

May Highlights

Bake Sale

May 7 & 8 • 3:30-5pm

IN is preparing for their Spring Break Sale. We're baking delicious strawberry energy bites and cupcakes. We'll also sell handcrafted items such as resin jewelry, bracelets and soaps! Please support the IN Program and help us spread the word!

New Yoga Instructor

Monday, May 8 • 11-12pm

We will be welcoming a new Yoga instructor to lead us. If you have your own yoga mat at home, feel free to bring it with you!

Movie Theatre Trip

Monday, May 13 • departing 8:45am

IN is heading to the movies! We're going to the AMC Creve Coeur 12 to see *Pokémon: Detective Pikachu*. Please arrive by 8:30am, and we'll depart at 8:45am. If any parents would like to join and assist, please contact me ASAP. If you would like to switch or add an additional day to join us, contact Kristen (314.442.3261) by May 1.

IN Program Closed

Monday, May 27

We will be closed in observance of Memorial Day

Program Reminders

- Sunscreen: A physician's order is required for use, or it must be applied before arrival. Participants are not permitted to apply on their own. See enclosed nurse's note.
- Everyone MUST use their blue drawstring bags for swimming on Tues. & Thurs.;
- All extra oversized bags & backpacks must be taken home;
- All clothing kept at the J must be labeled with initials;
- Action Tracker Records – make sure you are recording steps daily!
- All schedule/transportation changes need to be shared directly with Kristen (314.442.3261, kconard@jccstl.org)

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

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



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

May 2019
Recreation Calendar & News

Stenberg 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 **314.442.3261**.
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee**.



May 1 - 3

May 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

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

12:15pm Lunch

Afternoon

- 2:30pm Reflection Time
- 3:15pm Snack

WED	1	10:30am	Greeting Gym Members
		11:15am	Exercise
		1pm	Spring Sale Project/Pet & Speech Therapy
		2pm	Social Etiquette Skills
THU		3:30pm	Independent Living Skills: Cleaning
		4pm	Dance Exercise
	2	9:45am	Tai Chi
		10:30am	Writing & Typing Skills
FRI		1pm	Swimming
		3:30pm	Independent Living Skills: Safety
		4pm	Steam Activity: Magnetic Painting
	3	10:30am	Volunteering @ the J: Folding Towels
FRI		11:15am	Exercise
		1pm	Spring Sale Project: Cooking/ Cinco De Mayo Celebration
		3:30pm	Independent Living Skills: Money Management
		4pm	Adaptive Sport: Golf

May 6 - 10

MON	6	10:30am	IN-Gen Music/Volunteering: Garden of Eden
		1pm	Spring Sale Project
		3:30pm	Independent Living Skills: Cleaning
		4pm	Zumba
TUE	7	10:30am	IN-Gen Music/Spring Sale Project
		11:15am	Music Therapy/Exercise
		1pm	Swimming
		3:30pm	Spring Sale Event
WED	8	10:30am	Reading Skills
		11am	Yoga with Beth
		1pm	Spring Sale Project/Pet & Speech Therapy
		2pm	Social Etiquette Skills
THU		3:30pm	Spring Sale Event
	9	9:45am	Tai Chi
		10:30am	Science
		11am	Exercise
FRI		1pm	Swimming
		3:30pm	Independent Living Skills: Safety
		4pm	Basketball
	10	10:30am	Volunteering @ the J: Folding Towels
FRI		11:15am	Exercise
		1pm	Mother's Day Activity
		2pm	Motor Skills: Threading
		3:30pm	Independent Living Skills: Cleaning
	4pm	Adaptive Sport: Golf	

May 13 - 17

MON	13	9am	Outing: AMC Movie Theatre (leaving at 8:30am)
		1pm	Exercise
		2pm	Motor Skills: Tying Knots
		3:30pm	Independent Living Skills: Cleaning
	4pm	Social Activity: Uno	
TUE	14	10:30am	IN-Gen Music/Balance & Stability Skills
		11:15am	Music Therapy/Exercise
		1pm	Swimming
		3:30pm	Independent Living Skills: Organization
	4pm	Social Activity: Yahtzee	
WED	15	10:30am	Greeting Gym Members
		11:15am	Exercise
		1pm	Art Expressions/Pet & Speech Therapy
		2pm	Volleyball
	3:30pm	Independent Living Skills: Time Management	
	4pm	Dance Exercise	
THU	16	9:45am	Tai Chi
		10:30am	STEAM Activity
		11:15am	Social Etiquette Skills
		1pm	Swimming
	3:30pm	Independent Living Skills: Making Knots	
	4pm	Basketball	
<i>Happy Birthday Louis!</i>			
FRI	17	10:30am	Volunteering @ the J: Folding Towels
		11am	Exercise
		1pm	Exploring Nature
		2pm	Cutting Skills
	3:30pm	Independent Living Skills: Cleaning	
	4pm	Adaptive Sport: Tic Tac Toe	
<i>Happy Birthday Victoria! (18th)</i>			

May 20 - 24

MON	20	10:30am	IN-Gen Music/Volunteering: Garden of Eden
		1pm	Nature Walk
		2pm	Hand Eye-Coordination Skills
		3:30pm	Independent Living Skills: Hygiene
	4pm	Zumba	
TUE	21	10:30am	IN-Gen Music/Writing Skills
		11am	Music Therapy/Exercise
		1pm	Swimming
		3:30pm	Reading to ECC/Computer Skills
	4pm	STEAM Activity	
WED	22	10:30am	Greeting Gym Members
		11:15am	Exercise
		1pm	Art Expressions/Pet & Speech Therapy
		2pm	Independent Living Skills: Leadership & Respect
	4:00pm	Dance Exercise	
THU	23	9:45am	Tai Chi
		10:30am	STEAM Activity
		11:15am	Dice Exercise Activity
		1:00pm	Swimming
	3:30pm	Independent Living Skills: Cleaning	
	4pm	Social Activity: Marble Run	
FRI	24	10:30am	Volunteering @ the J: Folding Towels
		11:15am	Exercise
		1pm	Music Therapy
		2pm	Motor Skills: Penmanship
	3:30pm	Independent Living Skills: Cleaning	
	4pm	Basketball	

May 27 - 31

MON	27	Closed for Memorial Day	
TUE	28	10:30am	IN-Gen Music/Writing Skills
		11am	Music Therapy/Exercise
		1pm	Swimming
		3:30pm	Reading to ECC/Computer Skills
	4pm	STEAM Activity	
WED	29	10:30am	Greeting Gym Members
		11:15am	Exercise
		1pm	Art Expressions/Pet & Speech Therapy
		2pm	Bubble Activity
	3:30pm	Independent Living Skills: Safety	
	4pm	Dance Exercise	
THU	30	9:45am	Tai Chi
		10:30am	STEAM Activity
		11:15am	Dice Activity
		1pm	Swimming
	3:30pm	Independent Living Skills: Hanging & Folding Clothes	
	4pm	Social Activity: Cards	
FRI	31	10:30am	Volunteering @ the J: Folding Towels
		11:15am	Exercise
		1pm	Cooking Club
		2pm	Reading Skills
	3:30pm	Independent Living Skills: Making Knots	
	4pm	Basketball	