At Home with JABA
visit jabacares.org/at-home-with-jaba

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

Get healthy with seated chair exercises!

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

Information sessions from JABA nurses!
January 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.

Monday 1/3
11:00-11:45 AM Quizzical Fun! Join Crystal in a fun zoom where we will test your knowledge on the USA! Let’s have fun, test our knowledge and hopefully learn something new! (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 1/4
11:00-11:45 AM Nutrition Education: How to Read Food Labels & More! Join our Registered Dietitian Casey as we talk about how to read food labels as well as how to keep a look out for hidden sugars & salts within our foods! You don’t want to miss this (Zoom)

Wednesday 1/5
10:30-11:00 AM What is Mindful Meditation? Join Crystal on Zoom for a Ted Talk about how to be mindful followed by a 10 minute mindful meditation video. (Zoom)

12:00-12:30 PM Wiser Wednesday- Enjoy some trivia, facts and ‘oh wow I didn’t know that’ fun! (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 1/6
11:00-11:30 AM Meet the Team- Aging Services Coordinator Tamara Join us in meeting some of our JABA Team! (Conference Call)

Friday 1/7
1:45-2:00 PM Riddle Me This! Join Crystal for a giggling good time! We will be telling jokes and riddles! Just stay on the line and we will play bingo right after our jokes! (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 1/10
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 1/11
11:00-11:45 AM Trivia Game with the UVA Students! Join Crystal and the UVA students for a fun game of trivia on Zoom! Hope to see you there (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)

Wednesday 1/12
11:00-11:30 AM Let’s Learn: How to Zoom Join Crystal in learning some basics about Zoom. If you would like to have a one on one zoom please contact athomewithjaba@jabacares.org (Zoom)
2:00-2:30 PM Bingo Time with UVA Students Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

Thursday 1/13
10:00-10:30 AM Spiro Exercise on Zoom Join Crystal on Zoom to work off some of those holiday calories! (Zoom)
12:30-1:00 PM Let’s Chat- Recipes Tricks and Tips Let’s talk about food! Bring some tips, tricks and recipes along with a pad of paper to jot down some notes! If you would like to share a recipe beforehand please email me at athomewithjaba@jabacares.org. (Conference Call)

Friday 1/14
12:00-12:30 PM Let’s Learn about Martin Luther King Jr Join Crystal in learning about Martin Luther King Jr and the impact he made! (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 1/17- Friday 1/21 NO ACTIVITIES THIS WEEK. NO BINGO.

Monday 1/24
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 with the UVA Students! Please get on at 1:55 so we can get attendance and start bingo at 2:00 😊 (Conference Call)

Tuesday 1/25
1:00-1:30 PM Quizzical Fun! Join Crystal on a fun trivia quiz and see what you know! Have fun and learn something new! (Zoom)
Wednesday 1/26
10:30-11:00 AM Spiro Exercise on Zoom Join Crystal on Zoom to work off some of those holiday calories! (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)

Thursday 1/27
11:00-11:30 AM Which Comes First? Join Crystal in a fun game of which comes first, it will be a mixture of topics that include history, people and inventions. (Conference Call)

Friday 1/28
1:30-2:00 PM Simple Stretching & Brain games Join Crystal for some simple stretching and brain exercises, then stay on the line for some Bingo Fun! (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 1/31
11:00-11:30 AM Can You Guess that Famous Landmark? Join Crystal on Zoom and test your knowledge on recognizing famous landmarks! (Zoom)

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

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
Crystal Donovan 434-872-3337
athomewithjaba@jabacares.org