JCA Kesher Café Calendar of Activities | May 2026 | Wednesdays 10-2pm

Theme: *Grow into Action!*

*Kesher Café Sunday Social Engagement Program will be held on Sunday, May 3rd between 1-3pm

	5/6/26	**5/13/26**	**5/20/26**	**5/27/26**
10:00- 10:30	Check-in & Question of the Day Brain Jogger *National Beverage Day*	Check-in & Question of the Day Brain Jogger *National Apple Pie Day*	Check-in & Question of the Day Brain Jogger *National Rescue Dog Day*	Check-in & Question of the Day Brain Jogger *National Grape Day*
10:30- 11:00	Our Wellness Journey with Kathy (10:30-11:15)	Opening Minds Through Art (OMA) Workshop with JCA Heyman Interages Center & Volunteers 10:45-12:15	Meet Rescue Dog, **Mr. Fig** Newton and Learn About His Journey	Music Therapy with Meghan 10:30-11:15
11:00 -11:30			Hanging with Dr. Clancy Music and Movement (11:00-11:45)	Field trip to Sandy Spring Museum & Picnic **(Box lunches provided today)**
11:30-12:00	Celebrating Asian American, Native Hawaiian, and Pacific Islander Heritage Month		It's My life – Let's Talk About It!	
12:00-1:00	*"Catching up with Coette"* **BYOL (bring your own lunch)**	SOUL Lunch with our OMA Volunteers (12:30-1:15) **Lunch provided today**	Food, Fun and Friendship **BYOL (bring your own lunch)**	
1:00-1:45	Movement with ClancyWorks	Movement & Music	Story Telling with Sheldon: Celebrating Motown!	
1:45-2:00	Quote of the Day	Quote of the Day	Quote of the Day	Quote of the Day

Director: Colleen Kemp, ckemp@accessjca.org
12320 Parklawn Dr
Rockville, Maryland 20852 301-255-4204

Activity Co-Leaders: Joyce Schneider, jschneider@accessjca.org
Ish Odai-Afotey, ioafotey@accessjca.org
Volunteers: Louise Schneider, Lori Garnher