



# SNACK MENU - April 2024

## JABA RESPITE & ENRICHMENT CENTER (JREC) IN CHARLOTTESVILLE



MON	TUES	WED	THUR	FRI
<b>1</b> Boiled Eggs & Breakfast Potatoes  Vanilla Greek Yogurt & Peaches  Choice of Beverage	<b>2</b> Waffles & Turkey Sausage Links  Strawberries, String Cheese, & Crackers  Choice of Beverage	<b>3</b> Sausage Biscuit  Half BLT on Wheat & Pudding Cup  Choice of Beverage	<b>4</b> Bacon, Egg, & Cheese Biscuit  Soft Pretzel w/ Cheese  Choice of Beverage	<b>5</b> French Toast w/ Fruit  Crackers, Pepperoni, & Cheese  Choice of Beverage
<b>8</b> Sausage Gravy & Biscuit  Grapes, String Cheese, & Crackers  Choice of Beverage	<b>9</b> English Muffin w/ Boiled Egg  Snack Wrap  Choice of Beverage	<b>10</b> Pancakes & Turkey Sausage  Vanilla Greek Yogurt w/ Fruit  Choice of Beverage	<b>11</b> Chicken Biscuit  Vanilla Pudding & Fresh Fruit  Choice of Beverage	<b>12</b> French Toast & Fruit  Chicken Salad on Crackers  Choice of Beverage
<b>15</b> Waffles & Turkey Sausage Links  Vanilla Greek Yogurt & Peaches  Choice of Beverage	<b>16</b> Boiled Eggs & Breakfast Potatoes  Soft Pretzel & Cheese  Choice of Beverage	<b>17</b> Bacon, Egg, & Cheese Biscuit  Grapes, Cheese, & Crackers  Choice of Beverage	<b>18</b> Vanilla Greek Yogurt & Fruit  Half BLT on Wheat & Pudding Cup  Choice of Beverage	<b>19</b> Sausage Biscuit  Apples (Applesauce) & Peanut Butter (PB Crackers)  Choice of Beverage
<b>22</b> French Toast & Fruit  Crackers, Pepperoni, & Cheese  Choice of Beverage	<b>23</b> Chicken Biscuit  Snack Wrap  Choice of Beverage	<b>24</b> English Muffin w/ Turkey Bacon  Vanilla Pudding & Fruit  Choice of Beverage	<b>25</b> Boiled Eggs w/ Pancakes  Chicken Salad on Crackers  Choice of Beverage	<b>26</b> Sausage Gravy & Biscuit  Veggie Cup w/ Ranch  Choice of Beverage
<b>29</b> Boiled Eggs & Breakfast Potatoes  Vanilla Greek Yogurt & Peaches  Choice of Beverage	<b>30</b> Waffles & Turkey Sausage Links  Strawberries, String Cheese, & Crackers  Choice of Beverage	<b>Choice of Beverage: Juice, Tea, Milk, Water</b> <i>Menu is subject to change.</i>		

We will be hosting our next Caregiver Support Group on April 11th from 2-4pm in our JABA Studio. We encourage everyone to come and bring a friend!

We will be hosting an Open House for our JREC program on April 25th from 4:30-6:30pm. We invite the community to come tour our JREC and learn more about the services that we offer! If you are picking up your loved one between the hours of 4:00-5:30pm on April 25th, you will pick them up at our JABA Studio next door.

Mark your calendars - JABA will be closed on May 27th and May 31st!



Visit Us Online: [jabacares.org/j-rec](http://jabacares.org/j-rec)

### Explore At Home with JABA

*Activities from the comfort of your home.*

Learn More: [jabacares.org/at-home-with-jaba](http://jabacares.org/at-home-with-jaba) or (434) 872-3337


*A Service Program of JABA, Albemarle County, and the City of Charlottesville for adults with dementia or other disabilities.*

**Address:** 674 Hillside Drive, Charlottesville, VA 22901 **Phone:** 434-817-5235

**Manager:** Kelsie Short, [kshort@jabacares.org](mailto:kshort@jabacares.org)

JABA's Respite & Enrichment Centers offer a wide range of activities, healthful lunches, and meaningful connections with peers and community.

# APRIL 2024 JABA's Respite & Enrichment Center in Charlottesville

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>1 Elizabeth &amp; Jo Volunteer</b>            9:30 Would you Rather?            10:00 Morning Snack            10:30 Chair Yoga            11:00 Monday Manicures            12:00 Lunch            1:00 April Fools Jeopardy            2:00 BINGO!            3:00 Snack &amp; Relax            4:00 Finish the Phrase            4:30 Name that Tune</p>	<p><b>2</b>            9:30 Deal or No Deal            10:00 Morning Snack            10:30 Exercise w/ Terri  <b>11:00 Musical Entertainment: Stan H.</b>            12:00 Lunch            1:00 Minute to Win It: Cereal Scrabble  <b>2:00 Golden Beats</b>            3:00 Snack &amp; Relax            4:00 Crossword Puzzles            4:30 Connect the Dots</p>	<p><b>3 UVA Vision Clinic (10am-12pm)</b>            9:30 Who, What, Where?            10:00 Morning Snack            10:30 Spiro Exercise  <b>11:00 Floral Arranging</b>            12:00 Lunch            1:00 Walking Scavenger Hunt  <b>2:00 JABA Bakers: Chocolate Hummus</b>            3:00 Snack &amp; Relax            4:00 Search &amp; Finds            4:30 Finish the Phrase</p>	<p><b>4 Emily &amp; Maple Volunteer</b>            9:30 Junk Drawer Detective            10:00 Morning Snack  <b>10:45 Musical Entertainment: FPMG</b>            12:00 Lunch  <b>1:00 Let's Learn: April Holidays Pt. 1 w/ AHWJ</b>  <b>2:00 Craft Corner: Spring Wreaths</b>            3:00 Snack &amp; Relax            4:00 Sing-Along            4:30 Reminisce Stations</p>	<p><b>5</b>            9:30 Classic TV Shows/Cranium Crunches            10:30 Move it to the Music Exercise  <b>11:00 Let's Learn: April Holidays Pt. 2 w/ AHWJ</b>            11:30 Spa Salon            12:00 Lunch            1:00 BINGO!  <b>2:00 Movie Matinee: Race</b>            3:00 Snack &amp; Relax            4:00 Hangman</p>	
<p><b>8 Lin &amp; Daisy Volunteer</b>            9:30 Would you Rather?            10:00 Morning Snack            10:30 Chair Yoga  <b>11:15 MWCC Hallelujah Choir</b>            12:00 Lunch            1:00 Monday Manicures            2:00 BINGO!            3:00 Snack &amp; Relax            4:00 Hangman            4:30 Search &amp; Finds</p>	<p><b>9</b>            9:30 Classic TV Shows/Cranium Crunches            10:00 Morning Snack            10:30 Seated Chair Exercise            11:00 Minute to Win It: Defy Gravity            12:00 Lunch  <b>1:00 Golden Beats</b>            2:00 Bible Study            3:00 Snack &amp; Relax            4:00 Tic-Tac-Toe            4:30 Name that Tune</p>	<p><b>10</b>            9:30 Who, What, Where?            10:00 Morning Snack            10:30 Stronger Seniors w/ Kelsie  <b>11:00 Floral Arranging</b>            12:00 Lunch            1:00 Chair Polo  <b>2:00 JABA Bakers: No Bake Energy Bars</b>            3:00 Snack &amp; Relax            4:00 Hangman            4:30 Reminisce Stations</p>	<p><b>11 Caregiver Support Group (2-4pm)</b>            9:30 Junk Drawer Detective            10:00 Morning Snack  <b>10:30 Living Healthy w/ Lizzie</b>  <b>11:00 Craft Corner: Mug Bird Feeders</b>            12:00 Lunch  <b>1:00 Let's Chat w/ AHWJ</b>  <b>2:00 Ageless Grace w/ Sheila Queen</b>            3:00 Snack &amp; Relax            4:00 Name that Tune            4:30 Adult Coloring</p>	<p><b>12</b>            9:30 Classic TV Shows/Cranium Crunches            10:00 Morning Snack  <b>10:30 Seated Exercise/Master Gardeners</b>            11:00 BINGO!            12:00 Lunch            1:00 Spa Salon  <b>2:00 Movie Matinee: Selena</b>  <b>2:30 Steve &amp; Bodhi Visit</b>            3:00 Snack &amp; Relax            4:00 Member's Choice</p>	
<p><b>15 Elizabeth &amp; Jo Volunteer</b>            9:30 Would you Rather?            10:00 Morning Snack            10:30 Chair Yoga            11:00 Monday Manicures            12:00 Lunch            1:00 April Jeopardy            2:00 BINGO!            3:00 Snack &amp; Relax            4:00 Tic-Tac-Toe            4:30 Crossword Puzzles</p>	<p><b>16</b>            9:30 Deal or No Deal            10:00 Morning Snack            10:30 Exercise w/ Terri  <b>11:00 Around the World w/ AHWJ</b>            12:00 Lunch  <b>1:00 JABA Book Club</b>            2:00 Poetry Hour            3:00 Snack &amp; Relax            4:00 Brain Busters            4:30 Worship Music</p>	<p><b>17</b>            9:30 Who, What, Where?            10:00 Morning Snack            10:30 Spiro Exercise  <b>11:00 Floral Arranging</b>            12:00 Lunch  <b>1:00 Music by Second Childhood Group</b>  <b>2:00 JABA Bakers: Lime-Honey Fruit Salad</b>            3:00 Snack &amp; Relax            4:00 Card Games            4:30 Family Feud</p>	<p><b>18 Emily &amp; Maple Volunteer</b>            9:30 Junk Drawer Detective            10:00 Morning Snack  <b>10:45 Musical Entertainment: FPMG</b>            12:00 Lunch            1:00 BINGO!            2:00 Minute to Win It: Suck it Up            3:00 Snack &amp; Relax            4:00 Tic-Tac-Toe            4:30 Worship Music</p>	<p><b>19</b>            9:30 Classic TV Shows/Cranium Crunches            10:00 Morning Snack            10:30 Balloon Volleyball  <b>11:00 Barber Shop Belles</b>            12:00 Lunch  <b>1:30 Seated Exercise w/ April</b>            2:30 Spa Salon            3:00 Snack &amp; Relax            4:00 Finish the Phrase            4:30 Member's Choice</p>	
<p><b>22 Lin &amp; Daisy Volunteer</b>            9:30 Would you Rather?            10:00 Morning Snack            10:30 Chair Yoga            11:00 Monday Manicures            12:00 Lunch  <b>1:00 Chef Demo: Shrimp Flambé</b>            2:00 BINGO!            3:00 Snack &amp; Relax            4:00 Card Games            4:30 Table Games</p>	<p><b>23 Volunteer Appreciation Week</b>            9:30 Classic TV Shows/Cranium Crunches            10:00 Morning Snack            10:30 Balloon Volley  <b>11:15 Healthy Steps w/ Greene Crew</b>            12:00 Lunch  <b>1:00 African Drumming</b>            2:00 Bible Study            3:00 Snack &amp; Relax            4:00 Table Games            4:30 Search &amp; Finds</p>	<p><b>24 Volunteer Appreciation Week</b>            9:30 Who, What, Where?            10:00 Morning Snack            10:30 Stronger Seniors w/ Kelsie  <b>11:00 Floral Arranging</b>            12:00 Lunch  <b>1:00 Volunteer Appreciation Recognition</b>  <b>2:00 JABA Bakers: Guacamole</b>            3:00 Snack &amp; Relax            4:00 Balloon Volley            4:30 Cared Games</p>	<p><b>25 JREC Open House (4:30-6:30pm)</b>            9:30 Junk Drawer Detective  <b>10:30 Master Gardeners/Living Healthy w/ Lizzie</b>  <b>11:00 TrayScapes w/ Nicole</b>            12:00 Lunch  <b>1:00 International Folk Dance</b>  <b>2:00 Ageless Grace w/ Sheila Queen</b>            3:00 Snack &amp; Relax            4:00 Sing-Along            4:30 Reminisce Stations</p>	<p><b>26 National Pretzel Day</b>            9:30 Classic TV/Cranium Crunches            10:00 Morning Snack  <b>10:30 Monticello High School Choir</b>            11:30 Move it to the Music Exercise            12:00 Lunch            1:00 BINGO!  <b>2:00 Let's Make Pretzels</b>  <b>2:30 Steve &amp; Bodhi Visit</b>            3:00 Snack &amp; Relax            4:00 Member's Choice</p>	
<p><b>29 Elizabeth &amp; Jo Volunteer</b>            9:30 Would you Rather?            10:00 Morning Snack            10:30 Chair Yoga            11:00 Monday Manicures            12:00 Lunch            1:00 Weather Jeopardy            2:00 BINGO!            3:00 Snack &amp; Relax            4:00 Pictionary            4:30 Balloon Volley</p>	<p><b>30</b>            9:30 Deal or No Deal            10:00 Morning Snack            10:30 Exercise w/ Terri  <b>11:00 JABA Book Club</b>            12:00 Lunch  <b>1:00 Musical Entertainment: WBTM</b>            2:00 Poetry Hour            3:00 Snack &amp; Relax            4:00 Reminisce Stations            4:30 Worship Music</p>	<p>Activities highlight in <b>PURPLE</b> are open to the general public. Please RSVP to the JREC Program Manager, Kelsie Short, 48 hours prior to attending an event at <a href="mailto:kshort@jabacares.org">kshort@jabacares.org</a> or (434) 817-5235.</p>			

# APRIL 2024 LUNCH MENU *JABA's Respite & Enrichment Center in Charlottesville*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b> Chicken Salad Sandwich Cucumber/Tomato Salad 3 Bean Salad Peaches Choice of Beverage	<b>2</b> Salisbury Steak & Gravy Dinner Roll Mashed Potatoes Spinach Berry Medley Choice of Beverage	<b>3</b> Italian Chicken Dinner Roll Navy Beans Carrots Pears Choice of Beverage	<b>4</b> Grilled Chicken Salad Dinner Roll Potato Salad Mandarin Oranges Choice of Beverage	<b>5</b> Sliced Ham Dinner Roll Black Eyed Peas Beets Fresh Fruit Choice of Beverage					
<b>8</b> Smoked Sausage Red Beans & Rice Corn Bread Tossed Salad Pineapple Choice of Beverage	<b>9</b> Shrimp Scampi Garlic Bread Broccoli Carrots Mixed Fruit Choice of Beverage	<b>10</b> BBQ Chicken Dinner Roll Potato Salad Brussel Sprouts Peaches Choice of Beverage	<b>11</b> Taco Salad Dinner Roll Black Beans Pears Choice of Beverage	<b>12</b> Chicken Tenders Dinner Roll Macaroni Salad Tossed Salad Mandarin Oranges Choice of Beverage					
<b>15</b> Grilled Chicken Salad Dinner Roll Potato Salad Peaches Choice of Beverage	<b>16</b> Seasoned Pork Chops Dinner Roll Yams Green Beans Mixed Fruit Choice of Beverage	<b>17</b> Cheeseburger Baked Beans Vegetable Blend Pears Choice of Beverage	<b>18</b> Seasoned Chicken Dinner Roll Pinto Beans Carrots Pineapple Choice of Beverage	<b>19</b> Club Sandwich Cucumber/Tomato Salad Broccoli Mandarin Oranges Choice of Beverage					
<b>22</b> Salisbury Steak & Gravy Dinner Roll Mashed Potatoes Carrots Mixed Fruit Choice of Beverage	<b>23</b> Chef Salad Dinner Roll Berry Medley Choice of Beverage	<b>24</b> Ham Dinner Roll Black Eyed Peas Collard Greens Peaches Choice of Beverage	<b>25</b> Chicken Stir Fry Brown Rice Mandarin Oranges Choice of Beverage	<b>26</b> Chicken Salad Sandwich 3 Bean Salad Chips Berry Medley Choice of Beverage					
<b>29</b> Tacos Refried Beans Tossed Salad Pears Choice of Beverage	<b>30</b> Oven Baked Chicken Dinner Roll Pinto Beans Squash & Onions Berry Medley Choice of Beverage	<b>Choice of Beverage: Milk, Juice, Tea, Water Menu is subject to change.</b>			