



APRIL

<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>CAFÉ OPEN 10a-3p</p> <p>11a-12:30p Holiday Brunch (J4)</p> <p>1:30p-2:30p Spring Activities (J4)</p> <p>**No Trips**</p>	<p>2</p> <p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Healthy Snacks (J4)</p> <p>5p-6p Poetry (J2)</p> <p>6:30p-7:30p Name That Tune (J4)</p> <p>6p-8p J-Street Beginner's Band (J2)</p> <p>**No Trips**</p> <p>4p-6p Group Exercise (J4)</p>	<p>3</p> <p>5p-6p Couponing (J4)</p> <p>5p-6p Yoga/Meditation (J2)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p - 7p Women's Book Club</p> <p>6p-7p Photography (J4)</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>4p-8p Group Exercise (J4)</p>	<p>4</p> <p>5p-6p Glee Club (J4)</p> <p>6p - 8p Nutritional Cooking Group (must be signed up to attend)</p> <p>6:30p-8p Theater Group (J2)</p> <p>6p-7p Game Night (J4)</p> <p>4p-6p Group Exercise (J4)</p>	<p>5</p> <p>5p-6p JESPY Journal (J4)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-8p J-Street Intermediate Band (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>4p-8p Group Exercise (J4)</p> <p>5:30p—Bowling Practice</p> <p>**6p-11p Devils Game \$50 - (bring \$\$ for dinner & souvenirs)**</p>	<p>6</p> <p>4p-5p Computer Class (J4)</p> <p>6p - Theater Group (J2)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**No Trip**</p>	<p>7</p> <p>10:30a-11a Activity Planning Session (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>2p-4p Bulletin Board Design (J4)</p> <p>5p-7:30p Night at the Movies "Three Amigos" (J4)</p> <p>Time - TBD</p> <p>Group Exercise</p> <p>**11a-5p Palisades Mall - (bring \$\$ for lunch & purchases)**</p>
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<p>8</p> <p>10a-11a Open Breakfast (J4)</p> <p>12p-2p Iron-On Beads (J4)</p> <p>1p-2p Art Collective (J4)</p> <p>2p-3p Glee Club (J4)</p> <p>3p-5p J-Street Intermediate Band (J2)</p> <p>5:30p-7p Open Mic Night (Dinner will be served.) (J4)</p> <p>**12p-5p Somerset Patriots Game (\$20)**</p>	<p>9</p> <p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Nutrition(J4)</p> <p>5p-6p Poetry (J2)</p> <p>6:30p-7:30p Name That Tune (J4)</p> <p>6p-8p J-Street Beginner's Band (J2)</p> <p>**7:30p TOWN HALL MEETING**</p> <p>**6p-8p Stop & Shop**</p> <p>4p-6p Group Exercise (J4)</p>	<p>10</p> <p>5p-6p Couponing (J4)</p> <p>5p-6p Yoga/Meditation (J2)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-7p Photography (J4)</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>4p-8p Group Exercise (J4)</p>	<p>11</p> <p>5p-6p Glee Club (J4)</p> <p>6p - 8p Nutritional Cooking Group (must be signed up to attend)</p> <p>6:30p-8p Theater Group (J2)</p> <p>6p-7p Game Night (J4)</p> <p>4p-6p Group Exercise (J4)</p>	<p>12</p> <p>5p-6p Social Action (J4)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-8p J-Street Intermediate Band (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>4p-8p Group Exercise (J4)</p>	<p>13</p> <p>4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**6p-8p Shabbat Service at Temple Beth Shalom**</p>	<p>14</p> <p>10:30a-11a Menu Planning (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>2p-4p Sip & Paint</p> <p>5p-7:30p Night at the Movies: "Big" (J4)</p> <p>** 10a-2:30p Journey to Oz @ Wilkins The- ater & Lunch - \$25 (Bring \$ for lunch)**</p> <p>Time - TBD Group Exercise</p>
<p>15</p> <p>10a-11a Open Breakfast (J4)</p> <p>12p-2p Card Making (J4)</p> <p>1p-2p Video Editing (J4)</p> <p>2p-3p Glee Club (J4)</p> <p>2p-4p Theater Show Rehearsal (J2)</p> <p>3p-5p J-Street Intermediate Band (J2)</p> <p>5:30p-7p Birthday Club Dance (Dinner will be served.) (J4)</p> <p>**11a-3p J-SERVE Volunteer activity and lunch (\$20)**</p>	<p>16</p> <p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Healthy Snacks(J4)</p> <p>5p-6p Poetry (J2)</p> <p>6p-7p Walking Group (J4)</p> <p>No Band Practice</p> <p>4p-6p Group Exercise (J4)</p> <p>**5p-7p Walmart**</p>	<p>17</p> <p>5p-6p Couponing (J4)</p> <p>5p-6p Yoga/Meditation (J2)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p - 7p Women's Book Club</p> <p>6p-7p Photography (J4)</p> <p>7p-8p Current Events (J4)</p> <p>No Zumba</p> <p>4p-8p Group Exercise (J4)</p>	<p>18</p> <p>CAFÉ CLOSED</p> <p>4p-6p Group Exercise (J4)</p>	<p>19</p> <p>5p-6p JESPY Journal (J4)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p - Client Team Meeting (J4)</p> <p>6p-8p J-Street Intermediate Band (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>4p-8p Group Exercise (J4)</p>	<p>20</p> <p>4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**5p-8p Dinner at Cheesecake Factory (Bring \$\$ for din- ner)**</p>	<p>21</p> <p>10:30a-11a Trip Planning (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>2p-4p Creative Baking (J4)</p> <p>5p-7:30p Night at the Movies "Footloose" (J4)</p> <p>** 12p-5p Health and Wellness Craft Fair (Bring money for lunch and purchases)</p> <p>Time - TBD Group Exercise</p>

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22 10a-11a Open Breakfast (J4) 1p-2p Art Collective (J4) 2p-3p Glee (J4) **3:30p-6p JESPY Cabaret Client Performances (This is a fun card event)** CAFÉ CLOSÉS AT 3:30p	23 4p-5p JESPY Planters (J4) 5p-6p Nutrition(J4) 5p-6p Poetry (J2) 6p-7p Walking Group (J4) 6p-8p J-Street Beginner's Band (J2) 4p-6p Group Exercise (J4) **7:30p TOWN HALL MEETING** **6p-8p Stop & Shop**	24 5p-6p Couponing (J4) 5p-6p Yoga/Meditation (J2) 6p-7p Kitchen Basics (J4) 6p-7p Photography (J4) 7p-8p Current Events (J4) 7:30p-8:30p Zumba (J2) 4p-8p Group Exercise (J4)	25 5p-6p Glee Club (J4) 6p - 8p Nutritional Cooking Group (must be signed up to attend) 6:30p-8p Theater Group (J2) 6p-7p Game Night (J4) 4p-6p Group Exercise (J4)	26 5p-6p Social Action (J4) 5p-7p Zentangle (J4) 6p-7p Kitchen Basics (J4) 6p-8p J-Street Intermediate Band (J2) 7p-8:30p Knitting (J4) 4p-8p Group Exercise (J4)	27 4p-5p Computer Class (J4) 6p-6:30p Community Dinner (J4) 7p Bingo (J4) **5p-8p Livingston Mall (Bring \$\$ for purchases)**	28 10:30a-11a Table Talk (J4) 12p-1p Dine-In Deli Lunch (J4) 3p-4p Iron-On Beads (J4) 5:30p-7:30p Night at the Movies: "Sixteen Candles" (J4) **10a-1p DMV Trip (Bring all necessary documents)** **9a-3p Autism and Disability Awareness Fair (Bring money for lunch and purchases)** Time - TBD Group Exercise
29 10a-11a Open Breakfast (J4) 12p-2p Sip & Paint (J4) 1p-2p Video Editing (J4) 2p-3p Glee Club (J4) 3p-5p J-Street Intermediate Band (J2) 5:30p-7p Tour of Hawaii (Themed dinner will be served.) (J4) **12p-5p Somerset Patriots Game (\$20)**	30 5p-6p Healthy Snacks(J4) 5p - Greenhouse Opening Celebration (J2) 4p-6p Group Exercise (J4) **5p-7p Trader Joes**	 <p>SIGN UP for all trips in BLUE and with **ASTERISKS** by contacting SHAY via email at sremillard@jespy.org, or by phone, ext. 424. You will receive a confirmation phone call or email securing your spot on the trip.</p>				