

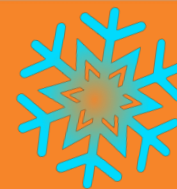
MARCH CALENDAR

ACTIVE ADULTS 60+



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Balance and Mobility 9:30 am– 10:20 am Hot Chocolate Social 12:30 pm– 2:30 pm	3	4 First Friday 12:00 pm– 1:00 pm Light Candles 5:47 pm 	5
6	7 Stretch Class 9:35 am– 10:20 am Lunch 11:30 am-12:30 pm Movie: “Advanced Style”- With reception 12:30 pm	8 Pickleball 10:00 am-12:00 pm	9 Balance and Mobility 9:30 am– 10:20 am Memoir Writing Club 9:30 am– 10:30 am Pickleball 10:00 am-12:00 pm Lunch 11:30 am -12:30 pm Audiologist Presentation 12:30 pm– 1:30 pm	10 Stretch Class 9:30 am– 10:20 am Pickleball 10:00 am -12:00 pm Pickleball 5:30 pm-7:30 pm	11 Shabbat Lunch 11:30 am Light Candles 5:56 pm 	12
13	14 Stretch Class 9:35 am– 10:20 am Lunch 11:30 am-12:30 pm Movie: “The Intern” 12:30 pm	15 Pickleball 10:00 am-12:00 pm AAA Driving Class 12:30 am– 4:30 pm	16 Balance and Mobility 9:30 am– 10:20 am Pickleball 10:00 am-12:00 pm Lunch 11:30 am– 12:30 pm Protect your Memory 12:30 pm-1:30 pm	17 Stretch Class 9:30 am– 10:20 am Pickleball 10:00 am -12:00 pm Advisory Council 11:30 am Pickleball 5:30 pm-7:30 pm	18 Shabbat Lunch 11:30 am-12:30 pm Light Candles 7:06 pm 	19
20	21 Stretch Class 9:35 am– 10:20 am Lunch 11:30 am-12:30 pm Movie: “The Martian” 12:30 pm OLLI: Being Esther 12:30 pm– 2:00 pm	22 Pickleball 10:00 am-12:00 pm	23 Balance and Mobility 9:30 am– 10:20 am Memoir Writing Club 9:30 am– 10:30 am Lunch 11:30 am– 12:30 pm Hot Chocolate Social 12:30 pm– 2:30 pm	24 Stretch Class 9:30 am– 10:20 am Pickleball 10:00 am -12:00 pm Pickleball 5:30 pm-7:30 pm	25 Shabbat Lunch 11:30 am-12:30 pm Light Candles 7:14 pm 	26
27	28 Stretch Class 9:35 am– 10:20 am OLLI: Aristotle 10:00– 11:30 am Lunch 11:30 am-12:30 pm Movie: “Meet the Fockers” 12:30 pm	29 Pickleball 10:00 am-12:00 pm	30 Balance and Mobility 9:30 am– 10:20 am OLLI: The Worlds Game 10:00– 11:30 am Lunch 11:30 am– 12:30 pm Pickleball 10:00 am -12:00 pm	31 Stretch Class 9:30 am– 10:20 am OLLI: History of Africa 10:00– 11:30 am Pickleball 10:00 am -12:00 pm Pickleball 5:30 pm-7:30 pm	TURN OVER 	

Welcome, Explore, Connect!



AAA DRIVER IMPROVEMENT PROGRAM (4-HOUR CLASS)

Come explore changes in driving laws, the latest in vehicle technology, and easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those over the age of 55. Please have your driver's license info available to expedite your registration. **Taught by Minnesota Highway Safety Center trained instructor.**

Cost: \$22

Date: Tuesday, March 15th

Time: 12:30 pm-4:30 pm

To register call 1-888.234-1294; you must register ten days before class.

OLLI CLASSES

OLLI programs focus on active learning in dynamic and respectful environments. No tests, no pre-requisites— this is learning just for the joy of it!

Note: Classes are featured in the program guide and are FREE to JCC members, space is limited. Registration required for JCC members.

MONDAY MATINEE

Bring your friends and enjoy our weekly picture on the big screen and delicious popcorn! Check the Sabes JCC lobby for fliers with weekly show titles.

Cost: FREE

Date: Mon. 3/7, 3/14, 3/21, 3/28

Time: 12:30 pm



Contact for all programs (Unless noted in the program description)

Jacob Frankel, Coordinator of Active Adults 60+

JFrankel@sabesjcc.org 952-381-3446

SENIOR DINING

A warm and welcoming environment for friends to get together and share a wonderful meal and have great conversations!

Date: Monday, Wednesday, Friday (ongoing)

Time: 11:30 am-12:30 pm

Cost: Monday and Wednesday \$3 and Friday \$5 (suggested donation)

For reservations or questions, please call the Senior Lunch Reservation Hotline: 952-381-3466.

PROTECT YOUR MEMORY SPEAKER

Learn about your memory and different ways to protect it. Join Jayne Clairmont, a national leader in memory care, who will provide an overview on memory loss, share some practices and exercises and prevent memory loss.

Date: Wednesday, March 16th

Time: 12:30 pm– 1:30 pm

Cost: FREE

HOT TOPIC!

AUDIOLOGIST PRESENTATION

Join us for a presentation on hearing, dealing with hearing loss and advancements in hearing technology including how we hear; ways to cope with hearing loss, advancements in hearing aids and technology and how you can get help.

Date: Wednesday, March 9th

Time: 12:30 pm– 1:30 pm

Cost: FREE

HOT TOPIC!

SENIOR ADVISORY COUNCIL

Make a difference in our programming! If you are interested, please call Jacob at 952-381-3446.

Date: Thursday, March 17th

Time: 11:30 am

Location: Senior Dining Room

*Membership required

HOT CHOCOLATE SOCIAL

Warm up and relax in the company of your friends. Enjoy hot chocolate and delicious treats while engaging in adult coloring and listening to relaxing music.

Dates: Wednesdays, March 2nd and 23rd

Time: 12:30 pm– 2:30 pm

Location: TBD

FIRST FRIDAY GROUP

Join us in lively discussions with esteemed writers, historians, doctors, politicians and other engaging speakers.

Speaker: Gail Rosenblum: Columnist for the Star Tribune.

Topic: The future of newspaper and print media as well as how she finds topics for her stories.

Cost: FREE

Date: March 4th

Time: 12:00 pm-1:00 pm

* \$11 for boxed lunch. E- mail Herman Markowitz at hmarkowitz@aol.com one week the before meeting to order lunch.

*You are welcome to bring your own lunch!

MEMOIR WRITING CLUB

Please join our very own Ruth Goldberg as she leads us in the art of memoir writing. Meetings are every two weeks.

Dates: March 9th and 23rd (other dates to be determined)

Time: 9:30 am– 10:30 am

Location: Senior Lounge

BETTER BALANCE AND MOBILITY CLASS*

This class focuses on exercises that allow you to stay flexible and improve your balance

Time: Wed 9:30 am– 10:20 am