



# JULY



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.*

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**.

**NO Nutrition Group or Women's Professional Support group this month.**

<p>1 10a-11a Open Breakfast (J4)</p> <p>12p-2p Iron-On Beads (J4)</p> <p>1p-2p Art Collective (J4)</p> <p>3p-4p Astronomy Club (J4)</p> <p>5:30p-7p Open Mic Night (Dinner will be served)</p> <p><b>NO TRIP SCHEDULED</b></p>	<p>2 4p-5p JESPY Planters (J4)</p> <p>5p-6p Nutrition discussion (J4)</p> <p>5p-6p Poetry (J2)</p> <p>6p-7p Walking Group (J4)</p> <p>6p-8p J-Street Band Practice (J2)</p> <p><b>**6p-8p Shoprite Trip**</b> (Bring \$\$ for purchases)</p> <p><b>4p-6p Exercise</b></p>	<p>3 No Kitchen Basics</p> <p>5p-6p Slip &amp; Fall workshop with Nurse Pat (J4)</p> <p>6p-7p Yoga/Meditation (J2)</p> <p>6p-7p Current events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p><b>4p-8p Exercise</b></p>	<p>4 <b>BBQ (J4) 12-3</b> (FIREWORKS at Memorial Park, Maplewood @ 10 pm, there is an admission fee) <b>No JESPY staff/transportation Provided.</b></p>  <p>Happy 4th of July!</p>	<p>5 4p-5p Table Talk (J4)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-8p J-Street Band Practice (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p><b>4p-8p Exercise</b></p>	<p>6 4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p><b>**TGIF restaurant 5p-8p (J4)</b> (Bring \$\$ for Dinner)</p>	<p>7 10:30a-11a Activity Planning Session (J4)</p> <p>12p-1p Dine in Deli Lunch (J4)</p> <p>2p-4p Doodling Circle (J4)</p> <p>5p-7:30p Night at the movies "Top Gun" (J4)</p> <p><b>** "A day out with Thomas the Train" 9a-5p Departing J4 @ 9am (\$25.00 for ticket + \$\$ for purchases)</b></p>
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<p>8</p> <p>10a-11a Open Breakfast (J4)</p> <p>12p-2p Popsicle Making (J4)</p> <p>1p-2p Art Collective (J4)</p> <p>3p-4p Astronomy Club (J4)</p> <p>5:30p-7p Open Karaoke Night (Dinner will be served) (J4)</p> <p><b>** Watching Reservation History Trail &amp; Lunch 10a-4p (\$\$ for Lunch)</b></p>	<p>9</p> <p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Nutrition Group (J4)</p> <p>5p-6p Poetry (J2)</p> <p>6p-7p Walking Group (J4)</p> <p>6p-8p J-Street Band Practice (J2)</p> <p><b>* 8 pm SO TOWN HALL MEETING**</b></p> <p><b>**6p-8p Stop &amp; Shop Trip** (Departing J4) (Bring \$\$ for purchases)</b></p> <p><b>4p-6p Exercise</b></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 Women's Book Club</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p><b>4p-8p Exercise</b></p>	<p>11</p> <p>No Activities @J2 or J4</p> <p><b>Café Closed</b></p> <p><b>4p-8p Exercise</b></p>	<p>12</p> <p>5p-6p Social Action (J4)</p> <p>No Kitchen Basics</p> <p>6p-8p J-Street Band Practice (J2)</p> <p>6p-7p Oral Hygiene client workshop Presented by Nurse Pat</p> <p>7p-8:30 Client Team Meeting w/ Audrey &amp; Ice Cream Social</p> <p><b>4p-8p Exercise</b></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><b>**5p-8p Best Buy Trip (Departing J4) (Bring \$\$ for purchases)</b></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 &amp; Paint (J4)</p> <p>5p-7:30p Night at the Movies: "Armageddon" (J4)</p> <p><b>10am DMV Trip (Please have proper documentation and \$\$ needed)</b></p> <p><b>** Woodbridge Mall &amp; Lunch, 12p-5p (Bring \$\$ for lunch and purchases)</b></p>
<p>15</p> <p>10a-11a Open Breakfast (J4)</p> <p>12p-2p (J4)</p> <p>1p-2p Video Editing (J4)</p> <p>3p-4p Astronomy Club (J4)</p> <p>5:30p-7p Birthday Club Dance (Dinner will be served.) (J4)</p> <p><b>** Asbury Beach &amp; Boardwalk trip 9a-4p (Bring \$\$ for lunch &amp; purchases)</b></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>6p-8p J-Street Band Practice (J2)</p> <p><b>**5p-7p Walmart** (Departing J4) (Bring \$\$ for purchases)</b></p> <p><b>4p-6p Exercise</b></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>7p - 8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p><b>4p-8p Exercise</b></p>	<p>18</p> <p>4p-5p Table Talk (J4)</p> <p>5p-6p Glee Practice (J2)</p> <p>6:45p-7:45p Theater Group (J2)</p> <p>6p-7p Group Game Night (J4)</p> <p><b>4p-8p Exercise</b></p>	<p>19</p> <p>4p-5p JESPY Journal (J4)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-8p J-Street Band Practice (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p><b>4p-8p Exercise</b></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><b>**5p-8p Americana Diner in West Orange (Departing J4) (Bring \$\$ for dinner)</b></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 "Captain America" (J4)</p> <p><b>** Botanical Garden @ the Sky lands 10a-3p (Free Admission, bring \$\$ for lunch)</b></p>

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22 <b>10a-11a Open Breakfast (J4)</b>  <b>1p-2p Art Collective (J4)</b>  <b>2p-3p Glee (J4)</b>  <b>3:30p-4:30 Sip &amp; Paint (J4)</b>  <b>5p-7:30p Virtual tour of Poland (Dinner will be served)</b>  <b>** Atlantic City Trip (Departing J4 by bus service) 8a-8p (\$75.00 and bring \$\$ for games/purchases)</b>	23 <b>4p-5p JESPY Planters (J4)</b>  <b>5p-6p Nutrition(J4)</b>  <b>5p-6p Poetry (J2)</b>  <b>6p-7p Walking Group (J4)</b>  <b>6p-8p J-Street Band Practice (J2)</b>  <b>* 8 pm SO TOWN HALL MEETING**</b>  <b>**6p-8p Stop &amp; Shop** (Departing J4) (Bring \$\$ for purchases)</b>  <b>4p-6p Exercise</b>	24 <b>5p-6p Couponing (J4)</b>  <b>5p-6p Yoga/Meditation (J2)</b>  <b>6p-7p Kitchen Basics (J4)</b>  <b>6p-7p Women's Book Club</b>  <b>7p-8p Current Events (J4)</b>  <b>7:30p-8:30p Zumba (J2)</b>  <b>4p-8p Exercise</b>	25 <b>Café Closed</b>  <b>No Activities or Exercise @J2 or J4</b>  <b>Camp Ramah Trip 3p-10:30p (Be @ J4 by 2pm)</b>  <b>FUN CARD EVENT</b>	26 <b>5p-6p Social Action (J4)</b>  <b>5p-7p Zentangle (J4)</b>  <b>6p-7p Kitchen Basics (J4)</b>  <b>6p-8p J-Street Band Practice (J2)</b>  <b>7p-8:30p Knitting (J4)</b>  <b>4p-8p Exercise</b>	27 <b>4p-5p Computer Class (J4)</b>  <b>6p-6:30p Community Dinner (J4)</b>  <b>7p Bingo (J4)</b>  <b>**5p-8p Target Trip (Departing J4) (Bring \$\$ for purchases)**</b>	28 <b>10:30a-11a Group word scramble (J4)</b>  <b>No Dine in Deli</b>  <b>1p-2p Innovative Helping Hands of Inclusion, Art group. (up cycling wood furniture)</b>  <b>3p-4p Iron-On Beads (J4)</b>  <b>5:30p-7:30p Night at the Movies: "My Dog Skip." Themed dinner will be served." (J4)</b>  <b>** Quick Chek Balloon Festival 10a-5p \$45.00 plus \$\$ for lunch and purchases)</b>
29 <b>10a-11a Open Breakfast (J4)</b>  <b>12p-1p Baseball sign making for the game!!</b> <b><u>Café Closes at 3pm</u></b>  <b>JESPY PRESENTS: Night at the ballpark with the Somerset Patriots. JESPY Glee will be performing the National anthem and JESPY will have a info table too. Departing J4 @ 3 pm, 4p-end of game. Cost: \$25.00 (Includes ticket and food voucher)</b>	30 <b>4p-5p JESPY Planters (J4)</b>  <b>5p-6p Healthy Snacks (J4)</b>  <b>6p-7p Walking Group (J4)</b>  <b>6p-8p J-Street Band Practice (J2)</b>  <b>Poetry Reading 5-6</b>  <b>**5p-7p Trader Joes** (Departing J4) (Bring \$\$ for purchases)</b>  <b>4p-6p Exercise</b>	31 <b>5p-6p Couponing (J4)</b>  <b>5p-6p Yoga/Meditation (J2)</b>  <b>6p-7p Kitchen Basics (J4)</b>  <b>7p-8p Current Events (J4)</b>  <b>7:30p-8:30p Zumba (J2)</b>  <b>4p-8p Exercise</b>				

**SIGN UP for all trips in BLUE and with \*\*ASTERISKS\*\* by contacting SHAY via email at [sremillard@jespy.org](mailto:sremillard@jespy.org), or by phone, ext. 424. You will receive a confirmation phone call or**