



2019

October

Blue = Must Sign Up (Nicole Rambone ext. 161 or nrambone@jespy.org)
 For any trips or groups in blue, you must sign up with Nicole via phone or email to be guaranteed a spot on the trip. If you show up without signing up and there are no openings, you will be turned away. If you sign up for a trip that requires a ticket purchase, you will be responsible for that cost even if you cannot attend the outing.

Please also note that the location for all activities are listed next to their activity names. For any ****community trips**, clients should expect to meet at the Judi House unless otherwise instructed and should only arrive 15 minutes before the departure time. Please check for any altered café hours throughout the month in **bold purple font**.

Please call extension 215 for daily updates regarding the activity schedule. Also, join our Facebook group: JESPY Thunder for more information and updates on the program.
 Thanks!

Clinical groups are \$15 per session. There are package rates available for clients attending multiple groups. Please contact the clinical department at ext. 307 for group details or regarding payment.

Tuesday, October 1st

- 4p-5p Doodling (J4)
- 5p-6p Yoga (J2)
- 6p-7p Walking Group (J4)
- 6p-7p Women's Book Club (J4)
- 7p-8p Current Events (J4)
- 6p-8p J Street Band (J2)
- 7:30p-8:30p Zumba (J2)
- 7:30p-8:30p Comic Book Club (J2)
- 7p-8p Anger Management
- Clinical Group (J2) - \$15

Wednesday, October 2nd

- 3:30p-4p Glee "on the road" performs at a local Nursing Home (Departing J4)
- 4:30p-5:30p Social Action Meeting (Coat drive planning) (J4)
- 5p-6p Word Game Wednesday (J4)
- 6:30p-7:30p Theatre Group (J2)
- 6p-8p Nutrition group (J2)
- 6p-8p Movie night: Halloween Mansion (Snacks served)
- ** 6p-8p Party City Trip , get that Halloween outfit!! {Bring \$\$ for purchases} (J4)**

Thursday, October 3rd	Friday, October 4th	Saturday, October 5th	Sunday October 6th
<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Card Creations (J4)</p> <p>5p-8p Young Adult Grp (J4)</p> <p>6p-7p Happy & Mature grp (J4)</p> <p>7p-8p Weekly Wind down (J4)</p> <p>6p-8p J Street Band practice (J2)</p> <p>7p-8p Hobby Club (J4)</p>	<p>4p-5p Computer Class (J4)</p> <p>4p-4:45p Bingo (J4)</p> <p>5:30p-6p Community Dinner (J4)</p> <p>6p-8p Open MIC night, come show us what you got!! Sing a song, tell a joke, read a poem or tell us a story!! (J4)</p>	<p>10:30a-11a Activity Planning(J4)</p> <p>12p-1o Dine in Deli lunch (J4)</p> <p>1p-2p Education Station (J4)</p> <p>2p-3:30p Iron on beads (J4)</p> <p>** DMV Trip 11a-1p</p> <p>(please have all paperwork and fees needed)</p> <p>** Morris County Park Palooza (J4) 11am-5pm \$10</p> <p>(Bring \$\$ for lunch & purchases)</p>	<p>10a-11a Open Breakfast (J4)</p> <p>12:30p-1:30p Cranium crunches (J4)</p> <p>2p-3p Pumpkin Decorating Activity (J4)</p> <p>3:30p - 5:30p Mosaic Art Group (J4)</p> <p>** Saddle Brook Street Fair 10am-5pm (J4) Free</p> <p>(Bring \$\$ for lunch & purchases)</p>
Monday, October 7th	Tuesday, October 8th	Wednesday, October 9th	
<p>4p-5p Planters (J4)</p> <p>5p-6p Poetry Group (J4)</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Photography (J4)</p> <p>7p-8p JESPY Unplugged (J2)</p> <p>6p-8p Rock 'n Joe Coffee shop in Millburn (Bring \$\$ for snacks)</p> <p>**6p-8p Shop Rite Trip (Bring \$\$ for purchases) (J4)</p> <p>7p-8p Stress & Anxiety Management Clinical Group (J2) - \$15</p>	<p>Café</p> <p>Closed in observance of Yom Kippur</p>	<p>CAFÉ OPENS AT 7:20 PM TO 8 PM FOR BREAK THE FAST</p> <p>(Bagels w/ cream cheese & mini quiche will be served)</p>	<p>PLEASE NOTE JESPY JOURNAL WILL MEET QUARTERLY BUT IN BETWEEN MEETINGS PLEASE SEND ARTICLES TO Nrambone@jespy.org THANK YOU!!</p>

Thursday, October 10th	Friday, October 11th	Saturday, October 12th	Sunday, October 13th
<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-8p Young Adult Grp (J4)</p> <p>6p-7p Intro to Mahjong (J4)</p> <p>(Client led group)</p> <p>6p-7p Happy & Mature grp (J4)</p> <p>7p-8p Weekly Wind down (J4)</p> <p>6p-8p J Street Band practice (J2)</p> <p>7p-8p Hobby Club (J4)</p>	<p>4p-5p Computer Class (J4)</p> <p>4p-4:45p Bingo (J4)</p> <p>5:30p –8p</p> <p>(Dinner @ 6:30p)</p> <p>Themed Dinner & Chat</p> <p>Special staff speaker!!</p> <p>Argentina is our destination of choice!!!!</p> <p>(J4)</p>	<p>10a-11a Nurse Pat presents: Asthma, signs, symptoms & care!</p> <p>11a-11:30a Menu Planning (J4)</p> <p>12p-1p Dine in Deli lunch (J4)</p> <p>1p-2p Education Station (J4)</p> <p>2p-3:30p Iron on beads (J4)</p> <p>** Bloomfield Harvest Festival 11a-5p (Bring \$\$ for lunch and purchases) (J4)</p>	<p>10a-11a Open Breakfast (J4)</p> <p>12:30p-1:30p Fun w/ Play Doh (J4)</p> <p>2p-3p Sip & Paint (J4)</p> <p>** The Crossings Premium Outlets (PA) 9:30a-5p</p> <p>\$10 all (plus \$\$ for purchase & lunch) (J4)</p>
Monday, October 14th	Tuesday, October 15th	Wednesday, October 16th	
<p>4p-5p Planters (J4)</p> <p>5p-6p Creative writing & Blogging (J2)</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Photography (J2)</p> <p>6p-7p Drum Circle (J2)</p> <p>6p-8p Dunkin Donuts trip & chat (Bring \$\$ for snacks)</p> <p>**6p-8p Stop & Shop Trip (Bring \$\$ for purchases) (J4)</p> <p>7p-8p Stress & Anxiety Management Clinical Group (J2) - \$15</p>	<p>4p-5p Healthy choices (J4)</p> <p>5p-6p Yoga (j2)</p> <p>5p-6p Pet Therapy (2-1/2 HOUR SESSIONS) (j3)</p> <p>6p-7p Walking Group (J4)</p> <p>6p-7p Women's Book Club (J4)</p> <p>6p-8p Fine Art group (J4)</p> <p>7p-8p Current Events (J4)</p> <p>6p-8p J Street Band (J2)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>7:30p-8:30p Comic Book Club (J2)</p> <p>7p-8p Anger Management Clinical Group (J2) - \$15</p>	<p>CAFÉ</p> <p>CLOSED</p>	

Thursday, October 17th	Friday, October 18th	Saturday, October 19th	Sunday, October 20th
<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Card Creations (J4)</p> <p>5p-8p Young Adult Grp (J4)</p> <p>5:30p Pizza in the Hutt (J2)</p> <p>Client Team Meeting following pizza in the Hutt 6p-7p (J4)</p>	<p>4p-5p Computer Class (J4)</p> <p>4p-4:45p Bingo (J4)</p> <p>5p-5:30p Community Dinner (J4)</p> <p>6p-8p 3rd FRIDAY EVENT!</p> <p>Movie under the stars @ J2! Bring a blanket, maybe a sweater and enjoy the feature film as we sip on hot chocolate & enjoy!!</p>	<p>10:30a-11a Menu Planning (J4)</p> <p>1a-12a Sports Chat (J4)</p> <p>12p-1o Dine in Deli lunch (J4)</p> <p>1p-2p Education Station (J4)</p> <p>2p-3:30p Iron on beads (J4)</p> <p>** NJ Devils Game 11:30am-7pm \$80.00 all (Bring \$\$ for lunch & purchases)</p> <p>** Light the night walk, Verona park, Departure 5:30 from J4</p>	<p>10a-11a Open Breakfast (J4)</p> <p>4p-5p Dungeons & Dragons (Role play game led by clients)</p> <p>3:30p - 5:30p Mosaic Art Group (J4)</p> <p>** Dallas BBQ in NYC & Shopping (using public transportation) (J4) 10a-4p \$5 all (plus \$\$ for purchase, transportation & lunch)</p>
Monday, October 21st	Tuesday, October 22nd	Wednesday, October 23rd	
<p>4p-5p Planters (J4)</p> <p>5p-6p Poetry Group (J4)</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Photography (J4)</p> <p>7p-8p JESPY Unplugged (J2)</p> <p>6p-8p Village Coffee trip & chat (Bring \$\$ for snacks)</p> <p>**6p-8p Shop Rite Trip (Bring \$\$ for purchases) (J4)</p> <p>7p-8p Stress & Anxiety Management Clinical Group (J2) - \$15</p>	<p>4p-5p Healthy choices (J4)</p> <p>5p-6p Yoga (J2)</p> <p>6p-7p Walking Group (J4)</p> <p>6p-7p Women's Book Club (J4)</p> <p>6p-8p Fine Art Group (J4)</p> <p>7p-8p Current Events (J4)</p> <p>6p-8p J Street Band (J2)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>7:30p-8:30p Comic Book Club (J2)</p> <p>7p-8p Anger Management Clinical Group (J2) - \$15</p>	<p>4p-5p Word searches, picture finds</p> <p>5p-6p Glee (J2)</p> <p>5p-6p Word Game Wednesday (J4)</p> <p>6:30p-730p Theatre Group (J2)</p> <p>6p-8p Nutrition group (J2)</p> <p>6p-8p Movie night: Casper the friendly ghost (Snacks will be served)</p> <p>** 6p-8p Walmart Trip {Bring \$\$ for purchases}</p>	

Thursday, October 24th	Friday, October 25th	Saturday, October 26th	Sunday, October 27th
<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Card Creations (J4)</p> <p>5p-8p Young Adult Grp (J4)</p> <p>6p-7p Happy& Mature grp (J4)</p> <p>7p-8p Weekly Wind down (J4)</p> <p>6p-8p J Street Band practice (J2)</p> <p>7p-8p Hobby Club (J4)</p>	<p>4p-5p Computer Class (J4)</p> <p>4p-4:45p Bingo (J4)</p> <p>5:30p-6p Community Dinner by Catherine (J4)</p> <p>6p-8p CLUB JESPY, come shake a tail feather AS WE WELCOME SPECIAL GUESTS! (J4)</p> <p>(Snacks provided)</p>	<p>10:30a-11a Bulletin board Design for November (J4)</p> <p>12p-1o Dine in Deli lunch (J4)</p> <p>1p-2p Education Station (J4)</p> <p>2p-3:30p Iron on beads (J4)</p> <p>** Fall Spectator Trip (Free) (J4)</p> <p>Let's root on JESPY! Time TBD</p> <p>6 to 8 Pm—Fall Birthday Party and Halloween Bash!!!!</p> <p>Raffles, hor d'oeuvres, best costume contest & music!!</p>	<p>10a-11a Open Breakfast (J4)</p> <p>12:p-2:p Jewelry Group (J4)</p> <p>4p-5:30p Israeli Dance {J4}</p> <p>3:30p- 5:30p Mosaic Art Group (J4)</p> <p>** Lunch @ the Millville Queen</p> <p>Diner then off to "HalloWheaton" (1-4) in Millville NJ</p> <p>10:30a--4p (J4) \$5</p> <p>(Get pictures with the too tall scarecrow, live events and more)</p> <p>(Will need \$\$ for lunch, & purchases)</p>
Monday, October 28th	Tuesday, October 29th	Wednesday, October 30th	Thursday, October 31st
<p>4p-5p Planters (J4)</p> <p>5p-6p Creative writing & Blogging (J2)</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Photography (J2)</p> <p>6p-7p Drum Circle (J2)</p> <p>6p-8p Starbuck's trip & chat (Bring \$\$ for snacks)</p> <p>**6p-8p Trader Joe's Trip (J4)</p> <p>(Bring \$\$ for purchases)</p> <p>7p-8p Stress & Anxiety Management Clinical Group (J2) - \$15</p>	<p>4p-5p Healthy choices (J4)</p> <p>5p-6p Yoga (j2)</p> <p>5p-6p Pet Therapy (2-1/2 HOUR SESSIONS) (j3)</p> <p>6p-7p Walking Group (J4)</p> <p>6p-7p Women's Book Club (J4)</p> <p>6p-8p Fine Art Group (J4)</p> <p>7p-8p Current Events (J4)</p> <p>6p-8p J Street Band (J2)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>7:30p-8:30p Comic Book Club (J2)</p> <p>7p-8p Anger Management Clinical Group (J2) - \$15</p>	<p>4p-5p Pokeno (J4)</p> <p>5p-6p Glee (J2)</p> <p>5p-6p Word Game Wednesday (J4)</p> <p>6p-8p Nutrition group (J2)</p> <p>6:30p-730p Theatre Group (J2)</p> <p>6p-8p Movie night: Hocus Pocus</p> <p>(Snacks will be served)</p> <p>** 6p-8p Tick Tock Diner (J4)</p> <p>(Bring \$\$ for dinner)</p>	<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-8p Young Adult Grp (J4)</p> <p>6p-7p Happy & Mature grp (J4)</p> <p>7p-8p Weekly Wind down (J4)</p> <p>6p-8p J Street Band practice (J2)</p> <p>7p-8p Hobby Club (J4)</p>