

Dear ADC Participants and Families,

To bring in the fall we have a several special events planned this month that everyone is sure to enjoy. Some of fun and interactive activities include our third Intergenerational Carnival (10/7), Cardinal Reminiscence League's end-of-season ballpark luncheon (10/14) and a Harvest Festival celebration (10/31).

Reminders & Closures

Tuesday, October 8

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

Wednesday, October 9

CLOSED for Yom Kippur

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. 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.



Thank you for being part of our J family!

Ashley Stockman
Director, Adult Day at the J



Support Groups

Caregiver Connections

The J, along with the Alzheimer's Association, provide two monthly support group opportunities. These groups, entitle Caregiver Connections, meet in the Adult Day at the J area in the Staenberg Family Complex – Arts & Education Building on one Monday and Friday each month.

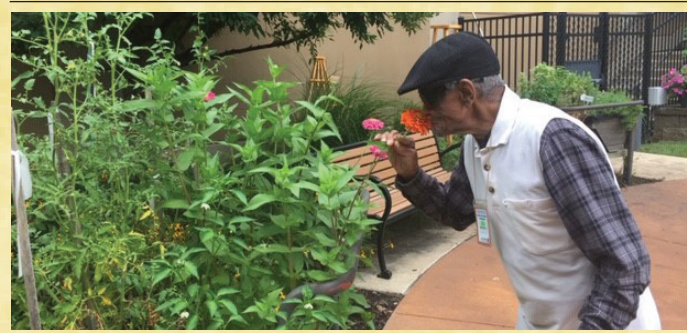


Upcoming meetings

Monday:	10/7 & 11/4	3:00 - 4:30pm
Friday:	10/18 & 11/15	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, Trio Foundation of Saint Louis, United Way, the Jewish Federation of St. Louis, the Karty Fund, the Veteran's Administration, the Missouri Department of Mental Health, and the State of Missouri Medicaid Program.

Additional funding for the Connections program provided by The Retirement Research Foundation, JCA Charitable Foundation, the J Associates, The Women's Auxiliary for the Jewish Aged, Aging Ahead, The Trio Foundation of St. Louis, Emerson, and the Department of Veterans Affairs.

The Music Therapy program is funded by a grant through the JCA Charitable Foundation.

Meet 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

October 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



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		

1	10:30am	ROSH HASHANAH Exercise
TUE	11am	Live Music by Matt Davis/ Puzzles
	1pm	Bowling
	3:30pm	Upbeat News
2	10:30am	Exercise
	11am	Cake Decorating
WED	1pm	Demonstration/Magazine Scavenger Hunt
	1:30pm	DUO Therapy Dogs
	4pm	Broadway Musical Games Table Games
3	10:30am	Tai Chi
	11:15am	Adapted Sports/Garden Club
THU	1pm	Sing with Cathy/Fantasy Football League
	4pm	Humor for Health/ Table Games
4	10:30am	Stretching & Mindfulness Meditation
FR	11:00am	Indoor Baseball/Jewish Focused Music Therapy
I	1pm	Music Therapy/Visual Art Project
	2pm	Yom Kippur Shabbat with Rabbi Brad Horowitz
	3:30pm	Sorry Sliders

October 7 - 11

7	10:30am	FALL CARNIVAL WITH ECC Live Music by The Gateway Harmonica Club
MON	1pm	Walking Club/Word Games
	4pm	
8	10:30am	KOL NIDRE YOM KIPPUR Inter-Generational Music/ Crosswords
TUE	11am	Hand-In-Hand/Shuffleboard
	11:30am	Name 10 Things
	1pm	Music Therapy
	4pm	Toss-Up ADC CLOSSES AT 5PM
9	CLOSED YOM KIPPUR G'mar Hatima Tova	
WED		
10	10:30am	Exercise
	11am	Creative Expressions/ Washers
THU	11:30am	Knock It Down Game
	1pm	Health & Science News/ Conversation Catch
	4pm	Walking Club/Cards
11	10:30am	Stretching and Mindfulness Meditation
FR	11am	Adapted Sports
I	11:30am	Who's Smarter Than a Fifth Grader
	1pm	Music Therapy
	4pm	Playoff Baseball Update/ Bunco!
		HAPPY BIRTHDAY LEBERTHA L.

October 14 - 18

14	10:30am	SUKKOT Cardinals Reminisce League Party
MON	1pm	Live Classical Music by Rekha Dravina
	2pm	Adapted Chair Dance
	4pm	Table Games
15	10:30am	SUKKOT Inter-Generational Music
TUE	11am	Exercise
	11:30am	Adapted Sports
	1:00pm	Music Therapy/ Sudoku Puzzles
	2pm	Small Group Music Therapy/ Trivia
	4pm	Upbeat News
16	10:30am	Exercise
	11am	Texas Hold 'em/Walking Club
WED	11:30am	Famous Faces of St. Louis
	1pm	DUO Therapy Dogs
	1:30pm	Sing Motown Hits with Cathy
	3:30pm	Documentary: <i>Fastball</i>
17	10:30am	Tai Chi
	11:15am	Garden Club/Adapted Sports
THU	1pm	Poker/Hand Massage & Relaxation
	4pm	Wii Sports
18	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Tar Grip Throw
FR	1pm	Music Therapy
I	3:30pm	Giving Back Activity
		HAPPY BIRTHDAY SUSAN P.

October 21 - 25

21	10:30am	SHEMINI ATZERET Inter-Generational Music/ Word Searches
MON	11am	Exercise
	11:30am	Adapted Sports
	1pm	Entertainment TBD
	4pm	Gourd Decorating Contest Begins
		HAPPY BIRTHDAY BEN S. (20TH)
22	10:30am	SIMCHAT TORAH Inter-Generational Music/ Puzzles
TUE	11am	Hand-in-Hand/Exercise
	11:30am	Adapted Sports
	1pm	Music Therapy
	4pm	Boggle
23	10:30am	Exercise
	11am	Adapted Sport/Garden Club
WED	11:30am	South African Roobios Tea Sip
	1pm	DUO Therapy Dogs
	1:30pm	African Safari Slideshow
	4pm	Table Games/ <i>The Golden Girls</i> Sitcom
24	10:30am	Tai Chi
	11am	Bowling
THU	11:30am	Walking Club
	1pm	Men's Club/Ladies Club
	4pm	Gourd Decorating
		HAPPY BIRTHDAY DEBORAH S.
25	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Indoor Soccer
FR	11:30am	Unusual Collections Slideshow
	1pm	Sock Hop Music Therapy Party
	4pm	Table Games

October 28 - 31

28	10:30am	Inter-Generational Music/ Watercolor Painting
MON	11am	Adapted Chair Dance
	11:30am	Gourd Golf
	1pm	Garden Club/Broadway Musical Games
	1:30pm	Chinese Checkers/ Aromatherapy
	4pm	<i>The Munsters</i> Sitcom
29	10:30am	Inter-Generational Music
	11am	Exercise
TUE	11:30am	Adapted Bumper Pool
	1pm	Music Therapy
	4pm	Table Games
30	10:30am	Exercise
	11am	Sing with Cathy/ Texas Hold 'em
WED	1pm	DUO Therapy Dogs
	1:30pm	Famous Faces
	4pm	Walking Club/Farkle
31	10:30am	Tai Chi
	11:15am	Adapted Sports
THU	1pm	Harvest Fest
	4pm	Phase 10

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