

Dear IN Program Families,

As we approach the end of the year, I want to take a moment to reflect on a few program highlights from this past year. We tackled new endeavors, including the creation of resin jewelry and bookmarks, production of our own program newsletter and conducting new STEAM activities each week. We were also able to host five successful community sale dates at the J, generating more than \$1,414 in sales!

We have observed countless positive shared experiences with participants engaged in many of our newest activities. These have included **Sensory Exploration, Art Expressions, Gardening Club** and **Skill Building Activities**. We've seen 2019 as a year of progress and growth. We welcomed eight new participants to IN and look forward to further developing these new friendships!

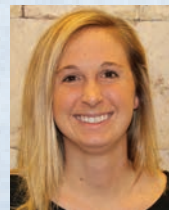
Overall, our team has been delighted with the outcomes of our programming and look forward to seeing what 2020 has in store!

REMINDERS & CLOSURES

- Transportation/Schedule Changes: please contact Kristen Conard @ 314.442.3261
- Parents who would like to attend and help with outings or special events, please contact Brittany @ 314.442.3249.
- Adult Day will be closed Tuesday, December 24 & Wednesday, December 25 for the holidays.

Happy Holidays to you all and thank you for being a part of our J family!

Sincerely,
Brittany Simon
IN Program Coordinator



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.

Upcoming 2019 & 2020 Meeting Information

SFC Arts & Education Building
4:30 – 5:30pm
Monday, December 16
Monday, February 10



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:

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

**December 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**

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**.



December 2 - 6

2	10:30am 1pm	Exercise/Safety Skills Speech Therapy/STEAM/ IN Market Prep
M O N	3:30pm 4pm	Independent Living Skills: Cleaning Zumba
3	10:30am	IN-Gen Music with ECC/ Fine Motor Skills/Book Club
T U E	11am 1pm 3:30- 5:30pm	Music Therapy/ Exercise Swimming /Music Therapy IN Sale
4	10:30am	Greeting Gym Members/ Exercise/Money Management
W E D	1pm 3:30	DUO Pet Therapy/Art Expressions/Social Etiquette Skills IN Sale
5	9:45am 10:30am	Tai Chi STEAM
T H U	1pm 3:30pm 4:00pm	Swimming /Matching Activity Independent Living Skills: Laundry Adult Coloring/Wii
6	10:30am	Volunteering @ the J/ Exercise/Buddify
F R I	1pm 3:30pm 4pm	Cooking Club/Sensory Activity Independent Living Skills: Cleaning Basketball

December 9 - 13

9	10:30am 1pm	Exercise/Conflict Resolution Speech Therapy/STEAM
M O N	3:30pm 4pm	Independent Living Skills: Cleaning Zumba
10	10:30am	IN-Gen Music with ECC/Fine Motor Skills/Book Club
T U E	11am 1pm 3:30pm 4pm	Music Therapy/ Exercise Swimming /Music Therapy/ Art Expressions Independent Living Skills: Laundry Typing Skills
11	10:30am	Greeting Gym Members/ Exercise/Money Management
W E D	1pm 3:30pm 4pm	DUO Pet Therapy/Dot to Dot Activity Independent Living Skills: Cleaning Dance Exercise
12	9:45am 10:30am	Tai Chi Art Expressions
T H U	1pm 3:30pm 4pm	Swimming /Vocab Activity Independent Living Skills: Laundry Conversation Starters
13	10:30am	Volunteering @ the J/ Exercise/Buddify
F R I	1pm 3:30pm 4:00pm	Music Therapy /Independent Table Activity Cleaning Skills Marshmallow Challenge

December 16 - 20

16	10:30am	Volunteering @ Food Pantry/STEAM
M O N	1pm 2pm 3:30pm 4pm	Speech Therapy/Exercise Cookie Decorating/Baggo Independent Living Skills: Cleaning Zumba
17	10:30am	IN-Gen Music with ECC/ Fine Motor Skills/Book Club
T U E	11am 1pm 3:30pm	Music Therapy/ Exercise Outing: Bowling Typing Skills
18	10:30am	Greeting Gym Members/ Exercise/Social Etiquette Skills
W E D	1pm 3:30pm 4pm	DUO Pet Therapy/ HOLIDAY CELEBRATION Independent Living Skills: Cleaning Dance Exercise
19	9:45am 10:30am	Tai Chi STEAM/Hygiene Skills
T H U	1pm 3:30pm 4pm	Swimming /Men's & Ladies Club Independent Living Skills: Laundry Adaptive Sport/Reading Skills
20	10:30am	Volunteering @ the J/ Exercise/Buddify
F R I	1pm 2pm 3:30pm 4:00pm	Music Therapy/Independent Table Activity Candy Cane Slime Independent Living Skills: Cleaning Group Game

December 23 - 27

23	10:30am	Volunteering @ Food Pantry/STEAM
M O N	1pm 3:30pm 4pm	Speech Therapy/Art Expressions/Conflict Resolution Activity Independent Living Skills: Cleaning Zumba
HAPPY HANUKKAH!		
24	CLOSED	CLOSED FOR WINTER BREAK
T U E		
25	CLOSED	CLOSED FOR WINTER BREAK
W E D		
26	10am 10:30am	Exercise STEAM/Hygiene Skills
T H U	1pm 3:30pm 4pm	Swimming Laundry Skills Box Meal Kit Project
27	10:30am	Volunteering @ the J/ Exercise/Yoga
F R I	1pm 3:30pm 4pm	Box Meal Kit Project/Music Therapy Cleaning Skills Ice Breaker Game

December 30 - 31

30	10:30am	Volunteering @ Food Pantry/STEAM
M O N	1pm 3:30pm 4pm	Speech Therapy/Exercise Cleaning Skills Zumba
31	10:30am	IN-Gen Music with ECC/Fine Motor Skills/Book Club
T U E	11am 1pm 2pm 3:30pm 4pm	Music Therapy/Exercise Swimming /Music Therapy New Year's Eve Party Independent Living Skills: Laundry Team Building Skills



December 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				

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