

April Highlights

J's Garden of Eden (Community Garden)

Mondays, 10:30-11:30am

April through October

IN will be volunteering and learning about organic growing and build upon their gardening skills. Please dress appropriately every Monday, including closed toed shoes (mandatory), weather appropriate clothing and hats. A physician order for sunscreen is required for it to be used at the Center, or you must apply it before arriving. With numerous outdoor activities, be prepared to get a little dirty! Everyone needs to have an extra set of clothes, marked with initials, available every day.

Dining with Dignity Open House

SFC - Adult Day Center

Sunday, April 7 • 2-4pm

Please join us to thank those who have generously supported our goal of bringing a dignified dining experience to our daily meal services. It's not too late, you can still help us make a positive impact at www.jccstl.com/dignity

Magic House

Wednesday, April 10 • 9:45-2:30pm

IN will have a sensory exploration day at the Magic House.

Kitchen J will provide packed lunches. If you wish to bring your own lunch, please notify me by April 8.

Dewey's Pizza Give Back Night

University City location, (559 North and South Rd, 63130)

Monday, April 29 • 4-9pm

We have partnered with Dewey's Pizza in University City to raise some 'dough' for the ADC, so please join us for dinner! Present the enclosed flyer (or e-flyer) for **dine-in or carry out** and Dewey's will donate up to 20% of your purchase back to us!

Program Reminders

- Everyone MUST use their blue drawstring bags for swimming;
- All extra oversized bags & backpacks must be taken home;
- All schedule/transportation changes need to be shared directly with Kristen @ 314.442.3261;
- All clothing kept at the J must be labeled with initials;
- Action Tracker Records - make sure you are recording steps daily!

Looking forward to another great month!

Brittany Simon
IN 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.

2019 Meeting Information

SFC Arts & Education Building

Mondays

4:30 – 5:30pm

April 15

August 12

December 16



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.

The Adult Day Center 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.



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 Simon
IN Program
Coordinator
314.442.3249



Rachel Goldmeier
IN Program
Assistant



Caitlin Hennessy
IN Program
Assistant



Cathy Conoley
Rec Program
Coordinator



Renee Butler
RN
314.442.3243



Jenay Sneed
CNA



Karen Stephenson
Admin. Assist.
314.442.3248

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

April 2019
Recreation Calendar & News

Stoenberg 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

M O N	1	10:30am	Gardening Skills
		1pm	Exercise/Basketball
		2pm	Reading Skills
		3:30pm	Independent Living Skills: Cleaning
		4pm	Zumba

T U E	2	10:30am	IN-Gen Music/Writing Skills
		11:15am	Music Therapy/Exercise
		1pm	Swimming
		3:30pm	Reading to ECC/Choice
		4pm	Adaptive Sport/ Computer Skills

W E D	3	10:30am	Greeting Gym Members
		11am	Yoga with Beth
		1pm	Pet Therapy/Speech Therapy/Art Expressions
		2pm	Conflict Resolution Activity
		3:30pm	Independent Living Skills: Safety
		4pm	Dance Exercise

T H U	4	9:45am	Tai Chi
		10:30am	Science
		11am	Exercise
		1pm	Swimming
		3:30pm	Independent Living Skills: Organization
	4pm	Group Game with Connections	

F R I	5	10:30am	Volunteering @ the J: Folding Towels
		11:15am	Exercise
		1pm	Cooking Club
		2pm	Shabbat
		3:30pm	Independent Living Skills: Time Management
		4pm	Adaptive Sport/ Computer Skills

Happy Birthday Jordan! (6th)

April 8 - 12

M O N	8	10:30am	Gardening Skills
		1pm	Exercise/Basketball
		2pm	Writing Skills
		3:30pm	Independent Living Skills: Cleaning
		4pm	Zumba

T U E	9	10:30am	IN-Gen Music/Writing Skills
		11:15am	Music Therapy/Exercise
		1pm	Swimming
		3:30pm	Reading to ECC/Choice
		4pm	Adaptive Sport/ Computer Skills

W E D	10	10:30am	Outing: Magic House
		3:30pm	Adaptive Sport/Card Game
		4pm	Independent Living Skills: Safety

T H U	11	9:45am	Tai Chi
		10:30am	Science
		1pm	Swimming
		3:30pm	Independent Living Skills: Organization
		4pm	Group Game with Connections

F R I	12	10:30am	Volunteering @ the J: Folding Towels
		11am	Exercise
		1pm	Nature Activity
		2pm	Shabbat
		3:30pm	Independent Living Skills: Time Management
		4pm	Adaptive Sport/ Computer Skills

April 15 - 19

M O N	15	10:30am	Gardening Skills
		11am	Exercise/Basketball
		1pm	Reading Skills
		3:30pm	Independent Living Skills: Hygiene
		4pm	Zumba

T U E	16	10:30am	IN-Gen Music/Writing Skills
		11am	Music Therapy/Exercise
		1pm	Swimming
		3:30pm	Reading to ECC/Choice
		4pm	Adaptive Sport/ Computer Skills

W E D	17	10:30am	Greeting Gym Members
		11:15am	Exercise
		1pm	Pet Therapy/Speech Therapy/Art Expressions
		2pm	Social Etiquette Skills
		3:30pm	Independent Living Skills: Safety
		4pm	Dance Exercise

T H U	18	9:45am	Tai Chi
		10:30am	Science
		1pm	Swimming
		3:30pm	Volunteer Food Box Project

F R I	19	10:30am	Volunteering @ the J: Folding Towels
		11:15am	Exercise
		1pm	Music Therapy
		2pm	Shabbat
		3:30pm	Volunteer Food Box Project

Erev Passover

April 22 - 26

M O N	22	10:30am	Gardening Skills
		1pm	Exercise/Basketball
		2pm	Reading Skills
		3:30pm	Independent Living Skills: Hygiene Skills
		4pm	Zumba

T U E	23	10:30am	IN-Gen Music/Writing Skills
		11am	Music Therapy/Exercise
		1pm	Swimming
		3:30pm	Reading to ECC/Choice
		4pm	Adaptive Sport/ Computer Skills

W E D	24	10:30am	Greeting Gym Members
		11:15am	Exercise
		1pm	Pet Therapy/Speech Therapy/Art Expressions
		2pm	Social Etiquette Skills
		3:30pm	Independent Living Skills: Safety
		4pm	Dance Exercise

Happy Birthday Jarod!

T H U	25	10:30am	Tai Chi
		11:15am	Science
		1pm	Swimming
		3:30pm	Independent Living Skills: Cleaning
		4pm	Group Game with Connections

F R I	26	10:30am	Volunteering @ the J: Folding Towels
		11:15am	Exercise
		1pm	Spring Bake Sale Project
		2pm	Shabbat
		3:30pm	Independent Living Skills: Cleaning
		4pm	Adaptive Sport/ Computer Skills

Passover - 7th day

April 29 - 30

M O N	29	10:30am	Gardening Skills
		1pm	Exercise/Basketball
		2pm	Writing Skills
		3:30pm	Independent Living Skills: Hygiene
		4pm	Zumba

*Dewey's Pizza Night
4-10pm*

T U E	30	10:30am	IN-Gen Music/ Reading Skills
		11am	Music Therapy/Exercise
		1pm	Swimming
		3:30pm	Reading to ECC/Choice
		4pm	Adaptive Sport/ Computer Skills

April 2019

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		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

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

12:15pm Lunch

Afternoon

2:30pm	Reflection Time
3:15pm	Snack