

February Announcements

Monday, February 17
CLOSED

Staff Professional Development Day



Support Groups

Caregiver Connections Support Group

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: 2/3 & 3/2 3:00 - 4:30pm
Friday: 2/21 & 3/20 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 Conoley
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

Schedule & Transportation

- For all schedule and transportation changes, **please contact Kristen (314.442.3261)** as soon as possible.

Medical Updates

- For any medicine and/or treatment changes and any other pertinent participant medical information, **please contact Renee (314.442.3243)** immediately.



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



February 2020
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



February 3 - 7

3	10:30am	Inter-Generational Music/ Mural Coloring	
M O N	11am	Exercise	
	11:30am	Adapted Sports	
	1pm	Live Music by Joe Garnier	
	3:30pm	Table Games & Super Bowl News	
4	10:30am	Inter-Generational Music/ Word Searches	
T U E	11am	Exercise	
	11:30am	Chipping Target/Hand Massage	
	1pm	Music Therapy	
	3:30pm	Bingo	
5	10:30am	Modern Chair Dance	
W E D	11am	Creative Expressions: Rock Art/Basketball	
	11:30am	Reminisce	
	1pm	DUO Therapy Dog Growing Together	
	1:30pm	Inter-Generational Gardening/Group Crosswords	
	3:30pm	Apples to Apples	
		HAPPY BIRTHDAY MARION E. & JOHN G.	
6	10:30am	Tai Chi	
T H U	11:15am	Adapted Sport/Broadway Musicals Group	
	1pm	American Music Documentary/Garden Club	
	1:30pm	Famous Faces	
	3:30pm	Wii Sports	
	4pm	Black History Month Presentation	
	7	10:30am	Chair Yoga
	F R I	11am	Jewish-Focused Music Therapy/Frisbee Golf
		11:30am	Word Game
1pm		Music Therapy/Relax & Read	
2pm		Shabbat	
3:30pm		Dice Games	

February 10 - 14

10	10:30am	Inter-Generational Music/ Magazine Scavenger Hunt	
M O N	11am	Exercise	
	11:30am	Creative Expressions: Natural Wild Bird Feeders/ Toss Across	
	1pm	Volleyball	
	3:30pm	Family Feud/Mandala Art	
11	10:30am	Inter-Generational Music/ Sudoku Puzzles	
T U E	11am	Hand-In-Hand/Balloon Challenge	
	11:30am	Word Games	
	1pm	Music Therapy/Puzzles	
	2pm	Exercise	
	3:30pm	Table Games	
12	10:30am	Modern Chair Dance	
W E D	11am	Card Games/Adapted Sports	
	11:30am	Sing It Back Game	
	1pm	DUO Therapy Dogs/ Growing Together	
	3:30pm	Group Scrabble	
	13	10:30am	Tai Chi
T H U	11:15am	Garden Club/Washers	
	1pm	Cooking Club: Chocolate Covered Strawberries/I Love Lucy	
	1:30pm	Reminisce Circle	
	3:30pm	Farkle/Outdoor Vegetation Walk	
	14	10:30am	Chair Yoga
	F R I	11am	Jewish-Focused Music Therapy/Collapsing Cans
11:30am		Name 5	
1pm		Music Therapy/Relax and Recline	
2pm		Shabbat	
3:30pm		Table Games	

February 17 - 21

17	CLOSED Staff Development		
M O N			
18	10:30am	Songleader Boot Camp Inter-Generational Performance	
T U E	1pm	Music Therapy	
	2pm	Exercise	
	3:30pm	Quirkle	
	19	10:30am	Modern Chair Dance
W E D	11am	Giving Back: Making Dog Treats/Adapted Sports	
	11:30am	Jeopardy	
	1pm	DUO Therapy Dog/ Growing Together Gardening	
	3:30pm	Bingo	
	20	10:30am	Tai Chi
	T H U	11:15am	Garden Club/Magnetic Darts
1pm		Live Blues Music by Marty	
3:30pm		Name the Famous Couple/ Magazines	
21		10:30am	Chair Yoga
F R I	11am	Jewish Focused Music Therapy/Bowling	
	1pm	Music Therapy/Relax & Read	
	2pm	Shabbat	
	3:30pm	Table Tennis/Uno	

February 24 - 28

24	10:30am	Inter-Generational Music/ Independent Crosswords
M O N	11am	Garden Club/Bullseye Match
	11:30am	Sports News
	1pm	Bunco
	2pm	Exercise
	3:30pm	Wheel of Fortune/Magazines
HAPPY BIRTHDAY AMERIK K.		
25	10:30am	Inter-Generational Music/ Mural Coloring
T U E	11am	Hand-in-Hand/Horseshoes
	11:30am	Super Hoop Ball
	1pm	Music Therapy/Puzzles
	2pm	Exercise
	3:30pm	Table Games
26	10:30am	Modern Chair Dance
W E D	11am	Garden Club/Shuffle Board
	11:30am	Famous Faces
	1pm	DUO Therapy Dogs/ Growing Together Gardening
	3:30pm	Spill & Spell
	27	10:30am
T H U	11:15am	Chili Taste Test
	1pm	Men's Club/Ladies Club
	3:30pm	Puzzles/Jenga
	28	10:30am
F R I	11am	Jewish-Focused Music Therapy/Adapted Sports
	11:30am	Finishing Lines
	1pm	Music Therapy/Relax & Read
	2pm	Shabbat
	3:30pm	Mary Tyler Moore Show/ Magazines

February 2020

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Daily Activities

Morning

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

12:15pm Lunch

Afternoon

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

**DON'T FORGET THIS
IS A LEAP YEAR!**

