



<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**.

	1 5p-6p Couponing (J4) 5p-6p Yoga/Meditation (J2) 6p-7p Kitchen Basics (J4) 6p-7p Women's Book Club 6p-7p Expressive writing (J4) 7p-8p Current Events (J4) 7:30p-8:30p Zumba (J2) 4p-8p Group Exercise (J4) 5p-7p Bocce Practice @ Baird Center	2 5p-6p Glee Club (J4) 6p - 8p Nutritional Cooking Group (must be signed up to attend) 6:30p-8p Theater Group (J2) 4p-6p Group Exercise (J4) 6:30p-7:30p Track & Field practice 7:30p Softball Practice	3 5p-6p Kitchen Basics (J4) 5:30p-6:30p Working Women's Support Network (J4) 6p-7p JESPY Journal (J4) 6p-8p J-Street Intermediate Band (J2) 4p-8p Group Exercise (J4) 5p-7p Bocce Practice @ Baird Center	4 4p-5p Computer Class (J4) 4p-5p Bulletin Board Design (J4) 6p-6:30p Community Dinner (J4) 7p Bingo (J4) **Styertowne Shopping Center (with AC Moore) in Clifton (Bring \$\$ for purchases)**	5 10:30a-11a Activity Planning Session (J4) 12-p-3p Art Bender (Outdoor Table) J4 5p-7:30p Cinco De Mayo Fiesta!!! **11a-4p Abilities Expo (Bring \$\$ for lunch)** Group Exercise TBD Softball practice TBA 2p-4p Tennis Practice @ Baird Center
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<p>6</p> <p>10a-11a Open Breakfast (J4)</p> <p>12p-2p Iron-On Beads (J4)</p> <p>2p-3p Art Collective (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>**6p-8:30p JCC Luau Dance**</p> <p>9:30a-3:30p Team NJ Softball Practice</p>	<p>7</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 Walking Group (J4)</p> <p>6p-8p J-Street Beginner's Band (J2)</p> <p>**5p-7p Best Buy Trip (Bring \$ for purchases)**</p> <p>4p-6p Group Exercise (J4)</p>	<p>8</p> <p>5p-6p Couponing (J4)</p> <p>5p-6p Yoga/Meditation (J2)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-7p Expressive writing (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>5p-7p Bocce Practice @ Baird Center (Be at café @ 4:45 for transport)</p>	<p>9</p> <p>CAFÉ CLOSED</p> <p>5:30p-6:30p Working Women's Support Network (J4)</p> <p>8 AM Departure (J4) Track & Field sectionals (Brook dale Park, Bloomfield)</p> <p>No track & field practice due to sectionals</p> <p>7:30p Softball Practice @ Waterlands field</p>	<p>10</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-7p Social Action (J4)</p> <p>6p-8p J-Street Intermediate Band (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>**5p-9p Special Needs Night at Fun- plex—\$20 (Bring \$ for additional pur- chases)</p> <p>4p-8p Group Exercise (J4)</p> <p>5p-7p Bocce Practice @ Baird Center</p>	<p>11</p> <p>4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**6p- Special Olympics Dinner Dance**</p> <p>**6p-8p Shabbat L'Khulam at Temple Beth Shalom**</p>	<p>12</p> <p>10:30a-11a Menu Planning (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>2p-4p Sip & Paint (J4)</p> <p>5p-7:30p Night at the Movies: "Rock Of Ages" (J4)</p> <p>**10a-5p 9/11 Museum (\$35 + lunch money)**</p> <p>Time - TBD Group Exercise</p> <p>Softball Practice TBA</p> <p>2p-4p Tennis Practice @ Baird center</p>
<p>13</p> <p>11a-12:30p Mother's Day Brunch (J4)</p> <p>1p-2p Video Editing (J4)</p> <p>2p-3:30p Paint 2 Music (J4)</p> <p>4p-5p Ice Cream Making (J4)</p> <p>5:30p-7p Birthday Club (Dinner and dessert will be served) (J4)</p> <p>**9a-1p Rubin Run @ The JCC (\$25 + lunch money)**</p> <p>9:30a-3:30p Team NJ Softball Practice</p>	<p>14</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 Walking Group (J4)</p> <p>6p-8p J-Street Beginner's Band (J2)</p> <p>5p-7p Stop & Shop Shuttle</p> <p>7:30 * TOWN HALL MEETING *</p> <p>4p-6p Group Exercise (J4)</p>	<p>15</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 Expressive writing (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>5p-7p Bocce Practice @ Baird Center (Be at café @ 4:45 for transport)</p>	<p>16</p> <p>5p-6p Glee Club (J4)</p> <p>7p - 8p Nutritional Cooking Group</p> <p>5:30p-6:30p Working Women's Support Network (J4)</p> <p>6:30p-8p Theater Group (J2)</p> <p>6p-7p Photography (J4)</p> <p>4p-6p Group Exercise (J4)</p> <p>6:30p-7:30p Track & Field practice</p> <p>7:30p Softball Practice @ Waterlands field</p>	<p>17</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-7p JESPY Journal (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>5p-7p Bocce Practice @ Baird Center (Be at café @ 4:45 for transport)</p>	<p>18</p> <p>4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**5p-8p Walmart Trip (Bring \$ for purchases)**</p>	<p>19</p> <p>10:30a-11a Trip Planning (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>2p-4p Creative Pastry Decorating (J4)</p> <p>5p-7:30p Night at the Movies: "Mamma Mia" (J4)</p> <p>**11a-p Bridgewater Mall / Movies (Bring lunch & spending \$)**</p> <p>Time - TBD Group Exercise</p> <p>Softball Practice TBA</p> <p>2p-4p Tennis Practice</p>

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<p>20 10a-11a Open Breakfast (J4)</p> <p>12p-1p Word Games (J4)</p> <p>2p-3p Art Collective (J4)</p> <p>3p-5p J-Street Intermediate Band (J2)</p> <p>5:30p-7p Open Mic Night (Dinner will be served.) (J4) **11a-5p Mayfest in Maplewood (Bring \$\$ for lunch and purchases)**</p> <p>9:30a-3:30p Team NJ Softball Practice</p>	<p>21</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 Walking Group (J4)</p> <p>6p-8p J-Street Beginner's Band (J2)</p> <p>**5p-7p Trader Joes (Bring \$\$ for purchases)**</p> <p>4p-6p Group Exercise (J4)</p>	<p>22</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 Expressive writing (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>5p-7p Bocce Practice @ Baird Center (Be at café @ 4:45 for transport)</p>	<p>23</p> <p>5p-6p Glee Club (J4)</p> <p>6p - 8p Nutritional Cooking Group (must be signed up to attend)</p> <p>5:30p-6:30p Working Women's Support Network (J4)</p> <p>6:30p-8p Theater Group (J2)</p> <p>6p-7p Photography (J4)</p> <p>4p-6p Group Exercise (J4)</p> <p>6:30p-7:30p Track & Field Practice</p> <p>7:30p Softball Practice @ Waterlands field</p>	<p>24</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-7p Social Action (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>5p-7p Bocce Practice @ Baird Center (Be at café @ 4:45 for transport)</p>	<p>25</p> <p>4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**5p-8p Famous Daves BBQ (Bring \$\$ for dinner)**</p>	<p>26 10:30a-11a Table Talk (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>3p-4p Iron-On Beads (J4)</p> <p>5:30p-7:30p Night at the Movies: "The Greatest Showman" (J4) **11:30a-3:30p Montclair Art Museum—\$15 (Bring \$\$ for lunch)** Time - TBD Group Exercise</p> <p>Softball Practice TBA</p> <p>2-4p Tennis Practice @ Baird center</p>
<p>27</p> <p>10a-11a Open Breakfast (J4)</p> <p>12p-2p Sip & Paint (J4)</p> <p>3p-4p Name That Tune (J4)</p> <p>5:30p-7p Tour of Israel (Themed dinner will be served.)</p> <p>**10a-4p NJ Renaissance Faire in Bordentown—\$25 (Bring \$\$ for lunch)**</p> <p>9:30a-3:30p Team NJ Softball Practice</p>	 <p>Happy MEMORIAL DAY</p> <p>Memorial Day Barbeque!</p> <p>Café will be open 12p-3p</p> <p>Food & Fun & Friends!</p>	<p>29</p> <p>5p-6p Couponing (J4)</p> <p>6p-7p Kitchen Basics (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>5p-7p Bocce Practice @ Baird Center (Be at café @ 4:45 for transport)</p>	<p>30</p> <p>5p-6p Glee Club (J4)</p> <p>6p - 8p Nutritional Cooking Group (must be signed up to attend)</p> <p>5:30p-6:30p Working Women's Support Network (J4)</p> <p>6:30p-8p Theater Group (J2)</p> <p>4p-6p Group Exercise (J4)</p> <p>6:30p-8:30p Summer Games Meeting & Pep Rally (J4)</p> <p>Time: TBD **TOWN HALL MEETING**</p>	<p>31</p> <p>5p-6p Kitchen Basics (J4)</p> <p>6p-7p JESPY Journal (J4)</p> <p>7p-8p Crossword Puzzles (J4)</p> <p>4p-8p Group Exercise (J4)</p> <p>5p-7p Bocce Practice @ Baird Center (Be at café @ 4:45 for transport)</p>	 <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>	