

JOIN THE FUN AT THE RESPITE & ENRICHMENT CENTER LOUISA



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JABA RESPITE & ENRICHMENT CENTER (JREC) IN LOUISA

Join us as we welcome April with fun activities, games, celebrations, and so much more. We look forward to seeing our members, guest and volunteers. Come join in on the fun!

The month of April is going to be a busy month for us. We have lots of guest speakers, new activities and new faces! We are very excited! If you or anyone you know are looking into Adult Daycare please feel free to stop by or call with any questions. We have spots open and would love to help any way we can.

4/3/24– Easter Egg Hunt

4/16/24—Master Gardeners

4/11/24—Spokesperson for United Bank

4/17/24—Presentation by Lizzie Lewis

Visit Us Online: jabacares.org/j-rec



The Betty Queen Center is proudly named after Betty Queen, who spent her life advocating for older adults and intergenerational spaces. She determinedly served on several boards and led the charge for building the center in Louisa where JABA meets, even founding a nonprofit to raise funds and investing her own donations. Betty Queen is memorialized in the space and stories of each person who benefits from her legacy.

JABA's Respite & Enrichment Center in Louisa
Open Monday through Friday 8:00 am - 4 pm

*A program of JABA and Louisa County
for adults with dementia or other disabilities.*

Address: 522 Industrial Drive Louisa, VA 23093 **Phone:** 540-500-5961
Manager: Jonathan Frith, jfrith@jabacares.org

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

APRIL 2024 Louisa JREC Activities

Activities are subject to change.

Alternative Activities: patio sitting, coloring, busy bee bins, magazines, card games, & music.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <u>Pretty Colors</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Rock Painting 12:00 Lunch 1:00 Decorate Patio 2:00 Snack/Relax 3:00 Guess the Letter</p>	<p>2 <u>Fun & Games</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Balloon Ball & Color By # 12:00 Lunch 1:00 Bingo 2:00 Snack/Relax 3:00 Guess the Letter</p>	<p>3 <u>Paint With Me</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Healthy Steps 11:00 Easter Egg Hunt 12:00 Lunch 1:00 Bible Study 2:00 Snack/Relax 3:00 Guess the Letter</p>	<p>4 <u>Netflix and Hangout</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Virginia Gallagher Presentation 12:00 Lunch 1:00 Bingo 2:00 Snack/Relax 3:00 Guess the Letter</p>	<p>5 <u>Inch Worms</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Egg Carton Inch Worms 12:00 Lunch 1:00 Dance Party 2:00 Snack/Relax 3:00 Evening Walk</p>
<p>8 <u>Stress Free!!!</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Make Stress Balls 12:00 Lunch 1:00 Go Fish 2:00 Snack/Relax 3:00 Feed The Birds</p>	<p>9 <u>Hungry Birds</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Make Bird Feeder 12:00 Lunch 1:00 Bingo 2:00 Snack/Relax 3:00 Evening Walk</p>	<p>10 <u>Beads Anyone?</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Healthy Steps 11:00 Jewelry Making 12:00 Lunch 1:00 Bible Study 2:00 Snack/Relax 3:00 Evening Walk</p>	<p>11 <u>Banking Info</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Guest Speaker United Bank 12:00 Lunch 1:00 Bingo 2:00 Snack/Relax 3:00 Conversation Cards</p>	<p>12 <u>How High</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Kite Flying 12:00 Lunch 1:00 Balloon Ball 2:00 Snack/Relax 3:00 Evening Walk</p>
<p>15 <u>Crafty Crafts</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Make Ring Toss 12:00 Lunch 1:00 Board Game 2:00 Snack/Relax 3:00 Dance Party</p>	<p>16 <u>Spring Fashion</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Master Gardeners 12:00 Lunch 1:00 Go Fish 2:00 Snack/Relax 3:00 Evening Walk</p>	<p>17 <u>Show Your Fashion</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Healthy Steps 11:00 Valentine Day Fashion Show 12:00 Lunch 1:00 Bible Study 2:00 Snack/Relax 3:00 Guess the Letter</p>	<p>18 <u>Trivia & Puzzles</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Challenging Trivia 12:00 Lunch 1:00 Bingo 2:00 Snack/Relax 3:00 Go Fish</p>	<p>19 <u>Relaxation</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Patio & Music 12:00 Lunch 1:00 Play trouble 2:00 Snack/Relax 3:00 Balloon Ball</p>
<p>22 <u>Come On Downnnnn</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Price Is Right 12:00 Lunch 1:00 Board Games 2:00 Snack/Relax 3:00 Evening Walk</p>	<p>23 <u>All Fun & Games</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Free Play 12:00 Lunch 1:00 Bingo 2:00 Snack/Relax 3:00 Music and Relaxation</p>	<p>24 <u>Team Bonding</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Healthy Steps 11:00 Family Feud 12:00 Lunch 1:00 Bible Study 2:00 Snack/Relax 3:00 Guess the Letter</p>	<p>25 <u>Masters Of Gardening</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Plant Flowers 12:00 Lunch 1:00 Bingo 2:00 Snack/Relax 3:00 Evening Walk</p>	<p>26 <u>Tye Dye And Fun</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Tye Dye Shirts 12:00 Lunch 1:00 What's In The Bag? 2:00 Snack/Relax 3:00 Guess the Letter</p>
<p>29 <u>Make A Sweet Treat</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Baked Goodies 12:00 Lunch 1:00 Team Building Game 2:00 Snack/Relax 3:00 Evening Walk</p>	<p>30 <u>Pamper Me</u> 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Nail Care & Music 12:00 Lunch 1:00 Bingo 2:00 Snack/Relax 3:00 Evening Walk</p>			:

APRIL 2024 Louisa JREC Activities

Menus is subject to change. Alternate Meal: PB & J (with whole grain bread), fruit, milk, and vegetables. You are allowed to bring a packed lunch if you do not like menu items as substitutions are limited to sandwiches.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Salad Sandwich Cucumber/Tomato Salad (1/2 c) 3 Bean Salad (1/2 c) Peaches*	2 Salisbury Steak & Gravy Dinner Roll Mashed Potatoes (1/2 c) Spinach (1/2 c) Berry Medley*	3 Italian Chicken Dinner Roll Navy Beans (1/2 c) Carrots (1/2 c) Pears*	4 Grilled Chicken Salad Dinner Roll Potato Salad (1/2 c) Mandarin Oranges*	5 Sliced Ham Dinner Roll Black Eyed Peas (1/2 c) Beets (1/2 c) Fresh Fruit*
8 Smoked Sausage Red Beans & Rice (1 c) Corn Bread Tossed Salad (1.5 c) Pineapple*	9 Shrimp Scampi Garlic Bread Broccoli (1/2 c) Carrots (1/2 c) Mixed Fruit*	10 BBQ Chicken Dinner Roll Potato Salad (1/2 c) Brussel Sprouts (1/2 c) Peaches*	11 Taco Salad Dinner Roll Black Beans (1/2 c) Pears*	12 Chicken Tenders Dinner Roll Macaroni Salad (1/2 c) Tossed Salad (1.5 c) Mandarin Oranges*
15 Grilled Chicken Salad Dinner Roll Potato Salad (1/2 c) Peaches*	16 Seasoned Pork Chops Dinner Roll Yams (1/2 c) Green Beans (1/2 c) Mixed Fruit*	17 Cheeseburger Baked Beans (1/2 c) Vegetable Blend (1 /2 c) Pears*	18 Seasoned Chicken Dinner Roll Pinto Beans (1/2 c) Carrots (1/2 c) Pineapple*	19 Club Sandwich Cucumber & Tomato Salad (1/2 c) Broccoli (1/2 c) Mandarin Orange*
22 Salisbury Steak & Gravy Dinner Roll Mashed Potatoes (1/2 c), Carrots (1/2 c) Mixed Fruit*	23 Chef Salad Dinner Roll Berry Medley*	24 Ham Dinner Roll Black Eyed Peas (1/2 c) Collard Greens (1/2 c) Peaches*	25 Chicken Stir Fry Brown Rice (1 c) Mandarin Oranges*	26 Chicken Salad Sandwich 3 Bean Salad (1 c) Chips Berry Medley*
29 Tacos (2) Refried Beans (1/2 c) Tossed Salad (1.5 c) Pears*	30 Oven Baked Chicken Dinner Roll Pinto Beans (1/2 c) Squash & Onions (1/2 c) Berry Medley*			: *Milk is always available upon request.