



# OCTOBER

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
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**Blue = Community Inclusion Trips (Shay Remillard, ext. 424)**




*For any trips, you **MUST** sign up with Shay 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 trip.*





**Red = Athletics Practices/Events/Personal Training (Wayne Branch, ext. 426)**

*Please contact Wayne Branch with any questions about the personal training program. You do not need to be a part of the athletics program to attend personal training sessions.*

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

<p>1</p> <p>10a-11a Open Breakfast (J4) 12p-1p Yoga (J2) 1p-3p Family Education Meeting on Financial Planning (J4) 1p-2p Meditation (J2) 5p-7p Open Mic Night (Dinner will be served.) (J4)</p> 	<p>2</p> <p>4p-5p Healthy Snacks (J4) 4p-5p JESPY Planters (J2) 5p-6p Card Games (J4) 5p-6p Photography (J2) 6p-8p J-Street Band (J2) 7p-8p Trivia Night (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>**6p-8p Stop &amp; Shop Shuttle**</b></p>	<p>3</p> <p><b>10a-12p VOTER REGISTRATION DRIVE!</b></p> <p>5p-6p Couponing 6p-7p Kitchen Basics (J4) 5p-6p Yoga (J2) 6p-7:30p Music Composition (J4) <b>6p-8p VOTER REGISTRATION DRIVE! YOUR VOTE MATTERS!</b></p> <p>7:30p-8:30p Zumba (J2)</p> <p><b>4p-8p Group Exercise (J4)</b> <b>4:30p-7:30p Golf Practice</b></p>	<p>4</p> <p>4p-5p Table Topics: Advocating for Yourself (J4) 5p-6p Glee Club (J4) 5p-6p JESPY Planters (J2) 5p-7p Working Womens' Support Network (J4) 6:30p-8p Theater Group (J2) 6p-8p Soup and Salad Buffet (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>7:30p-9p Soccer Practice</b></p>	<p>5</p> <p>4p-5p Art Creations (J4) 5p-6p Kitchen Basics (J4) 6p-7p Social Action (J4) 6p-7p Zentangle (J4) 6p-8p J-Street Band (J2) 7p-8p IPADS for Beginners (J4) 7p-8:30p Knitting (J4)</p> <p><b>4p-8p Group Exercise (J4)</b></p>	<p>6</p> <p>4p-5p Spelling "B" (J4) 5p-6p Computer Class (J4) 6p-6:30p Community Dinner (J4) 7p-8p Bingo (J4)</p> <p><b>**6p-9p Dinner and Country Dancing at Snuffys (Bring \$\$ for dinner)**</b></p> 	<p>7</p> <p>10a-11a Open Breakfast (J4) 12p-1p JESPY Planters (J4) 1p-2p Party Planning Session (J4) 2p-4p Iron On Beads (J4) 5p-7:30p Classic Movie Night "The Wizard of Oz" (Dinner will be served.) (J4)</p> <p><b>**11a-4p Bloomfield Harvest Fest (Bring \$ for lunch and spending)**</b> <b>Group Exercise (J4)</b> <b>Time: TBA</b> <b>Soccer Game—Time TBA</b></p>
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<p>8</p> <p>10a-11a Open Breakfast (J4) 12p-1p Yoga (J2) 12p-2p Scrapbooking (J4) 1p-2p Meditation (J2) 3p-4p "Gamers Lounge" Video Game Club 3p-4p Computer Class (J4) 5p-7p Open Mic Night (Dinner will be served.) (J4)</p> <p><b>**12p- 4p VNA Rummage Sale (Bring \$\$ for lunch and purchases.)**</b></p> <p><b>12p-3:30p Unified Soccer</b></p>	<p>9</p> <p>4p-5p Nutrition (J4) 4p-5p JESPY Planters (J2) 5p-6p Board Games (J4) 5p-6p Poetry (J2) 6p-8p J-Street Band (J2) 7p-8p Trivia Night (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>**5p-7p Trader Joes**</b></p> 	<p>10</p> <p>5p-6p Couponing (J4) 6p Women's Book Club 6p-7p Kitchen Basics (J4) 5p-6p Yoga (J2) 6p-7:30p Music Composition (J4) 6p PIZZA in the HUT for SUKKOT (J2 Patio) 7p-8p Current Events (J4) 7:30p-8:30p Zumba (J2)</p> <p><b>4p-8p Group Exercise (J4)</b></p> <p><b>4:30p-7:30p Golf Practice</b></p>	<p>11</p> <p>4p-5p Table Topics: Meeting People and Making Friends (J4) 5p-6p Glee Club (J4) 5p-6p JESPY Planters (J2) 5p-7p Working Womens' Support Network (J4) 6:30p-8p Theater Group (J2) 6p-8p Birthday Club (Dinner and Cake!) (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>7:30p-9p Soccer Practice</b></p>	<p>12</p> <p>4p-5p Word Games (J4) 5p-6p Kitchen Basics (J4) 6p-7p JESPY Journal (J4) 6p-7p Zentangle (J4) 6p-8p J-Street Band (J2) 7p-8p IPADS for Beginners (J4) 7p-8:30p Knitting (J4)</p> <p><b>4p-8p Group Exercise (J4)</b></p>	<p>13</p> <p>4p-5p Computer Class (J4) 5p-6p Horoscopes (J4) 6p-6:30p Community Dinner (J4) 7p-8p Bingo (J4)</p> <p><b>**5p-8p Walmart (Bring spending money)**</b></p> 	<p>14</p> <p>9a-1p JESPY Flea Market (J4) 12p-1p JESPY Planters (J4) 1p-2p Activity Planning Session 2p-4p Sip and Paint (J4) 5p-7:30p Dinner and a Movie— "The Nightmare Before Christmas" (A themed dinner will be served.) (J4)</p> <p><b>**10a-4p South Am-boy Celtic Fest (Bring \$ for lunch and spending)**</b></p> <p><b>Group Exercise (J4)</b> <b>Time: TBA</b> <b>Soccer Game—Time TBA</b></p>
<p>15</p> <p>10a-11a Open Breakfast (J4) 12p-1p Yoga (J2) 12p-2p Flower Arranging (J4) 1p-2p Meditation (J2) 3p-4p "Gamers Lounge" Video Game Club 3p-4p Computer Class (J4) 5p-7p Open Mic Night (Dinner will be served.) (J4)</p> <p><b>**12p- 4p Rutgers Gardens Falls Fest— \$5 (Bring \$\$ for lunch / spending)**</b></p> <p><b>12p-3:30p Unified Soccer</b></p>	<p>16</p> <p>4p-5p Healthy Snacks (J4) 4p-5p JESPY Planters (J2) 5p-6p Puzzles (J4) 5p-6p Photography (J2) 6p-8p J-Street Band (J2) 7p-8p Trivia Night (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>**6p-8p Stop &amp; Shop Shuttle**</b></p>	<p>17</p> <p>5p-6p Couponing (J4) 6p-7p Kitchen Basics (J4) 5p-6p Yoga (J2) 6p-7:30p Music Composition (J4) 6p-8p Current Events (J4)</p> <p>No Zumba</p> <p><b>4p-8p Group Exercise (J4)</b></p> <p><b>4:30p-7:30p Golf Practice</b></p>	<p>18</p> <p>4p-5p Table Topics: Celebrity Drama (J4) 5p-6p Glee Club (J4) 5p-6p JESPY Planters (J2) 5p-7p Working Womens' Support Network (J4) 6:30p-8p Theater Group (J2) 6p-8p Dinner and Virtual Tour of Greece (A themed dinner will be served.) (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>7:30p-9p Soccer Practice</b></p>	<p>19</p> <p>4p-5p Art Creations (J4) 5p-6p Kitchen Basics (J4) 6p-7p Social Action (J4) 6p-7p Zentangle (J4) 6p-8p J-Street Band (J2) 7p-8p IPADS for Beginners (J4) 7p-8:30p Knitting (J4)</p> <p><b>4p-8p Group Exercise (J4)</b></p>	<p>20</p> <p>4p-5p Computer Class (J4) 5p-6p Free Art (J4) 6p-6:30p Community Dinner (J4) 7p-8p Bingo (J4)</p> <p><b>**6p-8p Shabbat Service at Temple Beth Shalom**</b></p>  <p><b>**5p-8p Seton Village Food Truck Festival (Bring \$\$ for dinner)**</b></p>	<p>21</p> <p>10a-11a Open Breakfast (J4) 12p-1p JESPY Planters (J4) 1p-2p Menu Planning for November (J4) 2p-4p Jewelry Making (J4) 5p-7:30p Box Office Hits— "A Dogs Purpose" (Dinner will be served.) (J4)</p> <p><b>**10:30a-4p Pumpkin Steam Train Ride— \$25 (Bring \$ for lunch)**</b></p> <p><b>Soccer Tournament Weekend (Info to be released)</b></p>

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<p>22 10a-11a Open Breakfast (J4) 12p-1p Yoga (J2) 12p-1p Ceramics (J4) 1p-2p Meditation (J2) 3p-4p "Gamers Lounge" Video Game Club 3p-4p Computer Class (J4) 5p-7p Open Mic Night (Dinner will be served.) (J4)</p> <p><b>**Boat Cruise around Manhattan—\$25 (Bring \$\$ for lunch) (Time—TBD)**</b></p> <p><b>12p-3:30p Unified Soccer</b></p>	<p>23 4p-5p Nutrition (J4) 4p-5p JESPY Planters (J2) 5p-6p Poetry (J2) 6p-8p J-Street Band (J2) 7p-8p Trivia Night (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>**5p-7p KMART**</b></p> 	<p>24 5p-6p Couponing (J4) 6p Women's Book Club 6p-7p Kitchen Basics (J4) 5p-6p Yoga (J2) 6p-7:30p Music Composition (J4) 7p-8p Current Events (J4) 7:30p-8:30p Zumba (J2)</p> <p><b>4p-8p Group Exercise (J4)</b></p> <p><b>4:30p-7:30p Golf Practice</b></p>	<p>25 4p-5p Table Topics: Seasonal Tips (J4) 5p-6p Glee Club (J4) 5p-6p JESPY Planters (J2) 5p-7p Working Womens' Support Network (J4) 6:30p-8p Theater Group (J2) 6p-8p Pumpkin Decorating (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>7:30p-9p Soccer Practice</b></p>	<p>26 4p-5p Name That Tune (J4) 5p-6p Kitchen Basics (J4) 6p-7p JESPY Journal (J4) 6p-7p Zentangle (J4) 6p-8p J-Street Band (J2) 6p-8p CLIENT TEAM MEETING (J4) 7p-8p IPADS for Beginners (J4) 7p-8:30p Knitting (J4)</p> <p><b>4p-8p Group Exercise (J4)</b></p>	<p>27 4p-5p Computer Class (J4) 5p-6p Hangman (J4) 6p-6:30p Community Dinner (J4) 7p-8p Bingo (J4)</p> <p><b>**5p-8p IHOP (Bring \$\$ for dinner)**</b></p> 	<p>28 11a-2p JESPY OKTOBERFEST with Seton Hall Students - \$10 (Lunch, raffles, and prizes!!) (J4) 3p-4p Halloween Decorations (J4) 5p-7:30p Halloween Movie Night—"Hocus Pocus" (Dinner will be served.) (J4)</p> <p><b>Soccer —Time TBA Golf Tournament— Time: TBA</b></p>
<p>29 10a-11a Open Breakfast (J4) 12p-1p Yoga (J2) 12p-2p Sip and Paint (J4) 1p-2p Meditation (J2) 3p-4p "Gamers Lounge" Video Game Club 3p-4p Computer Class (J4) 5p-7p Open Mic Night (Dinner will be served.) (J4)</p> <p><b>**11a- 4p Apple Picking at Terhune Orchard (Bring \$\$ for lunch and purchases.)**</b></p> <p><b>9a-5p Unified Soccer Shriver Cup</b></p>	<p>30 <b>THE CAFÉ WILL BE OPEN FROM 3:30P—6P</b></p>  <p><b>6p-9p ANNUAL HALLOWEEN PARTY AT THE ELKS!</b> Dine, Dance, and Win! There will be raffles and costume prizes! <b>**Please sign up at J4 or via Shay's email or ext. 424.**</b></p>	<p>31 5p-6p Couponing (J4) 6p-7p Kitchen Basics (J4) 5p-6p Yoga (J2) 6p-7:30p Music Composition (J4) 7p-8p Current Events (J4) 7:30p-8:30p Zumba (J2)</p> <p><b>4p-8p Group Exercise (J4)</b></p> <p><b>4:30p-7:30p Golf Practice</b></p>	 <p><b>SIGN UP for all trips in BLUE and with <b>**ASTERISKS**</b> by contacting SHAY via email at <a href="mailto:sremillard@jespy.org">sremillard@jespy.org</a>, or by phone, ext. 424. You will receive a confirmation phone call or email securing your spot on the trip.</b></p> <p style="text-align: right;"><small>ppitbackgrounds.net</small></p>			