

Dear IN Families,

We hope everyone has had an enjoyable summer. Hopefully we have some amazing weather coming our way as we had into the fall months. **On September 23, IN will be volunteering at the Harvey Kornblum Jewish Food Pantry**, located very close to the J. If any parents would like to join us and help with any outings, now or in the future, please contact Ashley or Kristen.

Important Information

Reminders

- **Sunscreen:** A physician order is required for sunscreen to be used at the Center, or you must apply it before arriving each day.
- **Transportation/Schedule Changes:** please contact Kristen Conard @ 314.442.3261 or email adc@jccstl.org

Closures

The Center will be closed on the following days:

- **September 2** – Labor Day
- **September 30** – Rosh Hashanah

Thank you for being part of our J family!

Ashley Stockman
Director, Adult Day at the J
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

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

September 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

September 2 - 6

| | | |
|----------------------|---------------|--|
| 2 | CLOSED | HAPPY LABOR DAY |
| M O N | | |
| 3 | 10:30am | Inter-Generational Music/ Dot to Dot |
| T U E | 11am | Music Therapy/Marshmallow Skyscrapers |
| | 1pm | Swimming |
| | 3:30pm | Independent Living Skills: Laundry |
| | 4pm | Group Game |
| 4 | 10:30am | Fine Motor Skills |
| | 11am | Greeting Gym Members/ Basketball |
| W E D | 1pm | Art Expressions/DUO Pet Therapy |
| | 2pm | Paint by Numbers |
| | 3:30pm | Independent Living: Cleaning |
| | 4pm | Dance Exercise |
| 5 | 9:45am | Tai Chi |
| | 10:30am | Cooking Club: Football Cookies |
| T H U | 11:30am | Meditation Activity |
| | 1pm | Live Music/Science Fair Prep |
| | 2pm | NFL Kick-Off Party |
| | 2:30pm | NFL Bingo/Football Word Search |
| | 3:30pm | Independent Living: Cleaning |
| | 4pm | Wii/Adult Coloring |
| 6 | 10:30am | Science Fair & Party |
| | 11:00am | Melted Crayon Project |
| F R I | 1pm | Mad Libs/Memory Match |
| | 1:30pm | Name that Disney Tune! |
| | 2pm | Shabbat/Job Seeking Power Hour |
| | 4pm | Bingo/Adult Coloring |

September 9 - 13

| | | |
|----------------------|---------|--|
| 9 | 10:30am | Volunteering: Garden of Eden/Cardinals |
| M O N | | Reminiscence League |
| | 1pm | Exercise/Speech Therapy |
| | 2pm | Social Etiquette Skills |
| | 3:30pm | Independent Living: Safety |
| | 4pm | Zumba |
| 10 | 10:30am | Inter-Generational Music/ Writing Skills |
| T U E | 11am | Music Therapy/Exercise |
| | 1pm | Swimming |
| | 3:30pm | Independent Living Skills: Laundry |
| | 4pm | Typing Skills Happy Birthday, Cristiana! |
| 11 | 10:30am | Exercise |
| | 11am | Giving Back: Meal Prep for Lydia's House |
| W E D | 1pm | DUO Pet Therapy/Lydia's House Meal Prep |
| | 3:30pm | Independent Living: Stress Management |
| | 4pm | Dance Exercise |
| 12 | 9:45am | Tai Chi |
| | 10:30am | STEAM/Exercise |
| T H U | 1pm | National Weather Service Presentation |
| | 3:30pm | Independent Living Skills: Stress Management |
| | 4pm | Wii/Adult Coloring |
| 13 | 10:30am | Volunteering: Folding Towels |
| | 11:30am | Healthy Eating Activity |
| F R I | 1pm | Exercise |
| | 2pm | Shabbat |
| | 3:30pm | Independent Living: Organization |
| | 4pm | Adaptive Sport |

September 16 - 20

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|----------------------|---------|---|
| 16 | 10:30am | Volunteering: Garden of Eden |
| | 1pm | Basketball/Speech Therapy |
| M O N | 2pm | Social Etiquette Skills |
| | 3:30pm | Independent Living Skills: Time Management |
| | 4pm | Zumba |
| 17 | 10:30am | Inter-Generational Music/ Reading Skills |
| T U E | 11am | Music Therapy/Exercise |
| | 1pm | Swimming |
| | 3:30pm | Independent Living Skills: Laundry |
| | 4pm | Adaptive Sport |
| 18 | 10:30am | Greeting Gym Members |
| | 11am | Exercise/Craftibility |
| W E D | 1pm | Art Expressions/DUO Pet Therapy |
| | 2pm | Sensory Activity |
| | 3:30pm | Independent Living Skills: Safety |
| | 4pm | Dance Exercise |
| 19 | 9:45am | Tai Chi |
| | 10:30am | Fine Motor Skills |
| T H U | 11am | Science |
| | 1pm | Monday Matinee: The Greatest Showman |
| | 3:30pm | Independent Living Skills: Stress Management |
| | 4pm | Wii/Adult Coloring |
| 20 | 10:30am | Volunteering: Folding Towels |
| | 11am | Exercise |
| F R I | 1pm | Music Therapy/Quiet Choice |
| | 2pm | Shabbat |
| | 3:30pm | Independent Living |
| | 4pm | Adaptive Sport |

September 23 - 27

| | | |
|----------------------|---------|---|
| 23 | 10:30am | Volunteering @ Jewish Food Pantry |
| M O N | 1pm | Exercise/Speech Therapy |
| | 1:30pm | Money Management Skills |
| | 2pm | Social Etiquette |
| | 3:30pm | Independent Living Skills: Hygiene Skills |
| | 4pm | Zumba |
| 24 | 10:30am | Inter-Generational Rosh Hashanah with Rabbi Brad |
| T U E | 11am | Music Therapy/Exercise |
| | 1pm | Swimming/Music Therapy |
| | 3:30pm | Independent Living Skills: Laundry |
| | 4pm | Typing Skills |
| 25 | 10:30am | Greeting Gym Members/ Exercise |
| W E D | 1pm | Art Expressions/DUO Pet Therapy |
| | 2pm | Gratitude Scavenger Hunt |
| | 3:30pm | Independent Living Skills: Stress Management |
| | 4pm | Dance Happy Birthday, Ann! |
| 26 | 10:30am | Tai Chi |
| | 11:15am | Horseshoe Toss/ Cooking Club |
| T H U | 1pm | Feature Film: <i>The Shakiest Gun in the West</i> |
| | 4pm | Texas Hold'em/ Bullseye Match |
| 27 | 10:30am | Volunteering: Folding Towels |
| F R I | 11:00am | Exercise |
| | 1pm | Cooking Club: Rosh Hashanah Apples |
| | 2pm | Jewish New Year Celebration/Shabbat |
| | 3:30pm | Independent Living Skills |
| | 4pm | Adaptive Sport |

September 30

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| 30 | CLOSED | ROSH HASHANAH HAPPY 5780 |
| M O N | | |

September 2019

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| 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

4:00pm Group Games/Projects