Two Ways to Connect!
There's plenty to do at home via phone and internet with At Home with JABA - BINGO Time, games, informative presentations by our JABA nurses, exercise sessions, and more. Check out the activities calendar below!

1. CONFERENCE CALLS
Use the following number:
434.885.5678
Enter ID – 483
Enter password: 24646#

2. ZOOM
Meeting ID:
627 272 9039
Passcode: 153121
Get links/info at jabacares.org/at-home-with-jaba

Bingo every Monday, Wednesday, and Friday at 2PM! With Prizes!

Get healthy with seated chair exercises!
**December Activities**

Please try to be prompt when joining in on a conference call presentation. You can always sign on five minutes before the time shown to make sure you are on time.

**Wednesday 12/1**
11:00-11:30 AM Staying Healthy during the Holidays with Nurse Hope We all know staying healthy during the holidays is very difficult but Nurse Hope has some great ideas that make it a little easier! (Conference Call)

2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

**Thursday 12/2**
11:00-11:30 AM What is an Options Counselor & How do they help? Join Dan, one of our wonderful Options Counselors, on a conference call to learn all about Options Counselors and how they can help you and your community! (Conference Call)

**Friday 12/3**
2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

**Monday 12/6**
11:00-11:45 AM Seated Tai-Chi with Hiromi If you have never tried Tai-Chi this is a great place to start! Hiromi does a remarkable job explaining the exercises! (Zoom)

2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

**Tuesday 12/7**
11:00-11:30 AM Ho-Ho-Holly Jolly Fun Nothing lights up the holidays like reading kids’ actual letters to Santa Claus. Learn about the history of corresponding with Santa Claus as well as giggling at some of the lovely letters he receives! We will also be trying to guess the presents based off the funny punny gift tag (Conference Call)

1:00-1:30 PM Lets Play! Guess the Fruit! Join Crystal in a fun brain exercising game where you will need to guess the fruit with the clues given!! (Zoom)

**Wednesday 12/8**
2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

**Thursday 12/9**
11:00-11:30 AM Let’s Learn Kwanzaa Have you ever wondered the history of Kwanzaa or the reasoning behind the color of their candles? Call in and learn about this African Holiday! I bet you will walk away learning something new! (Conference Call)
Friday 12/10  
2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

Monday 12/13  
11:00-11:45 AM Seated Tai-Chi with Hiromi If you have never tried Tai-Chi this is a great place to start! Hiromi does a remarkable job explaining the exercises! (Zoom)

2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

Tuesday 12/14  
11:00-11:30 AM Eating Healthy during the Holidays with Dietitian Casey! Join Crystal & JABA’s Dietitian Casey to talk about healthy eating during the holidays. (Conference Call)

Wednesday 12/15  
11:30-11:45 AM Riddle Me This! Join Crystal in a few quick riddles that will get your brain working! Remember exercising your brain is just as important as physical exercise! (Conference Call)

2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

Thursday 12/16  
10:00-10:45 AM Singing with Greene! Join in with our Greene Community Center as we sing in the holidays! (Zoom)

Friday 12/17  
11:00-11:30 AM Simple Stretching & Brain games Join Crystal for some simple stretching and brain exercises! (Conference Call)

2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

Monday 12/20  
2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

Tuesday 12/21  
11:00-11:30 AM The Story behind the Carols You’ve heard them played in shopping malls, churches, and holiday parties. You know all their words by heart. But do you know how some of the world’s best-known Christmas carols were created? Join Crystal as we learn the history behind the carols! (Conference Call)

Wednesday 12/22  
2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)
Thursday 12/23-Monday 12/27 CLOSED for the Holidays

Tuesday 12/28
11:00-11:30 AM Spiro Exercise on Zoom Join Crystal on Zoom to work off some of those holiday calories! (Zoom)

Wednesday 12/29
11:00-11:30 AM New Year Fun!- Lets Play! Join Crystal in a fun finish-the-line game that will keep you guessing. Learn about some unusual and surprising New Year's traditions from around the world! (Conference Call)

2:00-2:30 PM Bingo Time! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

Thursday 12/30
12:00-12:30 PM Simple Stretching & Brain games Join Crystal for some simple stretching and brain exercises! (Conference Call)

Friday 12/31 CLOSED

If you have email and would like reminders, activity updates and possibly impromptu activities sent to you please email or call me at the information below so I can set you up for our reminders email! If you are already signed up and don’t see our weekly emails please check your junk/spam folder.

With some of these activities you will see **brain exercises**- this is very important to us! Exercising the brain can help improve memory, focus, and daily functionality! By incorporating brain exercises into your everyday life, you’ll get to challenge your mind, sharpen your cognitive skills, and possibly learn something new and enriching along the way, too. Exercising your brain can be through trivia, card games, learning something new, Tai- Chi, meditating, word puzzles and much more! Join us and let’s work our brains!

**Contact Information**
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