

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! 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 in any way we can.

5/14/24– Older Americans Month Celebration 5/21/24–Master Gardeners

5/23/24–Spokesperson for United Bank 5/23/24–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.

MAY 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
		1 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Yarn Bracelet Making 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	2 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Trivia with Josephine 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	3 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Air Dry Clay 12:00 Lunch 1:00 Meditation/Music 2:00 Snack
6 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Make Bird Food 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	7 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Heat Pouch/Hot Wheel Race 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	8 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Kahoot 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	9 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Mother Day Celebration 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	10 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Spa day/Nail Care 12:00 Lunch 1:00 Meditation/Music 2:00 Snack
13 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Wood Painting 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	14 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 OAM Celebration 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	15 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Abstract Art Painting 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	16 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Game Day 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	17 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Candy Making 12:00 Lunch 1:00 Meditation/Music 2:00 Snack
20 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Sun Catchers 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	21 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Master Gardeners 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	22 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Swap Meet 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	23 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video/Lizzie Presentation 11:00 United Bank 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	24 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Bingo 12:00 Lunch 1:00 Meditation/Music 2:00 Snack
27 Memorial Day CLOSED!	28 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Field Day 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	29 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Movie day 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	30 8:00 Coffee and Chat 9:00 Morning Snack 10:00 Exercise Video 11:00 Picture Booth Day 12:00 Lunch 1:00 Meditation/Music 2:00 Snack	31 CLOSED

MAY 2024 Louisa JREC Lunch

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
<p><i>*Milk is always available upon request.</i></p>		<p>1 Smothered Pork Chop Dinner Roll Mashed Potatoes (1/2 c) Spinach (1/2 c) Peaches*</p>	<p>2 Seasoned Chicken Dinner Roll Scalloped Potatoes (1/2 c) Green Beans (1/2 c) Pineapple*</p>	<p>3 Chicken Alfredo California Vegetable Blend (1 c) Fresh Fruit*</p>
<p>6 Shrimp Scampi w/ Noodles Garlic Bread Broccoli (1/2 c) Carrots (1/2 c) Mixed Fruit*</p>	<p>7 Taco Salad Dinner Roll Black Beans (1/2 c) Berry Medley*</p>	<p>8 BBQ Chicken Dinner Roll Potato Salad (1/2 c) Brussel Sprouts (1/2 c) Peaches*</p>	<p>9 Smoked Sausage Red Beans & Rice (1/2 c) Corn Bread Tossed Salad (1.5 c) Pineapple*</p>	<p>10 Italian Chicken Dinner Roll Macaroni Salad (1/2 c) Green Beans (1/2 c) Mandarin Oranges*</p>
<p>13 Turkey & Cheese Sub Macaroni Salad (1/2 c) Tossed Salad (1.5 c) Berry Medley*</p>	<p>14 Hot Dogs Baked Beans (1/2 c) Coleslaw (1/2 c) Cucumber/Tomato (1/2 c) Watermelon*</p>	<p>15 Oven Fried Chicken Dinner Roll Pinto Beans (1/2 c) Scandinavian Vegetable Blend (1/2 c) Pineapple*</p>	<p>16 Cheese Burger Macaroni & Cheese (1/2 c) Vegetable Blend (1 c) Peaches*</p>	<p>17 Smothered Chicken Dinner Roll Parsley Potatoes (1/2 c) Broccoli (1/2 c) Fresh Fruit*</p>
<p>20 Italian Chicken Dinner Roll Navy Beans (1/2 c) Carrots (1/2 c) Tropical Mix*</p>	<p>21 Chicken Salad Sandwich Cucumber/Tomato Salad (1/2 c) Broccoli (1/2 c) Berry Medley*</p>	<p>22 Sliced Ham Dinner Roll Black Eyed Peas (1/2 c) Beets (1/2 c) Fresh Fruit*</p>	<p>23 Salisbury Steak & Gravy Dinner Roll Mashed Potatoes (1/2 c) Spinach (1/2 c) Peaches*</p>	<p>24 Grilled Chicken Salad Dinner Roll Potato Salad (1/2 c) Mandarin Oranges*</p>
<p>27 Memorial Day CLOSED!</p>	<p>28 Seasoned Pork chop Dinner Roll Scalloped Potatoes (1/2 c) Brussel Sprouts (1/2 c) Pineapple*</p>	<p>29 Beef & Broccoli Brown Rice (1/2 c) Tossed Salad (1.5 c) Mandarin Oranges*</p>	<p>30 Smothered Chicken Dinner Roll Pinto Beans (1/2 c) Squash & Onions (1/2 c) Berry Medley*</p>	<p>31 CLOSED</p>