

ENRICHMENT

Let's Paint, Draw and Have Fun!
Geared for those with no previous art experience or those with some experience that wish to perfect their techniques. *Facilitated by Lou Kotlarz*

Memoir Writing Class
Do you ever wish you could share your life experiences and the things you have learned with others? Learn to write your stories in a relaxed, supportive and fun environment! *Facilitated by Ruth Goldenberg*

One-On-One Computer Classes
Explore the internet – learn how to search for information, send and receive emails and the basic steps to use an iPad or iPhone. Space is limited; call Heidi Gilbert at 763-544-3854.

COMING THIS SPRING!
Storytelling Workshop
Everyone has a story to tell – fact, fiction or it might be a little of both! Learn to develop a story you want to tell and techniques for bringing your story to life. Instructors: Laurie Bangs, retired high school English teacher with a penchant for the theatrical and Meryll Page, retired high school history teacher and author of *Jewish Luck* (see page 15). FREE
Call Lyudmyla Petrenko at 952-381-3479 or lpetrenko@sabesjcc.org.

LECTURES AND DISCUSSION GROUPS



First Friday Group
Join us in lively monthly discussions with esteemed writers, historians, doctors, politicians and other engaging speakers. Convened by Herman Markowitz.

JCC Book Club
Join our Sabes JCC book club to exercise our minds and explore the wonders of great books. Books are selected by the group and are updated every six months.

Spiritual Health
A meaningful and interesting dialog on Judaism's perspective on aging.

Protect Your Hearing
An informative presentation on hearing loss and prevention.

Keeping Your Mind and Memory Sharp
No matter what your age, it's not too late to take steps to prevent memory loss. Learn tips for a healthier life that will help you keep your mind sharp.



DINING AND SOCIAL

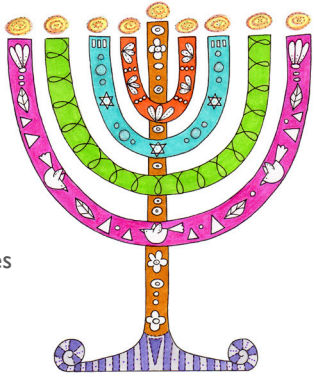
Senior Dining
A warm and welcoming environment for friends to get together and share a wonderful meal and great conversation!
Monday, Wednesday & Friday
11:30 am – 12:30 pm
Mon & Wed: \$3; Fri: \$5
(suggested donation)

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



Coloring Isn't Just For Kids
Stay after senior dining and enjoy the relaxation of adult coloring.
Adult coloring is believed to reduce stress levels, elevate focus and promote a soothing, relaxing frame of mind and sense of well-being.

Mahjong and Cards
We offer space, by reservation, for groups that would like to come and play Mahjong, Bridge or other games.
Interested in learning to play?
For more information about lessons or to reserve space contact Jacob Frankel at jfrankel@sabesjcc.org or 952.381-3446.



Special Hanukkah Lunch
The joyous festival of Hanukkah celebrates two miracles– a great Jewish military victory and a miraculous supply of oil for the Temple. A wonderful holiday to rejoice! Join us for a Hanukkah lunch and a short program with games and prizes! *Check out our website or look for flyers at the J for date and time!*

Senior Adventures
There is nothing more fun than getting out and about with friends to try new things and have new experiences. We offer a range of field trips and “adventures” throughout the year including boat rides, concerts, theater and more. *Check out our website or the flyers in the building for information about upcoming trips!*



Senior Adventures is in collaboration with Beth El Synagogue.

FREE MATINEE MONDAYS!

Join us for free movies and popcorn at the Sabes JCC Theatre! Bring your friends and enjoy a wide variety of films. Movie flyers are located at the JCC, on our website and in our monthly calendar.

SHOW TIMES:
12:30 PM

A special film event:
ADVANCED STYLE

An intimate and colorful portrait of seven independent stylish women ages 62 to 95 who prove, once and for all that style is ageless.



The Osher Lifelong Learning Institute (OLLI), an affiliate program of the University of Minnesota College of Continuing Education, is run entirely by volunteers. 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!

- CHECK OUT THESE UPCOMING CLASSES:**
- The Globalization of War: America's "Long War" against Humanity
 - Change Up – Events That Changed Modern Baseball
 - From the New Deal to No Deal: The U.S. Since 1932
 - Contemporary American Short Story
 - Pericles – The Study of Shakespeare's Great Poet

To register go to sabesjcc.org or olli.umn.edu. Or contact Jacob Frankel at (952)381-3446 or jfrankel@sabesjcc.org.