March 4 - 8 CELEBRATING FRANCE

<b>4</b>	10:30am	In-Gen Music/Mandala Mondays
<b>M</b> <b>O</b> <b>N</b>	11am	Modern Chair Dance
	11:30am	Hole In One
	1pm	Pool Noodle Fencing/Blackjack
	1:30pm	Walking "Tour" of Paris
	2pm	French Trivia
	2:30pm	Table Games
	4pm	Bingo

<b>5</b>	10:30am	In-Gen Music/French Word Search
<b>T</b> <b>U</b> <b>E</b>	11am	Exercise
	11:30am	Cooking Club: French Bread PART 1/Baggo
	1pm	<b>Music Therapy</b>
	2pm	Trivia
	2:30pm	Documentary: The French Riviera
	4pm	Table Games/Wii Sports

<b>6</b>	10:30am	Exercise
<b>W</b> <b>E</b> <b>D</b>	11am	Cooking Club: French Bread PART 2/Adapted Sport
	1pm	<b>DUO Therapy</b> /Rummy Trivia
	2pm	Binge Worthy Wednesday/ Walking Club
	2:30pm	Walking Club
	3:30pm	Upbeat News

<b>7</b>	10:30am	Tai Chi
	11:15am	Conv. Catch/Garden Club
<b>T</b> <b>H</b> <b>U</b>	1pm	<b>Live Music by Joe Garnier</b>
	2pm	Trivia: French Food
	2:30pm	Magazines/Checkers
	4pm	Apples to Apples

<b>8</b>	10:30am	Chair Yoga
	11am	Jewish Music Therapy/ Adapted Sports
<b>F</b> <b>R</b> <b>I</b>	11:30am	French Art Slideshow
	1pm	<b>Music Therapy</b>
	2pm	Shabbat
	2:30pm	Trivia
	4pm	Table Games/Walking "Tour" of France <i>Happy Birthday Pat E. (March 9<sup>th</sup>)</i>

## March 11 - 15 SALUTE TO THE UK

<b>11</b>	10:30am	In-Gen Music/British Seek and Find
<b>M</b> <b>O</b> <b>N</b>	11am	Modern Chair Dance
	11:30am	Adapted Sport/Texas Hold 'em
	1pm	Volleyball
	2pm	Trivia: Great Britain Geography
	2:30pm	Britain's Got Talent
	4pm	British English Word Games

<b>12</b>	10:30am	In-Gen Music/Photographic Memory
<b>T</b> <b>U</b> <b>E</b>	11am	Adapted Sport/Cooking Club
	1pm	<b>Music Therapy</b>
	2pm	British Tea & Scones
	2:30pm	Magazines & iPads
	4pm	Dice Games

<b>13</b>	10:30am	Exercise
<b>W</b> <b>E</b> <b>D</b>	11am	In-Gen Art/Horseshoes
	11:30am	Walking Club/Wheel of Fortune
	1pm	<b>DUO Therapy</b>
	1:30pm	Sing with Cathy/Texas Hold 'em
	2pm	Trivia
	2:30pm	Great British Baking Show Upbeat News
	4pm	<i>Happy Birthday Walter L.</i>

<b>14</b>	10:30am	Tai Chi
	11:15am	Garden Club/Ladder Ball
<b>T</b> <b>H</b> <b>U</b>	1pm	<b>Entertainment TBA</b>
	2pm	Trivia: British Royalty
	2:30pm	English Garden Slideshow Table Games/Uno
	4pm	<i>Happy Birthday Norman S.</i>

<b>15</b>	10:30am	Chair Yoga
	11am	Jewish Focused Music Therapy/Chipping Target
<b>F</b> <b>R</b> <b>I</b>	1pm	<b>Music Therapy</b> /Mural Coloring
	2pm	Shabbat
	2:30pm	Famous Irish-Americans Trivia
	4pm	Quirkle/Skip Bo

## March 18 - 22 A TOAST TO THE MIDDLE EAST

<b>18</b>	10:30am	In-Gen Music/Backgammon
	11am	Israeli-Dance
	11:30am	Cornhole
	1pm	<b>Men's Club &amp; Ladies Club</b>
	2pm	Middle Eastern Geography Trivia
	2:30pm	Pyramids of Giza Documentary
	4pm	\$20,000 Pyramid Game

<b>19</b>	10:30am	In-Gen Music/Wii Games
	11am	Exercise
	11:30am	The Turkish "Ring Game"
	1pm	<b>Music Therapy</b> /Independent Word Searches
	2pm	Trivia
	4pm	Spare Time Dice Bowling

<b>20</b>	10:30am	Exercise
	11am	<b>Purim Skit</b>
	1pm	<b>DUO Touch Therapy</b>
	1:30pm	Nile River Documentary/ Poker
	2pm	Trivia
	2:30pm	Name that Middle Eastern Country
	4pm	Upbeat News

### Erev Purim

<b>21</b>	10:30am	Tai Chi
	11:15am	Garden Club/Adapted Sports
	1pm	Volleyball
	2pm	Trivia
	2:30pm	Mystery Object Game
	4pm	Table Games

### Purim

<b>22</b>	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Shuffleboard
	1pm	<b>Music Therapy</b>
	2pm	Shabbat
	2:30pm	Trivia
	4pm	Global Magazine Scavenger Hunt

## March 25 - 29 RELAX WITH THE CARIBBEAN

<b>25</b>	10:30am	In-Gen Music/Caribbean Coloring
	11am	Modern Chair Dance
	11:30am	Caribbean Geography/ Garden Club
	1pm	<b>Calypso Kitchen Band</b>
	2pm	Trivia
	2:30pm	Relaxation Video
	4pm	Table Games/Wii Surfing

<b>26</b>	10:30am	In-Gen Music/Flags of the Caribbean
	11am	Exercise
	11:30am	Washers/Blackjack
	1pm	<b>Music Therapy</b>
	2pm	Trivia & Mocktails
	2:30pm	Relaxation Video
	4pm	Table Games

<b>27</b>	10:30am	Exercise
	11am	In-Gen Art/Adapted Sport
	11:30am	Caribbean Vacation Stories & Slideshow
	1pm	<b>DUO Touch Therapy</b> /Word Games
	2pm	Trivia
	2:30pm	Walking Club/Magazines Table Tennis/Baseball News

<b>28</b>	10:30am	Tai Chi
	11:15am	Nerf Gun Challenge Course
	1pm	Sing with Cathy/Poker
	2pm	Trivia
	2:30pm	Steel Drum Video Performance/Magazines
	4pm	Table Games

<b>29</b>	10:30am	Chair Yoga
	11am	Indoor Soccer/Jewish- Focused Music Therapy
	11:30am	Word Games
	1pm	<b>Music Therapy</b>
	2pm	Shabbat
	2:30pm	Trivia
	4pm	Table Games/Walking Club <i>Happy Birthday Don G.</i>