



Inclusion Programming

March 2016 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Art Class 1:00 –2:00 PM	2 Adult Darkaynu 7:00-8:00 PM	3 Exercise with Pam 1:00 –2:00 PM	4 Rams Basketball 5:00—7:00 PM	5
6 Youth Darkaynu 10:00 AM –12 noon Sunday Fit –N-Fun 12:30 -3:30 PM Parent Workshop 1:00—4:15 PM St. Paul JCC	7 Fireflies Swimming 6:00-7:30 PM	8 Art Class 1:00 –2:00 PM Darkaynu Café 7:00 - 8:00 PM	9 Adult Darkaynu 7:00-8:00 PM	10 Exercise with Pam 1:00 –2:00 PM Canine Connections 5:00—7:00 PM St. Paul JCC	11 Rams Basketball 5:00—7:00 PM	12
13 Youth Darkaynu 10:00 AM –12 noon Sunday Fit –N-Fun 12:30 -3:30 PM Carnival of the Animals 3:00 –4:15 PM	14 Support Group 6:30-8:30 PM Fireflies Swimming 6:00-7:30 PM	15 Art Class 1:00 –2:00 PM	16 Adult Darkaynu/ Friends and Fun 6:00-8:00 PM	17 Exercise with Pam 1:00 –2:00 PM Canine Connections 5:00—7:00 PM St. Paul JCC	18 Rams Basketball 5:00—7:00 PM	19
20 Youth Darkaynu 10:00 AM –1:30 PM Sunday Fit –N-Fun 12:30 -3:30 PM Purim Extravaganza Caring Connections Sharei Chesed 5:15—7:45 PM	21 Fireflies Swimming 6:00-7:30 PM	22 Art Class 1:00 –2:00 PM	23 Purim	24 Purim Exercise with Pam 1:00 –2:00 PM Canine Connections 5:00—7:00 PM St. Paul JCC Dinner and Movie 7:00-8:45 PM St. Paul JCC	25 Rams Basketball 5:00—7:00 PM	26
27 Youth Darkaynu 10:00AM-12 noon	28 Fireflies Swimming 6:00-7:30 PM	29 Art Class 1:00 –2:00 PM Tikun Olam with Next Gen 7:00 –8:15 PM	30 Adult Darkaynu 7:00-8:00 PM	31 Exercise with Pam 1:00-2:00 PM Canine Connections 5:00—7:00 PM St. Paul JCC		

Anita Lewis, Sabes JCC Inclusion Director

Alewis@sabesjcc.org

(952) 381-3489

Contact for all Programs (unless noted below program description)



sabes jcc

HEALTH AND WELLNESS

BI-CITIES WELLNESS PROGRAM

One-to-one personal training and group training tailored to the unique needs of adults with developmental disabilities in the inclusive setting of the JCC's Fitness Center. Cost: \$45/hour, *scholarships available*

Fireflies Ages 8-Adult

An assisted Special Olympics Team. Bowling in the fall, swimming in the winter, Track and field in the Spring. Swimming begins in January at the JCC. Contact: Davin Martinson, dbmartin@umn.edu, 651 734-8626, or Rena Kirchmaier, renatlc@frontiernet.net, 952 200-2929

RAMS Ages Adult

The Rams play Division 1, competitive flag football and basketball. Basketball practice is at the JCC in the gym. For information, contact: David Gray, daidg.maaa@gmail.com, or Jona Williams at jonaw.maaa@gmail.com

Sunday Fit-N-Fun ages 13+

Adults get together to be physically active, and schmooze! For those needing minimal support; participants who require more support should bring a PCA. Limited transportation is available. Sundays, 12:30 –3:30pm, Fee \$30, \$20 per Sunday. Contact: Leah Wing, LeahW@stpauljcc.org, 651 255 -4772

ENRICHMENT

Darkaynu Café, Ages 18+ Come to the Cafe featuring live music, sing-a longs, refreshments and fun. Contact:: Sha'arim, 952 303-5276, shaarim@shaarim.org **Fee:\$5**

Exercise with Pam, Age 18+ A unique sensory/motor exercise program utilizing "whole brain, whole body" movement. Rhythm and music brings people together and develops sensory motor reflexes and kinesthetic awareness. RSVP required to assure appropriate supports are provided. West Studio. **Fee \$5**

Tikun Olam, Ages 18+ We will focus on the act of community service and social action. Young adults will learn about those in need and together with friends, make a difference in their community. This month, NextGen (a group of typical young adults) will be joining us for Tikun Olam. **Fee \$5**

Carnival of the Animals, A multi-media presentation with live music, readings and projected pictures, with a 10 piece orchestra that mimics the animal sounds in each of the classical movements. Narrated in English and Yiddish. **Fee \$5**

Dinner and Movie Age 13+ Enjoy a light dinner followed by the movie, Air Bud. Fee: \$18 non-member, \$12 member, call Leah Wing, 651 255-4772, St. Paul JCC

EDUCATION

YOUTH DARKAYNU GRADES K-12

Designed to meet the specific needs of its participants, this fun, multisensory approach to learning will help all students learn and gain a feeling of connection to each other and to being Jewish. Sunday 10 AM-12 noon, Contact Sha'arim, 952 303-5276, shaarim@shaarim.org

ADULT DARKAYNU: JEWISH EDUCATION OUR WAY

Adult Darkaynu provides Jewish adults with disabilities the opportunity to get together, schmooze, and appreciate Jewish life. Wednesdays from 6:00-8:00 pm, Contact Sha'arim, 952 303-5276, shaarim@shaarim.org

Art Class 18+

Join us on Tuesday afternoons for art class. **Free**

Canine Connections \$270 • \$180 Member Value

Price The journey of life is sweeter when traveled with a dog. During our 10 classes with Canine Inspired Change, our group will learn about and practice agility training with loving therapy dogs. Contact: Leah Wing 651 255-4772

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 non-threatening, supportive environment. 2nd Monday of the month from 6:30-8:30pm, contact: Karen Malka at kmalka@hotmail.com or Margaret Sullivan at madge-moe@comcast.net. **FREE**

Create Calm Without the Storm Parent Workshop

Are you a stressed out parent? Do you wish things were more peaceful at home? Join us for an interactive workshop where you'll learn what's beneath your child's lack of self control. You'll discover the effective, 3-Part Holistic Approach to regain peace at home. St. Paul JCC. Contact: Leah Wing, 651 255-4772

Purim Extravaganza—Caring Connections

Come in Costume and enjoy dinner, hamentashen, music, a talent show, games and prizes.

RSVP to Stacey Spencer Inclusion Coordinator 952 542-4875 or caringconnections@jfcsmpls.org by Friday, March 11, 2016. Sharie Chesed Congregation