



OCTOBER 2018



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 ACTIVITY.

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. **Any questions or concerns regarding sports please call Jerica Best, Athletics Coordinator, ext 426 or Tabitha Richardson-Smith, Head Coach, ext 304.**

Please check for any altered café hours throughout the month in **bold purple font**.

Please note clinical groups taking place throughout the month. They are as follows:

- * (Mondays) Stress & Anxiety Management Group/Keep calm w/ Katie (J2) 7pm-8pm
- * (Tuesdays) Anger Management & Conflict Resolution Group w/ Katie (J2) 7pm-8pm
- * (Thursdays) social & Interpersonal Skills Group w/ Kinga (J2) 6pm-7pm

	<p>1</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 Band practice (J2)</p> <p>**5p-7p Stop & Shop Shuttle (Bring \$\$ for purchases)</p> <p>Group Exercise (J4)</p>	<p>2</p> <p>5p-6p Couponing (J4)</p> <p>5p-6p Yoga (J2)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-7p Women's Book Club</p> <p>6p Social Skills Group w/ Kinga (J2)</p> <p>6p-7p Music Composition (J4)</p> <p>7p-8p Voter registration help @ the cafe (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>Group Exercise (J4)</p>	<p>3</p> <p>4p-5p Brain Teasers & Puzzles (J4)</p> <p>5p-6p Glee Practice (J4)</p> <p>6:30p-8:00p Retro Gaming (J4)</p> <p>6:45p-7:45p Theater Group (J2)</p> <p>Group Exercise (J4)</p> <p>Soccer Practice 5:30 pm Cameron Field</p> <p>Golf Practice 5:50 pm</p>	<p>4</p> <p>4p-5p JESPY Journal (J4)</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-8p J-Street Intermediate Band (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>7p-8:30p MENS NIGHT (J4)</p> <p>Group Exercise (J4)</p>	<p>5</p> <p>4p-5p Computer Class (J4)</p> <p>4p-5p Bulletin Board Design (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p-7:45p Bingo (J4)</p> <p>** 5p-11:30p Rutgers vs Ohio State Volleyball Game (Bring \$\$ for Dinner)</p> <p>Golf Practice 5:50 pm</p>	<p>6</p> <p>10:30a-11a Activity Planning Session (J4)</p> <p>12p-1p Dine-in Deli Lunch (J4)</p> <p>12p-2p Bracelet making w/ Beads (J4)</p> <p>5p-7:30p Night at the movies: Hotel Transylvania (J4) (Snacks provided)</p> <p>**11a-4p Bloomfield Harvest Festival (\$\$ for lunch and purchases)</p> <p>Soccer Game Time : To Be Announced</p>
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<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>7 10a-11a Open Breakfast (J4)</p> <p>12p-2p Iron-On Beads (J4)</p> <p>2p-3p Art Collective (J4)</p> <p>3p-4p Astronomy Club (J4)</p> <p>5:30p-7p Open Mic Night (Dinner will be served.) (J4)</p> <p>**10a-4p Italian Street Festival at Seaside Heights (\$\$ Bring money for lunch and purchases)</p> <p>Unified Soccer 12p-3p</p>	<p>8 4p-5p JESPY Planters (J4)</p> <p>5p-6p Nutrition grp (J4)</p> <p>5p-6p Poetry (J2)</p> <p>6:30p-7:30p Walking Group (J4)</p> <p>6p-8p J-Street Band practice (J2)</p> <p>**5p-7p Trader Joes (Bring \$\$ for purchases)</p> <p>Group Exercise (J4)</p>	<p>9 5p-6p Couponing (J4)</p> <p>5p-6p Yoga (J2)</p> <p>6p-7p Music Composition (J4)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-7p Women's Book Club</p> <p>7p-8p Voting registration help @ the café (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>Group Exercise (J4)</p>	<p>10</p> <p>CAFÉ CLOSED</p> <p>(No evening activities)</p> <p>Group Exercise (J4)</p> <p>Soccer Practice 5:30 p Cameron Field</p>	<p>11 5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-7p Social Action</p> <p>6p-8p J-Street Band practice (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>Group Exercise (J4)</p> <p>Bowling Practice Eagle Rock Lanes 6pm</p>	<p>12 4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>6p-7p Dungeons & Dragons Role Play Game Meeting</p> <p>7p-7:45p Bingo (J4)</p> <p>** 5p-8p 5 Party City for Halloween Costumes (Bring \$\$ for purchases)</p> <p>Golf Practice 5:50 pm</p>	<p>13 10:30a-11a Menu Planning (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>12:30p Spanish Class with Ms. Davidzon (J4)</p> <p>2p-4p Sip & Paint (J4)</p> <p>5p-7:30p Fall Ball (J4)</p> <p>** Spectate at the SONJ Soccer Game - Time to be announced (Bring \$ for lunch)</p> <p>Soccer Game Time : To Be Announced</p>
<p>14 10a-11a Open Breakfast (J4)</p> <p>1p-2p Video Editing (J4)</p> <p>3p-4p Astronomy Club (J4)</p> <p>5:30p-7p Virtual tour of Norway</p> <p>** 10a-4p Ort Farms Fall Fest - \$10 (Bring \$\$ for lunch/purchases)</p> <p>Unified Soccer 12p-3p</p>	<p>15 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 Band practice (J2)</p> <p>**5p-7p Stop & Shop Shuttle (Bring \$\$ for purchases)</p> <p>Group Exercise (J4)</p> <p>** SO Board Meeting 8 pm</p>	<p>16 5p-6p Couponing (J4)</p> <p>5p-6p Yoga (J2)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-7p Music Composition (J4)</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>Group Exercise (J4)</p>	<p>17 4p-5p Word scramble group game (J4)</p> <p>5p-6p Glee Club (J2)</p> <p>6:30p-8:00p Retro Gaming (J4)</p> <p>6:45p-7:45p Theater Group (J2)</p> <p>Group Exercise (J4)</p> <p>Soccer Practice 5:30 p Cameron Field</p>	<p>18 4p-5p JESPY Journal (J4)</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>6p-8p J-Street Intermediate Band (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>Group Exercise (J4)</p>	<p>19 4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p-7:45p Bingo (J4)</p> <p>**6p-8p Shabbat Service at Temple Beth Shalom</p>	<p>20 9a-1p JESPY FLEA MARKET (J4)</p> <p>1:30p-2:30 Dine-In Deli Lunch (J4)</p> <p>3p-4p Creative Baking (J4)</p> <p>5p-7:30p Night at the Movies presents: The Adams Family (Snacks provided)</p> <p>** 11a-4p Boardwalk Games at Seton Hall - (Bring \$ for lunch and activities)</p> <p>Soccer Sectionals Time : To Be Announced</p>

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<p>21</p> <p>10a-11a Open Breakfast (J4)</p> <p>12p-1p Pokeno (J4)</p> <p>2p-3p Video Editing (J4)</p> <p>3p-4p Astronomy Club (J4)</p> <p>5:30p-7p Karaoke Night (Dinner will be served.) (J4)</p> <p>**12p-5p Dracula at the Sitnik Theater - \$35 (Bring \$\$ for lunch)</p>	<p>22</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 Band practice (J2)</p> <p>**5p-7p Target/Best Buy** (Bring \$\$ for purchases)</p> <p>Group Exercise (J4)</p> <p>** SO Board meeting 8 pm</p>	<p>23</p> <p>5p-6p Couponing (J4)</p> <p>5p-6p Yoga (J2)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-7p Women's Book Club</p> <p>6p-7p Music Composition (J4)</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>Group Exercise (J4)</p>	<p>24</p> <p>4p-5p Doodle time (J4)</p> <p>5p-6p Glee Club (J4)</p> <p>6p - 7p Dungeon & Dragons Role play game (J4)</p> <p>6:45p-7:45p Theater Group (J2)</p> <p>Group Exercise (J4)</p> <p>Soccer Practice 5:30 p Cameron Field</p>	<p>25</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>6p Client Team Meeting (J4)</p> <p>6p-8p J-Street Band practice (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>Group Exercise (J4)</p> <p>Bowling Practice Eagle Rock Lanes 6pm</p>	<p>26</p> <p>4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p-7:45p Bingo (J4)</p> <p>** 5p-9p Gardens A-Glow at the Iris Garden in Montclair (Bring \$ for dinner)</p>	<p>27</p> <p>10:30a-11a Table Talk (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>3p-5p Iron-On Beads (J4)</p> <p>5:30p-7:30p Night at the Movies presents: The Munsters (Snacks provided)</p> <p>**10:30a - 4p NJ Devils Game at Prudential Center - \$60 (Bring \$\$ for lunch)</p> <p>Fall Games - Soccer and Golf Times : To Be Announced</p>
<p>28</p> <p>10a-11a Open Breakfast (J4)</p> <p>12p-2p Hands of Inclusion: Wood furniture recycling (New Group) (J4)</p> <p>2p-3p Art Collective (J4)</p> <p>3p-4p Astronomy Club (J4)</p> <p>5:30p-7p Birthday Club!!!! (Dinner will be served) (J4)</p> <p>**10a-4p Garden State Mall (\$\$ Bring money for lunch and purchases)</p>	<p>29</p> <p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Nutrition(J4)</p> <p>Group Exercise (J4)</p> <p>Café closes at 6pm</p> <p>6p-9p Elk's Halloween Party</p> <p>(Bring \$ for raffles, sign up on J4 bulletin board)</p>	<p>30</p> <p>5p-6p Couponing (J4)</p> <p>5p-6p Yoga (J2)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>6p-7p Music Composition (J4)</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>Group Exercise (J4)</p>	<p>31</p> <p>4p-5p Mandala adult coloring (J4)</p> <p>5p-6p Glee Club (J4)</p> <p>(J4)6:30p-8:00p Retro Gaming (J4)</p> <p>6:45p-7:45p Theater Group (J2)</p> <p>Group Exercise (J4)</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.</p> <p>You will receive a confirmation phone call or email securing your spot on the trip.</p> 		