

July 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	31			



Dear Families,

We would like to officially welcome Liz McGinnis and Marge Bleyer to our PRN Program Assistant team, and we are also pleased to announce Kathy Heitman's return from retirement! During the next few months Kathy, Marge and Liz will be joining us a few days each week enhancing our programs and building connections with you loved ones. Please stop by and say hello.

Also, just a quick reminder that the Center will be closed on Thursday, July 4 for Independence Day. We hope you have a wonderful day.

Thank you for allowing our family to become part of yours.

Sincerely,
Ashley Stockman
Director, 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: 7/1 & 8/5 3:00 - 4:30pm
Friday: 7/19 & 8/16 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





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
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	Cathy Connoley Rec. Program Coordinator 314.442.3247		Cynthia Wyatt Activity Assistant
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	Emily Jolly Activity Assistant		Karen Stephenson Admin. Assist. 314.442.3248
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	Renee Butler RN 314.442.3243		Jenay Sneed CNA
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- 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
Adult Day at the J
 Care for your whole family

July 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

July 1 - 5

1	10:30am	Intergenerational Music/ Word Search
M O N	11am	Disco Dance Exercise
	11:30am	Adapted Sports/Garden Club
	1pm	Volleyball
	4pm	Wii 100 Pin Bowling

2	10:30am	Intergenerational Music/ Watercolor Pen Painting
T U E	11am	Exercise
	11:30am	Adapted Sport/Learn ASL: National Anthem
	1pm	Music Therapy /Sudoku
	3:30pm	Walking Club
	4pm	Table Games

3	10:30am	Penny Pitch/ Patriotic Painting
W E D	11am	America Bingo
	1pm	Live Music with Joe Garnier/Duo Therapy Dogs
	2pm	Fitness March/ Red, White & Blue Parfaits
	4pm	America the Beautiful

4 **Center is CLOSED**

THU

HAPPY INDEPENDENCE DAY!



happy
4th of
July

5	10:30am	Chair Yoga
F R I	11am	Adapted Sports/ Jewish-Focused Music Therapy
	1pm	Music Therapy / Walking Club
	2pm	Shabbat
	4pm	Table Tennis/Magazines

July 8 - 12

8	10:30am	Cardinals Reminisce League / Intergenerational Music
M O N	11am	Adapted Chair Dance
	11:30am	Baseball Toss
	1pm	Cooking Club: Fresh Herb Dip/Sing with Cathy
	4pm	Word Games/Table Games

9	10:30am	Intergenerational Music/ Independent Crosswords
T U E	11am	Exercise
	11:30am	Garden Club/ Pyramid Knock Down
	1pm	Music Therapy
	3:30pm	Armchair Travel: Australia

10	10:30am	Exercise
W E D	11am	Upbeat News/ Clothespin Drop
	11:30am	Beach Ball Banter/ Apples to Apples
	1pm	Duo Therapy Dogs
	1:30pm	Tools of the Trade Guessing Game
	2pm	Pina Colada Happy Hour
	3:30pm	LCR/Farkle

11	10:30am	Tai Chi
T H U	11:15am	STEAM/Basketball
	1pm	Live Music w/ Chrissy Renick
	4pm	Blackjack/Yahtzee!

12	10:30am	Chair Yoga
F R I	11am	Jewish-Focused Music Therapy /Bowling
	1pm	Music Therapy
	2pm	Shabbat
	4pm	Documentary: How the Arch Was Made

July 15 - 19

15	10:30am	Intergenerational Music/ Adult Coloring
M O N	11am	Modern Chair Dance
	11:30am	Shuffle Toss
	1pm	Live Music w/ Cheryl Brown
	4pm	Toss Up/Doodle Dice

16	10:30am	Intergenerational Music/ Word Searches
T U E	11am	Exercise
	11:30am	Garden Club/Horseshoes
	1pm	Music Therapy
	3:30pm	Appalachian Mountain Scenery

17	10:30am	Modern Chair Dance
W E D	11am	Bowling
	11:30am	Creative Expressions: Kite Mural/Visual Guessing Game
	1pm	Duo Therapy Dogs / Wheel of Fortune
	4pm	Roll It Tic-Tac-Toe
	<i>Dewey's Pizza Volunteer Day</i>	

18	10:30am	Tai Chi
T H U	11:15am	Sensory Relax/Upbeat News
	1pm	Live Music w/ Rekha Dravina
	3:30pm	Walking Club
	4pm	Dominoes

19	10:30am	Chair Yoga
F R I	11am	Jewish-Focused Music Therapy /Toss Challenge
	11:30am	Conversation Catch
	1pm	Music Therapy
	2pm	Shabbat
	4pm	Sorry!

July 22 - 26

22	10:30am	Intergenerational Music/ Summertime Word Search
M O N	11am	Modern Chair Dance
	11:30am	Bulls Eye Match
	1pm	Men's Club & Ladies Club Bingo
	4pm	

23	10:30am	Intergenerational Music/ Sudoku Puzzles
T U E	11am	Exercise
	11:30am	Garden Club/Mini Cornhole
	1pm	Music Therapy
	2pm	Ice Cream Cone Social
	3:30pm	Armchair Travel: Dubai

24	10:30am	Exercise
W E D	11am	Model Airplane Challenge
	1pm	Duo Therapy Dogs / Crossword
	3:30pm	Walking Club
	4pm	Table Games

25	10:30am	Tai Chi
T H U	11:15am	Creative Expressions: Kite Flying Mural/ Adapted Sports
	1pm	Live Music w/ Ro, Lonna, & Cathy
	3:30pm	Dice Games

26	10:30am	Chair Yoga
F R I	11am	Jewish-Focused Music Therapy /Tar Grip Throw
	11:30am	Name 10 Things
	1pm	Music Therapy
	2pm	Shabbat
	4pm	Quirkle
	<i>HAPPY BIRTHDAY JERRY J (27TH)</i>	

July 29 - 31 **SHARK WEEK**

29	10:30am	Intergenerational Music/ Puzzles
M O N	11am	Modern Chair Dance
	11:30am	Golf
	1pm	Photo Guide to Sharks/ Ocean Documentary
	4pm	Table Games/Wii: Endless Ocean

30	10:30am	Intergenerational Music/ Adult Coloring
T U E	11am	Exercise
	11:30am	Garden Club/Target Baseball
	1pm	Music Therapy
	3pm	Ocean Bingo
	4pm	TANKED!

31	10:30am	Exercise
W E D	11am	Phase 10/Indoor Disc Golf
	11:30am	Word Games
	1pm	Duo Therapy Dogs / Creative Expressions: Shark Painting
	3:30pm	Walking Club
	4pm	Uno

Daily Activities

MORNING

8:00am	Coffee Talks/Table Activities
9:30am	Breakfast
10:00am	Brain Boosters

12:15pm Lunch

AFTERNOON

2:00pm	Trivia/Bus Dismissal
3:15pm	Snack
3:30pm	Small Group/Independent Leisure