



We welcome people of all ages and abilities to our inclusive Sabes JCC community.

We provide educational, recreational and social programs and opportunities to individuals and families. At the Sabes JCC, we work to build community, where everyone acknowledges and respects people's differences and celebrates our inherent uniqueness and individual gifts. We want everyone to share fun, meaningful experiences together.

For more information, contact Anita Lewis, Inclusion Director at alewis@sabesjcc.org or (952) 381-3489.

SOCIAL

Friendship and Movie
Ages 18+
Learn to expand your friendship circle and create stronger bonds with your current friends, make new friends, keep them and handle conflict without damaging friendships.

Mondays	6:45 - 8:30 pm
Sept 21 & Dec 21	Cost: \$5

Tikun Olam
This class focuses on the act of community service and social action. Young adult participants will learn about those in need and together with friends, make a difference in their community.

Tuesday	7:00 - 8:15 pm
October 27	Cost: \$5

Let's Party!
We're going to have the ultimate birthday party for everyone! Games, food, crafts, karaoke, and friendship.

3rd Monday of the month	7 - 8:15 pm
Nov 16 & Feb 15	Cost: \$5

SUPPORT

Support Group
Parents and caregivers of children and young adults with special needs are invited to join us for an educational and supportive group to share resources and voice concerns in a supportive environment. Your child does not have to have a formal diagnosis. Facilitated by trained parents of the Hennepin County Children's Mental Health Collaborative.

2nd Monday of the month	6:30 - 8:30 pm
	Cost: FREE

For more information please contact Karen Malka at karenmalka@hotmail.com or Margaret Sullivan at madgemoe@comcast.net

HEALTH & WELLNESS

Bi-Cities Wellness Program
This program provides one-to-one and group training tailored to the unique needs of adults with developmental disabilities in the inclusive setting of the JCC's Fitness Center. Dates and times are flexible and are at the discretion of the participants and trainers.

Cost: \$45/hour. Scholarships available to those with financial hardship.

SPECIAL OLYMPICS MN

FIREFLIES (ages 8 to Adult)

An assisted Special Olympics team that will compete in Bowling this fall. Athletes must be accompanied by a support staff during practices and tournaments.

Wednesdays	4:30 - 6:00 pm
Sept 10 - Nov 12	Cost: \$50

The team meets at Park Tavern in St. Louis Park.

For more information please contact Davin Martinson at dbmartin@umn.edu or (651) 734-8626.

RAMS (ages 18+)

The Rams play competitive basketball and flag football.

For more information contact David Gray at davidg.maaa@gmail.com or Jona Williams at jonaw.maaa@gmail.com



EDUCATION

Adult Darkaynu: Jewish Education Our Way
Ages 18+
Provides Jewish adults with disabilities the opportunity to get together, schmooz, and appreciate Jewish life. Learn about the weekly Torah portion, Jewish holidays, Mitzvot, Jewish rituals and customs in a fun and relaxing atmosphere. Darkaynu is hands-on and adapted to meet the needs of the participants.
Scholarships available.

Wednesdays	7:00 - 8:00 pm
	Cost: \$35/session

SESSION 1	SESSION 2
Sept 2, 9, 16	Nov 4 11, 18*
Oct 7, 14*, 21, 28	Dec 2, 9, 16*

*Friends & Fun dates. Classes will run from 6 - 8:00 pm; transportation provided to and from the Sabes JCC.

Darkaynu Café
Ages 18+
Darkaynu Café features live music, sing-a-long, refreshments and fun, all in a café setting.

Second Tuesday of the Month	7:00 - 8:00 pm
	Cost: \$5/café

A partnership with Sha'arim, committed to providing an opportunity for every Jewish child and young adult with special needs. For information on all Darkaynu programs or to register, please contact the Sha'arim office at (952) 303-5276 or shaarim@shaarim.org

Youth Darkaynu
Provides Jewish children with disabilities the opportunity to engage in an educational and meaningful Jewish community experience. Through a program designed to meet the specific needs of its participants and a fun, multisensory approach to learning, students learn and gain a feeling of connection to each other and to being Jewish.

Sundays	10:00 am - noon
September 20	Cost: \$425/year
October 11, 18, 25*	
November 1, 8, 15, 22*	
December 6, 13*	

*Fun shop dates. Classes will end at 1:30 PM. Please send a bag lunch with your child.

New!!! Transition Darkaynu
Ages: 17-22
A fun, hands-on activity centered around socialization and skills training to successfully bridge participants to the Young Adult Darkaynu program. Scholarships available.

Sundays	7:00 - 8:00 pm
October 11, 25*	Cost: \$250/school year
November 8, 22*	
December 13*, 20	

*Optional to join Darkaynu Fun Shop for Lunch at 12 noon instead of 12:30 PM and bring a bag lunch.



Chris Savitt, took to the keyboards amidst the frenzy of dismissal from HMJDS. "It was amazing," said Anita Lewis, Inclusion Director. "The kids all stopped what they were doing and gathered around Chris, in awe of his ability to create such beautiful music." Chris is a regular participant of the Sabes JCC's Inclusion programming. He loves music, challah baking, friendship seminars and more.