



SNACK MENU - May 2024

JABA RESPITE & ENRICHMENT CENTER (JREC) IN CHARLOTTESVILLE



MON	TUES	WED	THUR	FRI
		1 Sausage Biscuit 1/2 BLT Sandwich & Pudding Cup Choice of Beverage	2 Bacon, Egg, Cheese Biscuit Pretzel w/ Cheese Dip Choice of Beverage	3 French Toast w/ Fresh Fruit Crackers, Pepperoni, & Cheese Choice of Beverage
6 Sausage Gravy & Biscuit Grapes, String Cheese, & Crackers Choice of Beverage	7 English Muffin w/ Boiled Egg Snack Wrap Choice of Beverage	8 Pancakes & Turkey Sausage Greek Yogurt w/ Fruit Choice of Beverage	9 Chicken Biscuit Vanilla Pudding & Fruit Choice of Beverage	10 French Toast w/ Fresh Fruit Chicken Salad w/ Crackers Choice of Beverage
13 Waffles w/ Sausage Links Greek Yogurt w/ Fruit Choice of Beverage	14 Boiled Eggs & Potatoes Pretzel w/ Cheese Dip Choice of Beverage	15 Bacon, Egg, Cheese Biscuit Grapes, String Cheese, & Crackers Choice of Beverage	16 Greek Yogurt 1/2 BLT Sandwich & Pudding Cup Choice of Beverage	17 Sausage Biscuit Applesauce & Peanut Butter Crackers Choice of Beverage
20 French Toast w/ Fresh Fruit Crackers, Pepperoni, & Cheese Choice of Beverage	21 Chicken Biscuit Snack Wrap Choice of Beverage	22 English Muffin w/ Turkey Bacon Pudding & Fresh Fruit Choice of Beverage	23 Boiled Eggs w/ Pancakes Chicken Salad w/ Crackers Choice of Beverage	24 Sausage Gravy & Biscuits Veggie Cup w/ Ranch Choice of Beverage
27 JABA CLOSED - HAPPY MEMORIAL DAY	28 Waffles & Sausage Links Greek Yogurt w/ Fruit Choice of Beverage	29 Sausage Biscuit 1/2 BLT Sandwich & Pudding Cup Choice of Beverage	30 Bacon, Egg, Cheese Biscuit Pretzel w/ Cheese Dip Choice of Beverage	31 JREC CLOSED

Menus is subject to change.

Caregiver Support Group at the JABA Studio - Thursday, May 9th from 2-4pm.

Older American's Month Celebration at Hillsdale JREC - Tuesday, May 14th from 10am-1pm. Mary William's, Southern Albemarle, and Nelson Community Centers will be joining us for a day full of music by DJ Lance Gray!

JABA will be closed on Monday, May 27th in recognition of Memorial Day.

JREC will be closed on Friday, May 31st for staff training.



Visit Us Online: jabacares.org/j-rec

Explore At Home with JABA

Activities from the comfort of your home.

Learn More: 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 Hillsdale Drive, Charlottesville, VA 22901 **Phone:** 434-817-5235

Manager: Kelsie Short, kshort@jabacares.org

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

MAY 2024 JABA's Respite & Enrichment Center in Charlottesville

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Activities highlight in GOLD are open to the general public. Please RSVP to the JREC Program Manager, Kelsie Short, 48 hours prior to attending an event at kshort@jabacares.org or (434) 817-5235.</p>	<p>1 May Day 9:30 Search & Finds 10:00 Morning Snack 10:30 Stronger Seniors w/ Kelsie 11:00 Floral Arranging 12:00 Lunch 1:00 Crafty Creation: May Day Hangers 2:00 JABA Bakers: S'more's Bars 3:00 Snack & Relax 4:00 Hangman 4:30 Name that Tune</p>	<p>2 Emily & Maple Animal Therapy 9:30 Adult Coloring 10:00 Morning Snack 10:45 Music by Front Porch Music Group 12:00 Lunch 1:00 TrayScapes w/ Nicole (1-3pm) 2:00 Member's Choice 3:00 Snack & Relax 4:00 Crossword Puzzles 4:30 Sing-Along</p>	<p>3 9:30 Classic TV Shows 10:00 Morning Snack 10:30 Move it to the Music Exercise 11:00 Outdoor Games (Weather Permitting) 12:00 Lunch 1:00 BINGO! 2:00 What's the Picture? 3:00 Snack & Relax 4:00 Finish the Phrase 4:30 Member's Choice</p>
<p>6 Elizabeth & Jo Animal Therapy 9:30 Junk Drawer Detective 10:00 Morning Snack 10:30 Chair Yoga 11:00 Monday Manicures 12:00 Lunch 1:00 BINGO! 2:00 Creative Writing w/ Carrie 3:00 Snack & Relax 4:00 Tic-Tac-Toe 4:30 Reminisce Stations</p>	<p>7 9:30 Coffee & Meditation 10:00 Morning Snack 10:30 Seated Exercise w/ AHWJ 11:00 Music by Stan Hamrick 12:00 Lunch 1:00 Balloon Volley 2:00 Golden Beats 3:00 Snack & Relax 4:00 Hangman 4:30 Worship Music</p>	<p>8 9:30 Search & Finds 10:00 Morning Snack 10:30 Spiro Exercise 11:00 Floral Arranging 12:00 Lunch 1:00 Jewelry Making 2:00 JABA Bakers: Granola Parfait 3:00 Snack & Relax 4:00 Adult Coloring 4:30 Finish the Phrase</p>	<p>9 Caregiver Support Group (2-4pm) 9:30 Adult Coloring 10:00 Morning Snack 10:30 Living Healthy w/ Lizzie (Zoom) 11:00 Minute to Win It: Defy Gravity 12:00 Lunch 1:00 Crafty Creations: Wind Chimes 2:00 Ageless Grace w/ Sheila 3:00 Snack & Relax 4:00 Where's Waldo? 4:30 Jeopardy w/ Alex Trebek</p>	<p>10 9:30 Classic TV Shows 10:00 Morning Snack 10:30 Move it to the Music Exercise 11:00 Outdoor Games (Weather Permitting) 12:00 Lunch 1:00 BINGO! 2:00 Movie Matinee 3:00 Snack & Relax 4:00 Search & Find 4:30 Member's Choice</p>
<p>13 Lin & Daisy Animal Therapy 9:30 Who, What, Where? 10:00 Morning Snack 10:30 Chair Yoga 11:00 Monday Manicures 12:00 Lunch 1:00 BINGO! 2:00 Walking Club (Weather Permitting) 3:00 Snack & Relax 4:00 Card Games 4:30 Reminisce Stations</p>	<p>14 Older American's Month Celebration 9:30 Coffee & Meditation 10:00 Older American's Month Celebration w/ Mary William's, Southern Albemarle, and Nelson Community Centers (10am-1pm) 12:00 Lunch 2:00 Bible Study 3:00 Snack & Relax 4:00 Hangman 4:30 Sing-Along</p>	<p>15 9:30 Search & Finds 10:00 Morning Snack 10:30 Seated Exercise w/ AHWJ 11:00 Floral Arranging 12:00 Lunch 1:00 Hangman 2:00 JABA Bakers: Fruit Smoothie Bars 3:00 Snack & Relax 4:00 Card Games 4:30 Tic-Tac-Toe</p>	<p>16 Emily & Maple Animal Therapy 9:30 Adult Coloring 10:00 Morning Snack 10:45 Music by Front Porch Music Group 12:00 Lunch 1:00 Crafty Creations: Cactus Rocks 2:00 Ageless Grace w/ Sheila 3:00 Snack & Relax 4:00 Connect the Dots 4:30 Family Feud</p>	<p>17 9:30 Classic TV Shows 10:30 Piedmont Master Gardener's 11:00 Around the World (AHWJ) 12:00 Lunch 1:00 BINGO! 2:00 Balloon Volley 2:30 Steve & Bodhi Animal Therapy 3:00 Snack & Relax 4:00 Where's Waldo 4:30 Member's Choice</p>
<p>20 Elizabeth & Jo Animal Therapy 9:30 Would you Rather? 10:00 Morning Snack 10:30 Chair Yoga 11:00 Monday Manicures 12:00 Lunch 1:00 Chef Demo: Pear & Amaretto 2:00 BINGO! 3:00 Snack & Relax 4:00 Sing-Along 4:30 Reminisce Stations</p>	<p>21 9:30 Coffee & Meditation 10:00 Morning Snack 10:30 Seated Chair Exercise 11:00 Balloon Volley 12:00 Lunch 1:00 JABA Book Club 2:00 Golden Beats 3:00 Snack & Relax 4:00 Hangman 4:30 Worship Music</p>	<p>22 9:30 Search & Finds 10:00 Morning Snack 10:30 Stronger Seniors w/ Kelsie 11:00 Floral Arranging 12:00 Lunch 1:00 Jewelry Making 2:00 JABA Bakers: Pistachio Bark 3:00 Snack & Relax 4:00 Brain Games 4:30 Pictionary</p>	<p>23 9:30 Adult Coloring 10:00 Morning Snack 10:45 Music by Front Porch Music Group 12:00 Lunch 1:00 Crafty Creations: Paper Mache Jars 2:00 Karaoke 3:00 Snack & Relax 4:00 Finish the Phrase 4:30 Jeopardy w/ Alex Trebek</p>	<p>24 9:30 Classic TV Shows 10:00 Morning Snack 10:30 Move it to the Music Exercise 11:00 Music by Second Childhood Band 12:00 Lunch 1:00 BINGO! 2:00 Movie Matinee 3:00 Snack & Relax 4:00 Adult Coloring 4:30 Member's Choice</p>
<p>27 JABA CLOSED - HAPPY MEMORIAL DAY</p>	<p>28 9:30 Coffee & Meditation 10:00 Morning Snack 10:30 Balloon Volley 11:15 Healthy Steps w/ Sandra (AHWJ) 12:00 Lunch 1:00 Music by the Paulien Trio (WBTM) 2:00 Bible Study 3:00 Snack & Relax 4:00 Hangman 4:30 Sing-Along</p>	<p>29 9:30 Search & Finds 10:30 Seated Exercise w/ AHWJ 11:00 Floral Arranging 12:00 Lunch 1:00 Minute to Win It: Suck it Up 2:00 JABA Bakers: Chocolate Banana Bread 2:30 Steve & Bodhi Animal Therapy 4:00 Adult Coloring 4:30 Crossword Puzzles</p>	<p>30 Emily & Maple Animal Therapy 9:30 Adult Coloring 10:00 Morning Snack 10:30 Piedmont Master Gardener's 11:00 Walking Club (Weather Permitting) 12:00 Lunch 1:00 Crafty Creations: Sun Catchers 2:00 Karaoke 3:00 Snack & Relax 4:00 Card Games 4:30 Family Feud</p>	<p>31 JREC CLOSED</p>

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Choice of Beverage: Milk, Juice, Tea, Water				1 Smothered Pork Chop w/ Dinner Roll Mashed Potatoes Spinach Peaches Choice of Beverage		2 Seasoned Chicken w/ Dinner Roll Scalloped Potatoes Green Beans Pineapple Choice of Beverage		3 Chicken Alfredo California Vegetable Blend Fresh Fruit Choice of Beverage	
6 Shrimp Scampi w/ Noodles Garlic Bread Broccoli Carrots Mixed Fruit Choice of Beverage		7 Taco Salad Dinner Roll Black Beans Berry Medley Choice of Beverage		8 BBQ Chicken w/ Dinner Roll Potato Salad Brussel Sprouts Peaches Choice of Beverage		9 Smoked Sausage Red Beans & Rice Corn Bread Tossed Salad Pineapple Choice of Beverage		10 Italian Chicken w/ Dinner Roll Macaroni Salad Green Beans Mandarin Oranges Choice of Beverage	
13 Turkey & Cheese Sub Macaroni Salad Tossed Salad Berry Medley Choice of Beverage		14 Hot Dogs Baked Beans Coleslaw Cucumber/Tomato Salad Watermelon Choice of Beverage		15 Oven Fried Chicken w/ Dinner Roll Pinto Beans Scandinavian Vegetable Blend Pineapple Choice of Beverage		16 Cheese Burger Macaroni & Cheese Vegetable Blend Peaches Choice of Beverage		17 Smothered Chicken w/ Dinner Roll Parsley Potatoes Broccoli Fresh Fruit Choice of Beverage	
20 Italian Chicken w/ Dinner Roll Navy Beans Carrots Tropical Mix Choice of Beverage		21 Chicken Salad Sandwich Cucumber/Tomato Salad Broccoli Berry Medley Choice of Beverage		22 Sliced Ham w/ Dinner Roll Black Eyed Peas Beets Fresh Fruit Choice of Beverage		23 Salisbury Steak & Gravy Dinner Roll Mashed Potatoes Spinach Peaches Choice of Beverage		24 Grilled Chicken Salad Dinner Roll Potato Salad Mandarin Oranges Choice of Beverage	
27 JABA CLOSED - HAPPY MEMORIAL DAY		28 Seasoned Pork Chop w/ Dinner Roll Scalloped Potatoes Brussel Sprouts Pineapple Choice of Beverage		29 Beef & Broccoli Brown Rice Tossed Salad Mandarin Oranges Choice of Beverage		30 Smothered Chicken w/ Dinner Roll Pinto Beans Squash & Onions Berry Medley Choice of Beverage		31 JREC CLOSED	