

Dear Connections Families,

We hope everyone has had an enjoyable summer. Hopefully we have some amazing weather coming our way as we head into the fall months.

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



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:**
9/9 & 10/7 3:00 - 4:30pm
- Friday:**
9/20 & 10/8 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



Cathy Connoley
Rec. Program
Coordinator
314.442.3247



Cynthia Wyatt
Activity
Assistant



Emily Jolly
Activity
Assistant



Karen Stephenson
Admin. Assist.
314.442.3248



Renee Butler
RN
314.442.3243



Jenay Sneed
CNA

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

September 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

jccstl.org



September 2 - 6

2 **CLOSED** **HAPPY LABOR DAY**

M
O
N

3 10:30am Inter-Generational Music/
Watercolor Painting

T 11am Exercise
U 11:30am Outdoor Adapted Sport/Word
E Games

1pm Music Therapy/Walking Club
4pm Wii Sports/Table Games

Happy Birthday, AI! (9/2)

4 10:30am Adapted Chair Dance
11am Garden Club/Horseshoes
W 11:30am Word Games
E 1pm DUO Pet Therapy/Science
D Fair Prep
4pm Table Games/Walking Club

5 10:30am Tai Chi
11:15am Kings in the Corner/Adapted
T Sport
H 12:15pm Cardinals vs Giants
U 1pm Live Music by Dan Balsamo/
Science Fair Prep
2pm NFL Kickoff Party
3:30pm Upbeat News/Dice Games

6 10:30am Science Fair & Farewell to
Rachel Party
F 11:00am Jewish-Focused Music
R Therapy/ Chair Yoga
I 1pm Music Therapy/ASL Learning
2pm Shabbat
4pm Bingo

September 9 - 13

9 10:30am Inter-Generational Music/
Cardinals Reminisce
League
M 11am Exercise
O 11:30am Adapted Sports/Gardening
N 1pm Live Music by John Scott/
Donation Preparation
4pm Conversation Catch

10 10:30am Inter-Generational Music/
Sun Tea Making
T 11am Adapted Sport/Hand-In-Hand
U 11:30am Exercise
E 1pm Music Therapy
4pm Walking Club/Word Games

11 10:30am Exercise
11am Giving Back: Meal Prep for
W Lydia's House/Washers
E 11:30am What's In the Bag?
D 1pm DUO Pet Therapy/Gardening
4pm Group Scrabble

12 10:30am Tai Chi
11:15am Paper Making/Basketball
T 1pm National Weather Service
H Presentation
U 1:30pm Cardinals VS Rockies
4pm Wii Bowling Tournament

13 10:30am Chair Yoga
11am Jewish Music Therapy/
F Outdoor Walking
R 1pm Music Therapy
I 2pm Shabbat
4pm Star Trek

September 16 - 20

16 10:30am Inter-Generational Music/
Word Searches
M 11am Adapted Chair Dance
O 11:30am Outdoor Relax/Garden Club
N 1pm Blackjack/Sensory
Reminisce
4pm They're *HOW OLD?*

17 10:30am Inter-Generational Music/
Card Making Project
T 11am Exercise
U 11:30am Outdoor Scavenger Hunt
E 1pm Music Therapy
4pm Wheel of Fortune
Competition

18 10:30am Exercise
11am Craftibility/Outdoor Yard
W Games
E 1pm DUO Pet Therapy/Sing with
D Cathy/Blackjack
4pm Cardinals vs. Nationals

19 10:30am Tai Chi
11:15am Jewelry Making/Sensory
T Relax
H 1pm Monday Matinee: The
U Greatest Showman
4pm Table Games/Walking Club

20 10:30am Chair Yoga
11am Jewish-Focused Music
F Therapy/Volleyball
R 1pm Music Therapy/Cardinals
I vs. Cubs
2pm Shabbat
4pm Farkle

September 23 - 27

23 10:30am Inter-Generational Music/
Letter Writing Project
M 11am Creative Expressions
O 1pm Men's & Ladies Club
N 2pm Exercise with Cathy
4pm Disney Scene It

24 10:30am Inter-Generational Rosh
Hashanah with Rabbi Brad
T 11am Hand-In-Hand/Shuffle Putt
U 11:30am Word Games
E 1pm Music Therapy/Mandala
Coloring
4pm Sorry!

25 10:30am Exercise
11am Mexican Train Dominos/
W Adapted Sports
E 1pm DUO Pet Therapy/Outdoor
D Drawing/Name 5 Things
4pm Upbeat News

26 10:30am Tai Chi
11:15am Horseshoe Toss/Cooking
T Club
H 1pm Feature Film: The Shakiest
U Gun in the West
4pm Texas Hold'em/Bullseye
Match

27 10:30am Chair Yoga
11am Jewish-Focused Music
F Therapy/Adapted Sports
R Music Therapy/Baseball
I Updates
2pm Shabbat/Jewish New Year
Celebration
4pm Armchair Travel: Brazilian
Rainforest

Happy Birthday Sarah!

September 30

26 **CLOSED** **ROSH HASHANAH**
5780

M
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N

September		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					

Daily Activities

MORNING

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

12:15pm Lunch

AFTERNOON

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