



# January



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**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**.

*It's almost time for fun in the sun at Ocean Grove! The sign up sheet will go out on the 22nd, so start talking to Lisa Jasinski if you're interested in going!*



**CAFÉ  
CLOSED  
NO  
PROGRAMS**

**HAPPY NEW YEAR  
2018**

<sup>1</sup>

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)

**4p-8p Group Exercise (J4)**

**8p Volleyball Practice (J4)**

<sup>2</sup>

4-5 JESPY Memory Book (J4)  
5p-6p Glee Club (J4)  
6p-7p Photography (J2)  
6:30p-8p Theater Group (J2)  
6p-7:30p Soup and Salad Dinner (J4)

**4p-6p Group Exercise (J4)**

**5:30p—Bowling Practice**

<sup>3</sup>

5p-6p Kitchen Basics (J4)  
6p-7p Zentangle (J4)  
6p-7p JESPY Memory Book (J4)  
6p-8p J-Street Band (J2)  
7p-8p IPADS for Beginners (J4)  
7p-8:30p Knitting (J4)

**4p-8p Group Exercise (J4)**

**5:30p—Bowling Practice**

<sup>4</sup>

4p-5p Computer Class (J4)  
6p-6:30p Community Dinner (J4)

**6:30p ADVOCACY TRAINING** for clients and staff. Learn how to make your voices heard! (J4)

**\*\*NO TRIP\*\***


<sup>5</sup>

10:30a-11a Activity Planning Session (J4)  
12p-1p Dine-In Deli Lunch (J4)  
2p-4p Iron On Beads (J4)  
5p-7:30p Night at the Movies "Inside Out" (J4)

**Volleyball Overnight Tournament - Departure at 9am**

**Bowling Sectionals - 7:30a-2p**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>7</p> <p>10a-11a Open Breakfast (J4) 12p-2p Clay Sculpting (J4) 3p-4p Cahoot (J4) 5p-7p Open Mic (Dinner will be served.) (J4)</p> <p><b>**11a-5p 60th Annual Model Railroad Show—\$6 (Bring money for lunch)**</b></p>	<p>8</p> <p>4p-5p JESPY Planters (J4) 5p-6p Nutrition(J4) 5p-6p Poetry (J2) 6:30p-7:30p Name That Tune (J4) 6p-8p J-Street Band (J2)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>**6p SOUTH ORANGE TRUSTEE MEETING - Come help us advocate for JESPY!**</b></p>	<p>9</p> <p>5p-6p Couponing (J4) 6p-7p Kitchen Basics (J4) 5p-6p Meditation (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>10</p> <p>4-5 JESPY Memory Book (J4) 5p-6p Glee Club (J4) 6p-7p Photography (J2) 6:30p-8p Theater Group (J2) 6p-7p Vegetarian Dinner (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>5:30p—Bowling Practice</b></p>	<p>11</p> <p>5p-6p Kitchen Basics (J4) 6p-7p Zentangle (J4) 6p-7p JESPY Memory Book (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><b>5:30p—Bowling Practice</b></p>	<p>12</p> <p>4p-5p Computer Class (J4) 6p-6:30p Community Dinner (J4) 7p-8p Bingo (J4)</p> <p><b>**5p-8p Short Hills Mall (Bring \$ for dinner and purchases)**</b></p>	<p>13</p> <p>10:30a-11a Menu Planning Session (J4) 12p-1p Dine-In Deli Lunch (J4) 2p-4p Iron On Beads (J4) 5p-7:30p Night at the Movies: “Frozen” (J4)</p> <p><b>** 1:30p-4:30p Mark Nizer’s 4D Show @ SOPAC -\$30 **</b></p> <p><b>10:30a-11:30a Exercise</b></p> <p><b>12:30 –5:30 Basketball Practice</b></p>
<p>14</p> <p><b>THE CAFÉ WILL OPEN AT 12 PM.</b></p> <p>1p-3p Sip &amp; Paint (J4) 5p-7p Open Mic Night (Dinner will be served.) (J4)</p> <p><b>**12p-4p Dave and Busters in Wood-bridge (Bring \$ for lunch and games)**</b></p> <p><b>Basketball Game Time: TBA</b></p>	<p>15</p> <p>4p-5p JESPY Planters (J4) 5p-6p Healthy Snacks (J4) 5p-6p Poetry (J2) 6:30p-7:30p Name That Tune (J4) 6p-8p J-Street Band (J2)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>**6p-8p Stop &amp; Shop Shuttle**</b></p>	<p>16</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) 7p-8p Current Events (J4) 7:30p-8:30p Zumba (J2)</p> <p><b>4p-8p Group Exercise (J4)</b></p>	<p>17</p> <p>5p-6p Glee Club (J4) 6p-7p Photography (J2) 6:30p-8p Theater Group (J2) 6p-7:30p Birthday Club (Dinner and dessert will be served.) (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>5:30p—Bowling Practice</b></p>	<p>18</p> <p>5p-6p Kitchen Basics (J4) 6p-7p Zentangle (J4) 5p-6p IPADS for Beginners (J4) 6p-8p J-Street Band (J2) <b>6p-8p CLIENT TEAM MEETING (J4)</b> 7p-8:30p Knitting (J4)</p> <p><b>4p-8p Group Exercise (J4)</b></p> <p><b>5:30p—Bowling Practice</b></p>	<p>19</p> <p>4p-5p Computer Class (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>20</p> <p>10:30a-11a Party Planning Session (J4) 12p-1p Dine-In Deli Lunch (J4) 2p-4p Sip &amp; Paint (J4) 5p-7:30p Night at the Movies “Pretty Woman” (J4)</p> <p><b>** 4:30p-8:30p Dinner and Exploding Universe Planetarium Show-\$10 (Bring money for dinner)**</b></p> <p><b>10:30a-11:30a Exercise</b></p> <p><b>12:30 –5:30 Basketball Practice</b></p>

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>21</p> <p>10a-11a Open Breakfast (J4) 12p-1p Cahoot (J4) 2p-4p Ceramic Painting (J4) 5p-7p J-Street Band Performance (Dinner will be served.) (J4)</p> <p><b>**12p-5p The GRAMMY Museum Experience @ Prudential Center - \$15 (Bring \$ for lunch)**</b></p> <p><b>Basketball Game Time: TBA</b></p>	<p>22</p> <p>4p-5p JESPY Planters (J4) 5p-6p Nutrition(J4) 5p-6p Poetry (J2) 6:30p-7:30p Name That Tune (J4) 6p-8p J-Street Band (J2)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>**6p SOUTH ORANGE TRUSTEE MEETING - Come help us advocate for JESPY!**</b></p> <p><b>OCEAN GROVE SIGN UP SHEET GOES OUT IN J2 TODAY!!</b></p>	<p>23</p> <p>5p-6p Couponing (J4) 6p-7p Kitchen Basics (J4) 5p-6p Meditation (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>24</p> <p>5p-6p Glee Club (J4) 6p-7p Photography (J2) 6:30p-8p Theater Group (J2) 6p-7p Pizza Party (Dinner will be served.) (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>5:30p—Bowling Practice</b></p>	<p>25</p> <p>5p-6p Kitchen Basics (J4) 6p-7p Zentangle (J4) 6p-7p Social Action (J2) 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><b>5:30p—Bowling Practice</b></p>	<p>26</p> <p>4p-5p Computer Class (J4) 6p-6:30p Community Dinner (J4) 7p-8p Bingo (J4)</p> <p><b>**5p-8p Walmart (Bring spending \$\$)**</b></p>	<p>27</p> <p>10:30a-11a Party Prep for The JESPIES! (J4) 12p-1p Dine-In Deli Lunch (J4) 3p-5p Iron On Beads (J4) 7p-8:30p JESPY Nation Athletic Awards (J4)</p> <p><b>**11a-4p Palisades Mall (Bring money for lunch and purchases)**</b></p> <p><b>10:30a-11:30a Exercise</b></p> <p><b>12:30 -5:30 Basketball Practice</b></p>
<p>28</p> <p>10a-11a Open Breakfast (J4) 1p-3p Make Your Own Ice Cream 5p-7p Open Mic Night (Dinner will be served.) (J4)</p> <p><b>**5:30p-8:30p Winter Wonderland Dance at the JCC—\$20**</b></p> <p><b>Basketball Game Time: TBA</b></p>	<p>29</p> <p>5p-6p Healthy Snacks (J4) 6:30p-7:30p Name That Tune (J4) 6p-8p J-Street Band (J2)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>**6p-8p Stop &amp; Shop Shuttle**</b></p> <p><b>NO PLANTERS OR POETRY</b></p>	<p>30</p> <p>5p-6p Couponing (J4) 6p-7p Kitchen Basics (J4) 5p-6p Yoga (J2) 6p-7:30p Music Composition (J4) 7p-8p Current Events (J4)</p> <p><b>4p-8p Group Exercise (J4)</b></p> <p><b>NO BOOK CLUB OR ZUMBA</b></p>	<p>31</p> <p>5p-6p Glee Club (J4) 6p-7p Photography (J2) 6:30p-8p Theater Group (J2) 6p-7:30p Dinner and Virtual Tour of Portugal (A themed dinner will be served.) (J4)</p> <p><b>4p-6p Group Exercise (J4)</b></p> <p><b>5:30p—Bowling Practice</b></p>	 <p><b>SIGN UP for all trips in BLUE and with **ASTERISKS** 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>		