

Dear Families,

As we approach the end of the year, I want to take a moment to reflect on some programming highlights from this past year. With generous support from the JCA Charitable Foundation we were able to once again expand our **Music Therapy** services provided by Midwest Music Therapy. These sessions are offered as large and small groups, as well as individual sessions and have been uniquely beneficial for many participants. The **Garden Club's** hard work created indoor/outdoor lush and tranquil sensory garden spaces, and Cynthia continues to guide our green thumbs through a truly exceptional therapeutic horticulture experience. Our newest agricultural endeavor includes the addition of hydronic **Tower Gardens** to our indoor sensory garden area, which has already been a great resource of new learning and growth!

We have observed countless positive shared experiences throughout the year as participants engaged in many of our newest activities. These include, **Sensory Exploration, Art Expressions, DUO Pet Therapy, Reminiscence Activities** and our **Men's and Ladies Groups** to name a few.

Our team is delighted with the growth and progress of our programming this year and can't wait to see what 2020 has in store!

REMINDERS & CLOSURES

- In December we will embrace the cold through various winter-themed activities, highlighted by a **Winter Holiday Party on Wednesday, December 18.**
- Adult Day will be closed **Tuesday December 24 & Wednesday December 25** for the holidays.

From our hearts we wish you the warmest and happiest holidays and thank you for being part of our J family!

Ashley Stockman

Ashley Stockman
Director, Adult Day at the J
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, entitled 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:
12/2 & 1/6 3:00 - 4:30pm

Friday:
12/20 & 1/17 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

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

jccstl.org



December 2 - 6

2 10:30a **Inter-Generational Music/**
Word Search Challenge

M O N 11am Exercise
11:30am Anti-Gravity Golf/Humor
for Health
1pm Cooking Club: Layered Chips
& Dip/Name That Tune
3:30pm Wii Sports/Table Games

3 10:30am **Inter-Generational Music/**
Magazine Scavenger Hunt

T U E 11am Exercise
11:30am Upbeat News/Triangle Toss
1pm **Music Therapy**
3:30pm Word Games

4 10:30am Adapted Chair Dance
11am Garden Club/Bowling
W E D 1pm **DUO Pet Therapy/**
Art Expressions
1:30pm Price Match Game/
Walking Club
3:30 Sorry! Table Game

5 10:30am **Tai Chi**
11:15 Adapted Sports
T H U 1pm **Live Music by Joe Garnier**
3:30pm Mural Coloring/Table Games

6 10:30am Chair Yoga
11am **Jewish-Focused Music**
F R I **Therapy/Adapted Sports**
11:30am Word Games
1pm **Music Therapy**
2pm Shabbat
2:30pm Documentary: Norway/
Magazines
3:30pm Table Games

December 9 - 13

9 10:30am **Inter-Generational Music/**
Puzzles

M O N 11am Exercise
11:30am Giving Back Project: Card
Making/Adapted Sport
1pm Live Music by Young at
Harp/Acrylic Snowflake Art
3:30pm Bingo

10 10:30am **Inter-Generational Music/**
Word Search

T U E 11am **Hand-in-Hand: Holiday**
Dance Party/Adapted
Sports
1pm **Music Therapy/Reader's**
Digest
3:30pm Wii Family Feud

11 10:30am Adapted Chair Dance
11am Garden Club/Snowball
W E D 11am Knockdown
11:30am Sing with Cathy
1pm **DUO Pet Therapy/**
Walking Club
1:30pm Stories of Hope & Healing/
Winter Puzzles
3:30pm Uno

12 10:30am **Tai Chi**
11:15am Adapted Bumper Pool/
Relax & Recline
T H U 1pm Giving Back Project/
Name 10
1:30pm Upbeat News/
Conversation Catch
3:30 Trivial Pursuit/Farkle!

HAPPY BIRTHDAY
BERNIE S.

13 10:30am Chair Yoga
11am **Jewish-Focused Music**
F R I **Therapy/Bullseye Match**
11:30am Orbs
1pm **Music Therapy**
3:30pm Documentary: Yosemite
National Park

December 16 - 20

16 10:30am **Inter-Generational Music/**
Mural Coloring

M O N 11am Flip Flop Faces/
Independent Reading
11:30am Baggo/Cookie Decorating
1pm Bingo
3:30pm Table Games/Wii Sports

17 10:30am **Inter-Generational Music/**
Relax & Recline

T U E 11am Exercise
11:30am Indoor Flight Challenge
1pm **Music Therapy/**
Cooking Club: Peanut
Butter Fudge Dreidels
3:30pm Walking Club/Word Games

18 10:30am Adapted Chair Dance
11am Thank You Project/
Adapted Sports
W E D 1pm **WINTER HOLIDAY PARTY**
with LIVE MUSIC BY
CHERYL BROWN
3:30pm Movie Matinee: *Eight Crazy*
Nights with Adam Sandler

19 10:30am **Tai Chi**
11:15am Pause for Positivity
T H U 1pm Men's & Ladies Club
3:30pm Table Games

20 10:30am Chair Yoga
11am **Jewish Focused Music**
F R I **Therapy/Volleyball**
1pm **Music Therapy**
2pm **Menorah Lighting &**
Shabbat with Rabbi Brad
3:30pm Bunco!

HAPPY BIRTHDAY,
MYRON G.

December 23 -27

23 10:30am **Inter-Generational Music/**
Sudoku

M O N 11am Exercise
1pm Bowling/Relax & Recline
3:30pm Table Games
HAPPY HANUKKAH!

24

CLOSED FOR WINTER
BREAK

T U E

25

CLOSED FOR WINTER
BREAK

W E D

26 10:30am Parachute Exercise
11:00am Adapted Sports/Magazines
T H U 1pm Table Game Extravaganza
3:30pm Are You Smarter Than A
5th Grader?

HAPPY BIRTHDAY
JULIE F.

27 10:30am Chair Yoga
11am Adapted Sports
F R I 1pm **Music Therapy**
3:30pm Dice Games/Magazines

HAPPY BIRTHDAY
CAROLYN R. (28th)

December 30 - 31

30 10:30am **Inter-Generational Music/**
Mural Coloring

M O N 11am Broadway Musicals Game/
Adapted Sports
1pm Musical Year in Review
3:30pm Yahtzee!

31 10:30am **Inter-Generational Music/**
Word Searches

T U E 11am Exercise
11:30am Good Luck Superstitions
1pm **Music Therapy**
2pm New Year's Eve Party



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	
8:00am	Coffee Talks/Table Activities
9:30am	Breakfast
10:00am	Brain Boosters
12:15pm Lunch	
Afternoon	
2:30pm	Bus Dismissal & Reflection/ Conversation
3:15pm	Snack
3:30pm	Small Group & Independent Leisure