

Dear IN Program Families,

It is so wonderful to be back! I am super excited about the month ahead. It's filled with a lot learning opportunities and of course lots of fun! To bring us into fall, we have planned a variety of seasonally themed activities for the month. Our most anticipated field trip this month will be when we head to the Summit Pumpkin Patch in Kirkwood. They offer lots of fun activities and a great farmer's market with lots of local produce. More details are below.

**Reminders & Closures**

**Tuesday, October 8**

Early Close at 5pm for Kol Nidre (Yom Kippur)

**Wednesday, October 9**

CLOSED for Yom Kippur

**Friday, October 11**

**Summit Pumpkin Patch Outing** – Please arrive by 10am. There will be lots of walking so please wear appropriate footwear and dress accordingly. If any guardians would like to volunteer to help, contact Brittany ASAP @ 314.442.3249.

**Important Transportation Note**

**Transportation/Schedule Changes:** Kristen will be out from 9/30-10/14. For all scheduling changes during this time, email [adc@jccstl.org](mailto:adc@jccstl.org). If you are requesting to add a day, wait until you receive an email confirmation to ensure room and staffing is available on that day. Please call our main line, 314.442.3248, for any immediate concerns during this time.

Looking forward to another great month with you all!

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.*

*Additional funding for the IN Program has been provided by the generous support of The Miracle Makers Foundation, JCA Charitable Foundation, The J Associates, The Women's Auxiliary for the Jewish Aged and Emerson.*

*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



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**Brittany Simon**  
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**Cathy Conoley**  
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**Renee Butler**  
RN  
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**Jenay Sneed**  
CNA



**Karen Stephenson**  
Admin. Assist.  
314.442.3248



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

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

**October 1 - 4**

**October 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		

<b>TUE</b>	1	10:30am	Fine Motor Skills
		11am	<b>Music Therapy</b>
		1pm	<b>Swimming</b>
		3:30pm	Laundry Skills
		4pm	Zumba
<b>WED</b>	2	10:30am	<b>Greeting Gym Members/ Exercise</b>
		11:30am	Fall Scavenger Hunt
		1pm	Art Expressions: Make a Leaf Person
		2pm	Social Etiquette Skills
		3:30pm	Typing Skills
		4pm	Dance
<b>THU</b>	3	9:45am	<b>Tai Chi</b>
		10:30am	STEAM
		1pm	Fall Carnival Project
		2pm	Yom Kippur Shabbat
		3:30pm	Independent Living: Organization
		4pm	Conversation Starters
<b>FRI</b>	4	10:30am	<b>Volunteering: Folding Towels</b>
		11:15am	Exercise
		1pm	Fall Carnival Project
		3:30pm	Independent Living: Cleaning
		4pm	Uno/Creative Writing

**October 7 - 11 NATIONAL FIRE PREVENTION WEEK**

<b>MON</b>	7	10:30am	Fall Carnival with ECC
		1pm	<b>Speech Therapy/Live Entertainment</b> by Harmonica Club
		2pm	Basketball
		3:30pm	Independent Living: Money Management
		4pm	Zumba
<b>TUE</b>	8	10:30am	Reading Skills
		11am	<b>Music Therapy</b>
		1pm	<b>Swimming</b>
		3:30pm	Independent Living: laundry
		4pm	Wii/Adult Coloring
<b>KOL NIDRE-YOM KIPPUR</b>			
<b>WED</b>	9	<b>CLOSED</b>	<b>YOM KIPPUR</b>
<b>THU</b>	10	9:45am	<b>Tai Chi</b>
		10:30am	STEAM: Pumpkin Volcano
		11am	Exercise/Football Fantasy
		1pm	Art Expressions
		3:30pm	Independent Living: Organization
		4pm	Safety Skills
<b>FRI</b>	11	10:30am	<b>Outing: Summit Pumpkin Patch</b>
		2:30pm	Return to Center
		3:30pm	Independent Living Skills: Cleaning
		4pm	Leaf Races

**October 14 - 18**

<b>MON</b>	14	10:30am	<b>SUKKOT</b> Cardinals Reminisce League Celebration/ IN-Gen Music
		11am	Art Expressions
		1pm	<b>Speech Therapy/Basketball</b>
		2pm	Social Etiquette
		3:30pm	Independent Living: Money Management
		4pm	Zumba
<b>TUE</b>	15	10:30am	<b>SUKKOT</b> Fine Motor Skills
		11am	<b>Music Therapy</b>
		1pm	<b>Swimming</b>
		3:30pm	Independent Living: laundry
		4pm	Creative Writing/Leaf Cling Activity
<b>WED</b>	16	10:30am	Communication Skills:
		11:30am	Greeting Gym Members Exercise/Basketball
		1pm	Art Expressions: Foil Printed Fall Tree
		2pm	Conversation Starters
		3:30pm	Typing Skills/Documentary: Fastball
		4pm	Dance
<b>THU</b>	17	9:45am	<b>Tai Chi</b>
		10:30am	Writing Skills
		11am	Garden Club/Exercise
		1pm	Hand Massage & Relaxation/ Monopoly
		3:30pm	Independent Living: Organization
		4pm	Adapted Sport/Adult Coloring
<b>Happy Birthday Adam!</b>			
<b>FRI</b>	18	10:30am	<b>Volunteering: Folding Towels</b>
		11:15am	Exercise
		1pm	Music Therapy/ Interviewing Skills
		3:30pm	Independent Living Skills: Cleaning
		4pm	Pumpkin Guts Exploration

**October 21 - 25**

<b>MON</b>	21	10:30am	<b>SHEMINI ATZERET</b> <b>IN-Gen Music/Writing Skills</b>
		11am	STEAM: Apple Activity
		1pm	<b>Speech Therapy/Fall Play</b>
		2pm	Dough Recipes
		3:30pm	Social Etiquette Skills
		4pm	Laundry Skills
			Zumba
<b>TUE</b>	22	10:30am	<b>SIMCHAT TORAH</b> Sensory Activity/Writing Skills
		11am	<b>Music Therapy</b>
		1pm	<b>Swimming</b>
		3:30pm	Independent Living Skills: laundry
		4pm	Exercise/Adapted Sport
<b>WED</b>	23	10:30am	Social Activity w/volunteers from Brittany Wood School
		1pm	<b>DUO Therapy Dogs/ Scrapbooking</b>
		2pm	Social Etiquette Skills
		3:30pm	Typing Skills
		4pm	Dance
<b>THU</b>	24	9:45am	<b>Tai Chi</b>
		10:30am	STEAM: Glowing Jell-O Experiment
		1pm	Men's & Ladies Club/ Exercise
		3:30pm	Independent Living: Organization
		4pm	Dot to Dot Activity/Creative Writing
<b>FRI</b>	25	10:30am	<b>Volunteering: Folding Towels</b>
		11:15am	Exercise
		1pm	Cooking Club
		2pm	Time Management Activity/ Gourd Contest
		3:30pm	Independent Living Skills: Cleaning
		4pm	Hide & Seek Leaf Activity

**October 28 - 31**

<b>MON</b>	28	10:30am	<b>IN-Gen Music/Reading Skills</b>
		11am	Nature Walk/Gourd Golf
		1pm	<b>Speech Therapy/Art Expressions</b>
		2pm	Hygiene Skills
		3:30pm	Money Management
		4pm	Zumba
<b>TUE</b>	29	10:30am	<b>In-Gen Music/Motor Skills</b>
		11am	<b>Music Therapy</b>
		1pm	<b>Swimming</b>
		3:30pm	Independent Living: laundry
		4pm	Wii/Board Games
<b>WED</b>	30	10:30am	Greeting Gym Members Exercise
		11:30am	<b>DUO Therapy Dogs/Conflict Resolution Activity</b>
		1pm	Marble Race/Dominos
		2pm	Typing Skills
		3:30pm	Dance
		4pm	<b>Happy Birthday Joey!</b>
<b>THU</b>	31	9:45am	<b>Tai Chi</b>
		10:30am	STEAM: Density
		1pm	Harvest Fest
		3:30pm	Social Etiquette Skills
		4pm	STEAM: Magnetic Slime

**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