

# UPCOMING EVENTS

## Dining with Dignity Open House

SFC - Adult Day Center  
 Sunday, April 7  
 2-4pm

We want a more dignified dining experience in our ADC and by upgrading our dishes and utensils we can accomplish this while also assisting several participants in overcoming some of the cognitive, visual, and motor skill impairments our current worn out items may pose. We hope you will join us as we honor those who have offered unwavering commitments of bringing dignity and respect to those we serve.



## Dewey's Pizza & Dining Out for Good

University City location, 559 North and South Rd., 63130  
 Monday, April 29  
 4-9pm

Dewey's Pizza is hosting a "give back" night at their University City location to help ADC maintain its level of excellence. Please join us and when you present the enclosed flyer from 4-9pm on the Monday, April 29, a percentage of your purchase will be donated to support the J and our ADC programs!



Thank you for being part of our J family!

Ashley Stockman  
 Director, Adult Day at the J



## Support Groups

The J and the Greater Missouri Chapter Alzheimer's Association have partnered for multiple support groups that meet regularly at the Adult Day Center at the J. One group is geared towards caregivers and family for support as they assist their loved. Our alternate group brings together all those who like to meet and recall their fondest memories of the St. Louis Cardinals and talk baseball. All are welcome to join in the Cardinals Reminiscence League.

## Group Meetings Schedule

### Alzheimer's Caregiver Support Group

Mondays, 4/1 & 5/7 3-4:30pm  
 Friday, 4/19 & 5/18 10-11am

Supervision for loved ones may be available for Monday meetings with reservations.



Mondays, 5/13, 6/10, 7/8, 8/12, 9/9 & 10/14  
 10:30am-12pm

Questions and to RSVP, contact Kristen Conard,  
 314.442.3261 or kconard@jccstl.org

## Support programs done in association with the alzheimer's association®



## 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

**April 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





April 1 - 5		
<b>M O N</b>	10:30am	<b>Inter-Generational Music/</b> Mandala Monday
	11am	Adapted Chair Dance
	11:30am	Tic Tac Toe Toss
	1pm	April Fools Day Joke-A-Thon
	1:30pm	Novelty Songs with Cathy
	2pm	Trivia
	3:30pm	Table Tennis/Table Games <i>HAPPY BIRTHDAY, RAY M.</i>
<b>T U E</b>	10:30am	<b>Inter-Generational Music/</b> Crossword Puzzles
	11am	Exercise
	11:30am	Bullseye Match/ Upbeat News
	1pm	Music Therapy
	2pm	Trivia
	3:30pm	Walking Club/Table Games
<b>W E D</b>	10:30am	Exercise
	11am	Gardening/Baggo
	11:30am	Basketball
	1pm	DUO Therapy Dog Visits
	1:30pm	Wii Sports/Name 5
	2pm	Trivia
	2:30pm	St. Elsewhere Pilot Episode
	3:30pm	Word Games
<b>T H U</b>	10:30am	Tai Chi
	11:15am	Bowling
	1pm	Live music with John Scott
	2pm	Trivia
	2:30pm	Poetry Appreciation/ Magazines
	4pm	Table Games/Chicken Soup for the Soul
<b>F R I</b>	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Tar Grip Throw
	11:30am	Word Games/Walking Club
	1pm	Music Therapy
	2pm	Shabbat
	2:30pm	Trivia
	4pm	Outdoor Relax/Table Games

April 8 - 12		
<b>M O N</b>	10:30am	<b>Inter-Generational Music/</b> Cardinals Reminisce League
	11am	Adapted Chair Dance
	11:30am	Conversation Catch
	1pm	ENTERTAINMENT TBA
	2pm	Trivia
	2:30pm	Walking Club/Magazines
	4pm	Table Games
<b>T U E</b>	10:30am	<b>Inter-Generational Music/</b> Independent Crossword Puzzles
	11am	Exercise
	11:30am	Shuffle Putt/Cooking Club: Spring Fruit Salad
	1pm	Music Therapy
	2pm	Trivia & Fruit Salad
	2:30pm	Hangman/Mural Coloring
	4pm	Outdoor Relax/Dice Games
<b>W E D</b>	10:30am	Exercise
	11am	Inter-Generational Art/Golf
	1pm	DUO Therapy Dog Visits/ Card Games
	2pm	Trivia
	2:30pm	Word Games
	4pm	Table Games/Outdoor Relax <i>HAPPY BIRTHDAY, HARVEY B.</i>
<b>T H U</b>	10:30am	Tai Chi
	11:15am	Garden Club/Adapted Sports Volleyball
	1pm	Trivia
	2pm	Barbershop Quartet
	2:30pm	Documentary
	4pm	Walking Club/Sorry
<b>F R I</b>	10:30am	Chair Yoga
	11:00am	Jewish Focused Music Therapy/Adapted Soccer
	1pm	Music Therapy
	2pm	Shabbat
	2:30pm	Magazines
	4pm	Table Games

April 15 - 19		
<b>M O N</b>	10:30am	<b>Inter-Generational Music/</b> Sudoku Puzzles
	11am	Adapted Chair Dance
	1pm	Men's Club/Ladies Club
	2pm	Trivia
	2:30pm	Magazines/Table Games
	4pm	Outdoor Relax/Word Games
<b>T U E</b>	10:30am	<b>Inter-Generational Music/</b> Adult Advanced Connect The Dots
	11am	Exercise
	11:30am	Horseshoes/Upbeat News
	1:00pm	Music Therapy
	2pm	Trivia
	3:30pm	Group Scrabble
<b>W E D</b>	10:30am	Exercise
	11am	Inter-Generational Art/ Collapsing Cans
	11:30am	Clothes Pin Drop/ Walking Club
	1pm	DUO Therapy Dog Visits/ Creative Expressions: Mosaic Stepping Stones
	2pm	Trivia
	2:30pm	Musical Matinee: Barbara Streisand in <i>Funny Girl</i>
	4pm	Table Games
<b>T H U</b>	10:30am	Tai Chi
	11:15am	Texas Hold 'em/ Adapted Sports
	1pm	Sing with Cathy/Gardening
	1:30pm	Walking Club/Famous Faces
	2pm	Trivia
	4pm	Manicures
<b>F R I</b>	10:30am	Chair Yoga
	11:00am	Jewish Focused Music Therapy/Adapted Sports
	1pm	Music Therapy
	2pm	Shabbat and Passover Discussion with Rabbi Brad
	2:30pm	Trivia
	4pm	Table Games <b>PASSOVER BEGINS AT SUNDOWN</b>

April 22 - 26		
<b>M O N</b>	10:30am	<b>Inter-Generational Music/</b> Word Searches
	11am	Exercise
	11:30am	Adapted Sports
	1pm	Cooking Club: Matzah- Blueberry Icebox Cake/ Singing with Cathy
	2pm	Trivia & Cake
	4pm	Google Earth Images <b>Happy Earth Day</b>
<b>T U E</b>	10:30am	<b>Inter-Generational Music/</b> Crossword Puzzles
	11am	Exercise
	11:30am	Safety Catch/Cards
	1pm	Music Therapy
	2pm	Trivia
	4pm	Bingo
<b>W E D</b>	10:30am	Exercise
	11am	Intergenerational Art/ Toss Challenge
	11:30am	Walking Club/ Adapted Sports
	1pm	DUO Therapy Dog Visits/ Gardening
	2pm	Trivia
	2:30pm	Documentary: Brothers in Exile (story of El Duque) <i>HAPPY BIRTHDAY, THELMA C.</i>
<b>T H U</b>	10:30am	Tai Chi
	11:15am	Weather News/ Adapted Sports
	1pm	Outdoor Relax/Gardening
	2pm	Trivia
	4pm	Apples to Apples
	<b>F R I</b>	10:30am
11am		Jewish Focused Music Therapy/Bowling
1pm		Music Therapy
2pm		Shabbat
2:30pm		Trivia
4pm		Bunco <i>HAPPY BIRTHDAY, JIM M. (27TH)</i>

April 29 - 30		
<b>M O N</b>	10:30am	<b>Inter-Generational Music/</b> Mandalas
	11:00am	Exercise
	11:30am	Adapted Sports
	1pm	Live Music by Anita Marie
	2pm	Trivia
	4pm	Table Games
<b>T U E</b>	10:30am	<b>Inter-Generational Music/</b> Mural Coloring
	11am	Creative Expressions: Close-Up Dandelions/ Adapted Sports
	1pm	Music Therapy
	2pm	Exercise with Cathy
	4pm	Yahtzee! <i>HAPPY BIRTHDAY, DON F.</i>

April 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				

Daily Activities	
<b>Morning</b>	
8:00am	Coffee Talks/Table Activities
9:30am	Breakfast
10:00am	Brain Boosters
<b>12:15pm Lunch</b>	
<b>Afternoon</b>	
2:00pm	Bus Dismissal & Reflection/ Conversation
3:15pm	Snack
3:30pm	Small Group & Independent Leisure