



Hello

# SEPTEMBER

# 2019

Blue = Must Sign Up (Nicole Rambone, ext. 161 or [nrambone@jespy.org](mailto: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.*

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.

Please note that the ATHLETICS ACTIVITIES all appear on a separate calendar. For more information or to receive the calendar, please reach out to Jerica Best at ext. 426 or [jb主@jespy.org](mailto:jb主@jespy.org)

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!

Sunday, September 1st

**10a-11a Open Breakfast**  
(J4)

**12:30p-1:30p Entrepreneur  
Grp meeting (J4)**

**2p-3p Sip & Paint:**

**Window painting!! (J4)**

**3:30p - 5:30p Creativity  
Corner (J4)**

**\*\* 11a-5p Lunch & a movie  
at Essex Green (Bring \$\$  
for movie, purchases &  
lunch)**

Monday, September 2nd	Tuesday, September 3rd	Wednesday, September 4th	Thursday, September 5th
<p style="text-align: center;"><b>Labor Day</b> <b>BBQ</b></p> <p style="text-align: center;"><b>Café Open 11a-2p</b></p> <p style="text-align: center;"><b>Come eat, dance and party w/ your friends!!!</b></p> 	<p>4p-5p Healthy choices (J4)</p> <p>5p-6p Yoga</p> <p>6p-7p Walking Group (J4)</p> <p>6p-7p Women's Book Club (J4)</p> <p>6p-8p Creativity Corner (J4)</p> <p>7p-8p Current Events (J4)</p> <p>6p-7:30p 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>5p-6p Glee</p> <p>4:30p-5:30p Name that tune (J4)</p> <p>5p-6p Word Game Wednesday (J4)</p> <p>6:30p-7:30p Theatre Group (J2)</p> <p>6p-8p Movie night: Sherlock Holmes</p> <p><b>** 6p-8p Walmart Trip (Bring \$\$ for purchases)</b></p>	<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>5p-8p Young Adult Grp (J4)</p> <p>6p-7p 45+ 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>
Friday, September 6th	Saturday, September 7th	Sunday, September 8th	
<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 Club JESPY, come let loose and cut a rug @ the café!!</p>	<p>10:30a-11a Bulletin board Design (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><b>** 10a-5p Ocean Grove Flea Market (Bring \$\$ for lunch &amp; purchases) \$5</b></p> <p><b>*11a Open Door Minyan, Morris Plains</b></p>	<p>10a-11a Open Breakfast (J4)</p> <p>12p-1p Cranium crunches on the computer (J4)</p> <p>2p-3p Dungeons &amp; Dragons Game (J4)</p> <p>3:30p - 5:30p Creativity Corner (J4)</p> <p><b>** 10a-4p Hoboken Italian festival (Bring \$\$ for food &amp; purchases) \$5</b></p>	

Monday, September 9th	Tuesday, September 10th	Wednesday, September 11th	Thursday, September 12th
<p>4p-5p Planters (J4)</p> <p>5p-6p Creative writing &amp; Blogging (J2)</p> <p>5p-6p Kitchen Basics</p> <p>6p-7p Drum Circle (J2)</p> <p>7p-8p JESPY Unplugged (J2)*</p> <p>6p-8p Dunkin Donuts trip &amp; chat (Bring \$\$ for snacks)</p> <p><b>**6p-8p Shop Rite Trip (Bring \$\$ for purchases)</b></p> <p>7p-8p Stress &amp; 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 Creativity Corner (J4)</p> <p>7p-8p Current Events (J4)</p> <p>NO ZUMBA (rescheduled for 9/11)</p> <p>NO BAND OR COMIC BOOK</p> <p>7p-8p Anger Management Clinical Group (J2) - \$15</p>	<p>5p-6p Glee</p> <p>4:30p-5:30p Social Action Meeting (J4)</p> <p>5p-6p Word Game Wednesday (J4)</p> <p>6:30p-7:30p Theatre Group (J2)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>6p-8p Movie night: Speed</p> <p><b>** 6p-8p TGIF Trip (Bring \$\$ for dinner)</b></p>	<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>5p-8p Young Adult Grp (J4)</p> <p>6p-7p 45+ Grp (J4)</p> <p>6p-7p JESPY Journal (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>
Friday, September 13th	Saturday, September 14th	Sunday, September 15th	<p><b>NO CLIENT TEAM MEETING THIS MONTH</b></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-7:30p Shabbat service at Temple Beth Shalom (J4)</p> <p>6p-8p Smooth Jazz Night @ the café. Coffee will be served, bring a book and relax!! (J4)</p>	<p>10:30a-11a Nurse Pat's presentation: Allergic Reactions (J4)</p> <p>11a-11:30a Trip Planning (J4)</p> <p>12p-1p Dine in Deli lunch (J4)</p> <p>1p-2p Education Station (J4)</p> <p>2p-3:30p Jewelry Grp J4</p> <p><b>**9:30a-6p King of Prussia Mall, PA (Bring money for lunch &amp; purchases)</b></p> <p>\$10</p>	<p>10a-11a Open Breakfast (J4)</p> <p>12p-1:30p Sip &amp; paint (J4)</p> <p>3:30p - 5:30p Creativity Corner (J4)</p> <p><b>** 11a-5p Huddle House &amp; Bowling \$10 (bring \$\$ for lunch &amp; bowling)</b></p>	

Monday, September 16th	Tuesday, September 17th	Wednesday, September 18th	Thursday, September 19th
<p>4p-5p Planters (J4)</p> <p>5p-6p Poetry</p> <p>5p-6p Photography (J4)</p> <p>5p-6p Kitchen Basics</p> <p>6p-7p Drum Circle (J2)</p> <p>7p-8p JESPY Unplugged (J2)</p> <p>*6p-8p Starbucks trip &amp; chat (Bring \$\$ for snacks)</p> <p>**6p-8p Trader Joes (Bring \$\$ for purchases) (J4)</p> <p>7p-8p Stress &amp; Anxiety Management Clinical Group (J2) - \$15</p>	<p>4p-5p Healthy choices (J4)</p> <p>5p-6p Yoga</p> <p>6p-7p Walking Group (J4)</p> <p>6p-7p Women's Book Club (J4)</p> <p>6p-8p Creativity Corner (J4)</p> <p>6p-7:30p J Street Band (J2)</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>7:30p-8:30p Comic Book Club (J2)</p> <p>7p-8p Anger Management</p>	<p>5p-6p Glee</p> <p>4:30p-6p Mini Makeovers (J4)</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: Hunch Back of Notre Dame</p> <p>** 6p-8p Target/Best Buy (Bring \$\$ for purchases) (J4)</p>	<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>5p-8p Young Adult Grp (J4)</p> <p>6p-8p J Street Band practice (J2)</p> <p><b>6PM INTERNET SAFETY CHAT W/ SGT ACEVEDO (J4, big room)</b></p> <p>7p-8p Hobby Club (J4)</p>
Friday, September 20th	Saturday, September 21st	Sunday, September 22nd	<p><b>AGAIN, ANY CLIENT THAT HAS TICKETS OR NEEDS TICKETS TO THE HIGH HOLIDAY EVENTS PLEASE SEE FRANK BRESNICK.</b></p>
<p>4p-5p Computer Class (J4)</p> <p>4p-4:45p Bingo (J4)</p> <p>5:30p-6p Community Dinner (J4)</p> <p><b>THIRD FRIDAY EVENT: WELCOME J STREET BAND LIVE PERFORMANCE!!! 6PM AT J4</b></p>	<p>10:30a-11a Activity Planning (J4)</p> <p>12p-1o Dine in Deli (J4)</p> <p>1p-2 Education station (J4)</p> <p>2p-3:30p Iron on beads (J2)</p> <p>**10a-6p YANKEES Game (Bring money for purchases &amp; travel, will be using public transportation) \$80</p> <p>*11a-1p Yaldeinu Shabbat, Milburn</p>	<p>10a-11a Open Breakfast (J4)</p> <p>12p-1:30p Fun w/ Clay (J4)</p> <p>2p-3p Dungeons &amp; Dragons Game (J4)</p> <p>3:30p - 5:30p Creativity Corner (J4)</p> <p>4p-5:30p Israeli Dance; come learn new dances and traditional ones!! (J4)</p> <p>**10a-1p Social Action presents Stroll &amp; Roll walk in Verona (You can walk or help at the JESPY table)</p>	



Monday, September 23rd	Tuesday, September 24th	Wednesday, September 25th	Thursday, September 26th
<p>4p-5p Planters (J4)</p> <p>5p-6p Creative Writing &amp; Blogging (J2)</p> <p>5p-6p Photography (J4)</p> <p>5p-6p Kitchen Basics</p> <p>6p-7p Drum Circle (J2)</p> <p>7p-8p JESPY Unplugged (J2)</p> <p>*6p-8p Dunkin Donuts trip &amp; chat (Bring \$\$ for snacks)</p> <p>**6p-8p Stop &amp; Shop (Bring \$\$ for purchases) (J4)</p> <p>7p-8p Stress &amp; Anxiety Management Clinical Group (J2) - \$15</p>	<p>4p-5p Healthy choices (J4)</p> <p>5p-6p Yoga</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 Creativity Corner (J4)</p> <p>7p-8p Current Events (J4)</p> <p>NO BAND, ZUMBA OR COMIC BOOK</p> <p>7p-8p Anger Management Clinical Group (J2) - \$15</p>	<p><b>CAFÉ CLOSED</b></p> <p><b>NO PROGRAMS</b></p> <p><b>Group Exercise</b></p> <p><b>Still Open</b></p>	<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>5p-8p Young Adult Grp (J4)</p> <p>6p-7p 45+ 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>
Friday, September 27th	Saturday, September 28th	Sunday, September 29th	Monday, September 30th
<p>4p-5p Computer Class (J4)</p> <p>4p-4:45p Bingo (J4)</p> <p>5:30p-6p Community Dinner presented by Catherine (J4)</p> <p>6p-8p Open MIC night, come show us what you got!! (J4)</p>	<p>10a-10:30a Menu Planning (J4)</p> <p>11a-12p Client Sports chat (J4)</p> <p>12p-1o Dine in Deli lunch (J4)</p> <p>2p-2:30p Party Prep (J4) (J4)</p> <p>3p-4p Jewelry grp (J4)</p> <p>6p-8p BIRTHDAY CLUB—\$10</p> <p>**11a-4p Apple Picking @Wightman's Farm \$7 Admission (Bring \$\$ for lunch &amp; apples)</p>	<p>11a-12p Rosh Hashanah brunch (J4)</p> <p>1p-3p Rosh Hashanah Activities (J4)</p> <p><b>CAFÉ CLOSING AT 4 PM</b></p> <p><b>*NO TRIPS*</b></p>	<p><b>CAFÉ CLOSED IN OBSERVANCE OF ROSH HASHANAH</b></p> <p><b>NO PROGRAMS</b></p> <p><b>NO GROUP EXERCISE</b></p>