

Dear IN Program Families and Participants,

Here's a list of important events coming up in June. We're looking at a great month ahead!

Volunteers

IN has two community outings in June and we invite any available parents to join us/assist. Please contact me to make arrangements if interested.

Powder Valley Nature Center

On **Monday, June 3**, IN is heading to **Powder Valley Nature Center** for a walking adventure! We'll leave at 10:30. Apply sunblock on your loved one before arriving at the center and wear comfy shoes! We will eat lunch at the park. Let me know by May 31 if you're bringing your own lunch.

Parent Focus Meeting

Join us on **Wednesday, June 5** in the J Café from 4:30-5:30pm.

Circus Flora

It's circus time on **Friday, June 14!** We'll depart at 11:30am. Contact me by June 7 if you plan to bring your own lunch.

New Yoga Instructor

On Friday, June 26 from 11am-12pm a new yoga instructor will lead us. If you have a yoga mat, you're welcome to bring it.

Reminders

- **Sunscreen:** A physician's order is required for sunscreen to be applied at the ADC, or it must be applied before arriving. Participants are not permitted to apply it on their own.
- **Outdoor Swimming:** Tuesdays & Thursdays at 1pm; everyone MUST use their blue drawstring bags for swimming items.
- **Action Trackers:** Make sure to record your steps every day! Contact me with any questions.
- **Transportation/Schedule Changes:** Contact Kristen Conard @ 314.442.3261, ***Important: Due to the max attendance, it is imperative you communicate all changes as soon as possible.*

Thank you and have a wonderful 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
4:30 – 5:30pm

Wednesday, June 5
Monday, October 7
Monday, 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:

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

June 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

Note:

- For schedule and/or transportation changes, contact Kristen at **314.442.3261**.
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee**.



June 3 - 7

3	10:30am	Outing: Powder Valley Nature Center
M O N	2:30pm	Return to Center
	3:30pm	Independent Living Skill: Hygiene
	4pm	Zumba
<i>Happy Birthday Megan!</i>		
4	10:30am	IN-Gen Music/Motor Skills: Tying Knots
T U E	11am	Music Therapy/Exercise
	1pm	Swimming
	3:30pm	Reading to ECC
	4pm	Independent Living Skill: Laundry
5	10:30am	Greeting Gym Members/ Exercise
W E D	11am	Craftability Activity
	1pm	Art Expressions/Pet & Speech Therapy
	2pm	Social Etiquette Skills
	3:30pm	Independent Living Skill: Cleaning
	4pm	Dance Exercise
	4:30pm	<i>Parent Focus Meeting in J Café 4:30-5:30pm</i>
6	9:45am	Tai Chi
T H U	10:30am	Science
	1pm	Swimming
	3:30pm	Independent Living Skill: Laundry
	4pm	Social Activity: Uno
	7	10:30am
F R I	11:15am	Exercise
	1pm	Cooking Club
	2pm	Shabbat/Sensory Activity
	3:30pm	Independent Living Skill: Safety
	4pm	Adapted Sport

June 10 - 14

10	10:30am	Volunteering @ the J: Garden of Eden
M O N	11:00am	Exercise
	1pm	Volunteering @ the J: church project
	3:30pm	Independent Living Skill: Stress Management
	4:00pm	Zumba
11	10:30am	IN-Gen Music/Motor Skills: Cutting
T U E	11am	Exercise/Science
	1pm	Swimming
	2:30pm	Reading to ECC
	3:30pm	Independent Living Skill: Laundry
4pm	Adaptive Sport	
12	10:30am	Greeting Gym Members/ Exercise
W E D	1pm	Art Expressions/Pet & Speech Therapy
	2pm	Social Etiquette Skills
	3:30pm	Independent Living Skill: Cleaning
	4pm	Dance Exercise
<i>Happy Birthday Anna!</i>		
13	10:30am	Nature Activity
T H U	11am	Music Therapy
	1pm	Swimming
	2pm	Independent Living Skill: Laundry
	3:30pm	Volunteering @ the J: Meal Kit Project
	14	10:30am
F R I	11am	Outing: Circus Flora
	2:30pm	Return to center
	4pm	Volunteering @ the J: Meal Kit Project
<i>Happy Birthday Devin!</i>		

June 17 - 21

17	10:30am	Volunteering @ the J: Garden of Eden
M O N	11am	Exercise
	1pm	STEAM Activity
	2pm	Independent Living Skill: Conflict Resolution
	3:30pm	Food Donation @ Harvey Kornblum Jewish Food Pantry
	4pm	Return to Center
18	10:30am	IN-Gen Music/Motor Skills: Tying Knots
T U E	11am	Music Therapy/Exercise
	1pm	Swimming
	2:30pm	Reading to ECC
	3:30pm	Independent Living Skill: Laundry
	4pm	Computer Skills: Typing
19	10:30am	Greeting Gym Members/ Exercise
W E D	11:15am	Art Expressions/Pet & Speech Therapy
	1pm	Social Etiquette Skills
	3:30pm	Independent Living Skills: Cleaning
	4pm	Dance Exercise
	20	9:45am
T H U	10:30am	Nature Activity
	11:15am	Music Therapy
	1pm	Swimming
	3:30pm	Independent Living Skill: Laundry
	4pm	Social Activity: Monopoly
	21	10:30am
F R I	11:30am	Exercise
	1pm	Music Therapy with Connections
	2pm	Shabbat/Sensory Activity
	3:30pm	Independent Living Skill: Safety
	4pm	Basketball

June 24 - 28

24	10:30am	Volunteering @ the J: Garden of Eden
M O N	11am	Exercise
	1pm	Art Expressions
	2pm	Basketball
	3:30pm	Independent Living Skills: Organization
	4pm	Zumba
25	10:30am	IN-Gen Music/Motor Skills: Cutting
T U E	11am	Music Therapy/Exercise
	1pm	Swimming
	2:30pm	Reading to ECC
	3:30pm	Independent Living Skills: Laundry
4pm	Computer Skills: Typing	
26	10:30am	Social Etiquette Skills
W E D	11am	Yoga with Beth
	1pm	Greeting Gym Members/ Pet & Speech Therapy
	3:30pm	Independent Living Skill: Stress Management
	4:00pm	Social Activity: Memory Game
	27	9:45am
T H U	10:30am	STEAM Activity
	1pm	Swimming
	3:30pm	Independent Living Skill: Laundry
	4pm	Computer Skills: Typing
28	10:30am	Volunteering: Folding Towels
F R I	11am	Exercise
	1pm	STEAM Activity
	2:30pm	Shabbat/Sensory Activity
	3:30pm	Independent Living Skills: Time Management
	4:00pm	Basketball

June 2019

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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

