

JSSA Kesher Café Calendar of Activities | October 2026 | Wednesdays 10-2pm

Theme: *Celebrating the Colors of the Season!*

****Kesher Café Sunday meets on Sunday, October 11th from 1-3pm**

	10/7/26 <i>Happy Birthday Rick & Elysa!</i>	10/14/26	10/21/26	10/28/26
10:00 - 10:30	Check-in & Question of the Day Brain Jogger <i>National Chocolate Covered Pretzel Day</i>	Check-in & Question of the Day Brain Jogger <i>National Dessert Day</i>	Check-in & Question of the Day Brain Jogger <i>Back to the Future Day</i>	Check-in & Question of the Day Brain Jogger <i>National Chocolate Day</i>
10:30 - 11:15	Our Wellness Journey with Kathy (10:30-11:15)	Special program with our man, "Ish"	Art Therapy with Annie Holscher, ATR-BC, LCPAT (10:15-11:15)	Music Therapy with Meghan 10:30-11:15
11:15 - 12:00	Music Happy Hour Let's Visit the Rock & Roll Hall of Fame	<i>Let's Travel the World Today</i> We are off to Costa Rica!	"SOUL" LUNCH Sharing our Unique Life" with our very own volunteer, Lori Garnher ...featuring an overview of "Mind & Body Meditation"	My Story – My Life My Journalism Journey, by Carl
12:00 - 1:00	Lunch Provided Food, Fun & Friendship	BYO Lunch Food, Fun & Friendship	Lunch Provided Food, Fun & Friendship	BYO Lunch Food, Fun & Friendship
1:00 - 1:45	The Colors of Fall: "Creating a Mural"	Hanging out with Dr. Clancy Movement and Music	Music Happy Hour Remembering the Carpenters With Volunteer, Louise	Trick or treat! Autumn Festivals Everywhere
1:45 - 2:00	Going for GOLD with Ish	Going for GOLD with Ish	Going for GOLD with Ish	Going for GOLD with Ish

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Volunteers: Louise Schneider, Lori Garnher, Joan Hillman