

# FALL 2015

## PROGRAM GUIDE



sabes jcc





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MEMBERSHIP

We offer membership options for every walk of life. Whether you are an individual, couple, family or senior, we have a membership to fulfill your specific needs. For more information please contact our membership sales department at (952) 381-3414.

ALREADY A MEMBER?

Refer a friend to the JCC and earn one FREE month's dues. Ask us for details.

RECIPROCITY

St. Paul JCC + Sabes JCC  
= one JCC membership.  
At last!



A message from Joshua

Dear friends,  
*Better together.* It is a frame of mind. It is a strategy. And, it is a fact.  
  
This past May, over 650 of you joined us at the Hyatt Regency for our annual event. What was it called? *Better Together.* A celebration of our community and partnerships, we set out to bring you something different that would reflect an exciting new vision for the J.

And, we succeeded. There was great food, art, and entertainment in an environment that promoted mingling. It created a vibe that still has people talking today. It was also a moment to shine a spotlight on what the future of our community could look like.

For the past two years, the J's Board of Directors has been developing a new vision and strategy that will redefine the J's role in our community's vibrant

future. It is called JNext. Building on our strengths in preschool, day camp and programming for children and families, it reimagines the J for a new era.

JNext is all about collaborations, and it is all about better together. We invite you to join us along the way. Attend an event. Participate in a program. Volunteer. Make a donation. Because when we come together, great things happen.

L'Shana tova tikatevu (wishing us all a good year).

Joshua Wert  
CEO



Better Together!

HAPPY NEW YEAR!

Fall is a busy time in the Jewish calendar. Wishing you and your family a very happy new year!



ROSH HASHANAH

The Jewish New Year  
September 14-15

The word rosh means "head" or "beginning" and hashanah means "the year." Therefore, Rosh Hashanah means "the beginning, or head, of the year."

YOM KIPPUR

The Day of Atonement  
September 23

Yom Kippur is a fast day with the overarching theme being repentance and reflection about affecting positive change in our lives and making amends with others.

SUKKOT

Feast of Tabernacles  
September 28-29

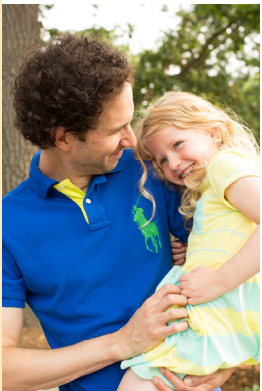
A harvest festival, Sukkot is a joyous occasion, providing time to think about the important things in life.

SHMINI ATZERET  
SIMCHAT TORAH

End of Sukkot and  
Celebration of the Torah  
October 5-6

Simchat Torah, the most exuberant celebration of the year, marks the completion of the annual cycle of reading the Torah (scroll containing the five books of Moses).

Visit [sabesjcc.org](http://sabesjcc.org) for holiday hours and special notices.



Photos by  
Steve Silverman Imaging

**ON THE COVER:**  
Michelle Drake and Michael Flamenbaum of Golden Valley are two busy working parents, and the Sabes JCC is their family's home away from home. Farrah, age 5, spends her days with friends in the PreK class of our Early Childhood Center. Her older brother, Phoenix, age 7, spent his summer at Camp Olami. This fall, Phoenix, will be a 2nd grader at HMJDS and will spend his afternoons in the J's Habonim (After School) program doing homework, hanging out with friends and taking classes! Both children have learned to swim at the J and have participated in a range of enrichment classes— from science to art.

"We love the J because it makes our family's life better. Through the JCC, our children have received a wonderful pre-school education, have attended amazing art classes, have enjoyed summer camp, and have learned how to swim. Our whole family has formed friendships that will last a lifetime, and we feel connected to the Jewish community in Minnesota and beyond. We feel lucky and grateful to be a part of this amazing institution."  
-Michelle Flamenbaum





There is no happier place than our Early Childhood Center. From six weeks to PreK, our children develop a positive self-concept, a joy for learning, and the ability to work and play well with others.

- Small class sizes
- Beautiful outdoor playspaces
- Kindergarten readiness
- Large motor experiences daily
- Partnerships with MacPhail Music, Como Zoo, Minnesota Children's Museum, Science Explorers, and many others
- Evening and weekend family programs
- Full and part time enrollment options available

**PRESCHOOL ZUMBA**  
**Ages 3½ - 5 years old**

Zumba is all the rave! Join us as your child is introduced to Zumba, the fitness dance party based around Latin music. Children will be moving and shaking through this whole class while they learn fun moves they can do anywhere!

|                 |                       |
|-----------------|-----------------------|
| Wednesdays      | 12:45 - 1:30 pm       |
| Sept 9 - Nov 18 | \$120 (\$105 members) |
| (no class 9/23) |                       |

**YOGALI**  
**Ages 3½ - 5 years old**

Yogali introduces yoga to children in a fun and creative way. The class emphasizes the classic aspects of yoga: breathing, exercising poses, and relaxation. In every class the children practice elements of Hatha yoga, while being encouraged to use their imagination by creating poses connected to games and stories. The principal focus of the yoga class is to nurture a strong, healthy body, and a calm mind.

|                  |                       |
|------------------|-----------------------|
| Thursdays        | 12:45 - 1:30 pm       |
| Sept 10 - Nov 19 | \$140 (\$116 members) |



**For more information**  
**contact Anna Boyer**  
**(952) 381-3318**  
**aboyer@sabesjcc.org**

**SCIENCE EXPLORERS**  
**RAINFOREST JOURNEY**  
**Ages 3-5 years old**

Travel along with Science Explorers as we investigate an environment where it's always warm, the trees are always green, and the animals are very unique. We will first learn about the layers of a rainforest. Then discover the animals that make the rainforest their home from the slow moving sloth to the plate-size tarantula and more. Join us as we explore a tropical rainforest through experiments, games, stories and art project.

|                 |                     |
|-----------------|---------------------|
| Mondays         | 12:45 - 1:30 pm     |
| Oct 12 - Nov 16 | \$96 (\$84 members) |



**LITTLE REMBRANDTS**  
**EXPLORE THE MASTERS**  
**Ages 3-5 years old**

Why does Monet paint in dots? Why was Picasso so famous if all he did was funny faces? Students learn about the Masters and explore the techniques they used to create their masterpieces. Students will use a variety of materials to explore art making. This session the group will focus on a nature theme and the artists Lois Ehlert and Andrew Goldsworthy. All supplies needed for this class are included in the cost.

|                  |                       |
|------------------|-----------------------|
| Fridays          | 12:45 - 1:30 pm       |
| Sept 11 - Nov 20 | \$135 (\$115 members) |



**EARLY CHILDHOOD FAMILY EDUCATION (ECFE)**

Designed to bring families together, we meet once a month, on Sundays at 10:00 am. Families can sign-up for one or all of the monthly classes. Sessions vary in length with the education component infused into hands on activities appropriate for young children or educational support for parents/caregivers.

**Please visit [www.sabesjcc.org](http://www.sabesjcc.org) for more information about other classes being offered.**

**AMAZING ATHLETES**  
**Ages 3-5 years old**

This is a wonderful opportunity for your young child to engage in a developmental sports and fitness program that teaches the basic fundamentals and mechanics of various sports. In addition to learning the foundation of key sports children will also build self-confidence, practice teamwork, and improve their fine motor and large motor skills.

|                 |                       |
|-----------------|-----------------------|
| Tuesdays        | 12:45 - 1:30 pm       |
| Sept 8 - Nov 17 | \$155 (\$140 members) |
| (no class 9/15) |                       |

**Best of luck!**

This spring, Sophie was one of 30 graduates who were ready to take their next big journey. Best wishes to all of the children who have been part of our ECC family. We love you!!

**ECC GRADUATING CLASS OF 2014-2015**

|                    |                    |                   |
|--------------------|--------------------|-------------------|
| Arlo Abrams        | Sophie Golin       | Sophie Rubin      |
| Reese Awend        | Seth Gorrilla      | Zola Schoenberger |
| Finlay Beam        | Gigi Grodnick      | Otto Schuster     |
| Neev Benjamin Fink | Nathan Idelkope    | Ari Silver        |
| Peyton Bohrod      | Jonah Karch        | Harlow Sondell    |
| Ruby Budda         | Yoav Kovalsky      | Maddox Stukel     |
| Lauren Culp        | Rafi Krengel       | Simone Templeton  |
| Tess Culp          | Judah Lissauer     | Mari Wall         |
| Ian Dennis         | Rafi Ludomirsky    | Evan White        |
| Alec Carter Dorf   | Sofia Rozman Clark | Arnold Yarosh     |







Creating memories, learning new skills, being active and making friends provide our youth with the opportunity to discover who they are and what they can achieve.

Our programs are run by caring, experienced staff with a focus on innovation, fitness, friendship, skill building, and meaningful participation.

Our youth fitness programs make being active fun and rewarding. Our innovative and unique arts programming allows kids to express themselves in an inclusive environment through theater and art.

YOUTH FITNESS AND RECREATION

FIT 'N FUN BOOT CAMP  
Ages 7-12

This camp is a great way to get kids moving in an active, fun, challenging environment. Improve strength, stamina and athletic ability while having a blast! *Trainer: Justin Segal*

FIT FROM THE INSIDE OUT –  
EMPOWERING GIRLS!

This program promotes positive self-esteem and self-image, develops skills to manage peer pressure, develops leadership and role model skills, and teaches girls how to live a healthy and fit life. Each week we cover a different topic. *Trainer: Amy Bakken.*

ZUMBA® KIDS AND KIDS JR.

These classes feature kid-friendly routines based on original Zumba choreography. We will break down the steps, add games, activities and cultural exploration elements into the class structure.

More than a dance or fitness class, Zumba Kids and Kids Jr. help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

YOUTH BASKETBALL LEAGUE  
Grades K-6

Dedicated coaches teach basketball fundamentals in a fun and safe learning environment that fosters skill development, friendship and sportsmanship. Each team will have a one hour time slot of their practices and games each week. We will notify players of their time slot at the beginning of the season. All grades and teams will be co-ed. Every participant receives a league jersey.



For Youth Fitness and Rec dates, times and prices, visit [sabesjcc.org](http://sabesjcc.org) or contact Donna Heck at [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org) or (952) 381-3418.

ANNOUNCING!!  
THE TIDAL WAVES  
SWIM TEAM



The Sabes JCC and The Ridgedale YMCA in Minnetonka, are excited to combine efforts this fall to run a collaborative swim team program. This exciting partnership will give many more youth the opportunity to participate in a local competitive swimming program.

For more information please visit [sabesjcc.org](http://sabesjcc.org).

YOUTH ENRICHMENT

CREATIVE KIDS ART

Focusing on the works of artists, these fun classes will include clay, puppetry, painting, collage, and sculpture. Students will learn the techniques the artists used to create their masterpieces. *Instructor: Jeanne Aaron*

Ages 5-7

Tuesdays 4:00 - 4:45 pm  
Oct 13 - Nov 17 \$92 (\$72 members)  
(no class 9/15)

Ages 5-7 and 8-10

Thursdays 4:00 - 4:45 pm  
Oct 15 - Nov 19 \$92 (\$72 members)



Youth Performance Program presents

THE FALL SHORTS



ONE-ACT PLAYS FOR YOUTH AND TEENS IN GRADES 3 & UP



One-act plays are a great way to get started in theatre, or to continue your training! YPP Director, Anthony Neuman, will select a handful of short plays with both dramatic and comedic topics, focused on and written about youth and teen experiences! All participants will have the chance to perform in at least one of the short plays.

PERFORMANCES:

DEC. 17 & 19, 7:00PM and DEC. 20, 2:00PM

REHEARSALS:

OCT. 11 – DEC. 17 Sundays (ALL) 1:00-4:00PM AND  
Wednesdays OR Thursdays 4:00-6:00PM\*

\*Participants must be able to attend Sunday rehearsals AND EITHER Wednesdays OR Thursdays from 4-6pm. No rehearsal Nov 25, 26, 29 for the Thanksgiving Holiday. Additional Mandatory Tech Rehearsals: Mon. - Thurs., Dec 14-17 from 4:00-6:30pm

PROGRAM FEES: \$225 G; \$175 M

QUESTIONS: Contact Claire Avitabile at 952-381-3447 or [cavitabile@sabesjcc.org](mailto:cavitabile@sabesjcc.org)

“Thank you to the entire JCC Youth Performance Program staff for making this full-throttle program such a fun experience and powerful training ground for youth artists. My children found new dimensions of themselves through the work they do with you and through the responsibilities you entrust to them. With appreciation and gratitude for the mountain of effort you all put in.”

– Jennifer Kapel, parent





Through Northstar BBYO, we provide innovative opportunities and a stress-free environment that allows teens to customize their own experience, gain leadership skills and make lifelong friends.

BBYO Connect is an experience made just for 6th, 7th and 8th grade students, offering social and meaningful experiences that will serve as a gateway to continued involvement in Jewish life.

For more information, please visit [www.bbyo.org](http://www.bbyo.org) or email Justin Shanedling, North Star BBYO Program Director at [jshanedling@sabesjcc.org](mailto:jshanedling@sabesjcc.org).

TEENS AND BBYO

BBYO is the leading pluralistic teen movement that provides exceptional identity enrichment and leadership development. We offer fun, meaningful and affordable experiences that inspire a lasting connections and lifelong relationships. **All programs take place at the Sabes JCC unless otherwise noted.**

BBYO OPEN HOUSE

Celebrate the end of summer at our BBYO Open House. Meet BBYO teens and learn about BBYO. This will be a great opportunity to get your teen involved in a pluralistic, inclusive, and teen-led Jewish youth group.

|           |                |
|-----------|----------------|
| Monday    | 7:00 - 8:30 pm |
| August 31 | Free           |

FALL KICKOFF EVENT

Bring in the new school year with a bang and join BBYO for a night to remember! We will be meeting at an offsite for an event filled with food, friends, and fun!

|              |  |
|--------------|--|
| Saturday     | For details, location &                                    |
| September 12 | time, visit <a href="http://sabesjcc.org">sabesjcc.org</a> |



MOTIVATION MONDAY

Having a rough start to the school year? Do you need some motivation getting back into the swing of things? Join us for BBYO's first "Motivation Monday" and get psyched about the amazing things to look forward to this school year!

|              |                |
|--------------|----------------|
| Monday       | 7:00 - 8:30 pm |
| September 28 | Free           |

FALL REGIONAL CONVENTION  
Friday Oct. 9 - Sunday, Oct. 11

Join BBYO-North Star as we travel to the first of our three Regional Conventions this year! We will be traveling to Omaha, Nebraska to spend the weekend with the other Councils in our incredible Region: Kansas City, Omaha, and St. Louis. We spend the weekend connecting to our Judaism, participating in awesome programming, and getting to see your good friends from all over the Midwest.



A New Educational Platform for Jewish Teens

A unique community-wide pluralistic collaboration, Yachad allows teens to grow their own Jewish identity by strengthening their critical thinking skills, providing leadership opportunities, and engaging authentically in the world all rooted within Jewish values. Yachad offers a wide range of choices and opportunities for busy teens from college-credit courses to workshops.

A partnership with the Sabes JCC.



Visit [yachadmn.org](http://yachadmn.org) for more information and a complete listing.

One thing we know for sure – the staff are the heart and soul of the Sabes JCC. Every day, in every program and interaction, our staff strives to create meaningful moments and lasting relationships for you – our members, our guests, our partners, and our community. *Thank you for all that you do!*

THE SABES JCC AND-THEN-SOME AWARD



This award, passed from staff to staff, is presented to someone who demonstrates that extra "something" that makes the J special. Perhaps it is an act of kindness towards a member, or extra help to a colleague. Perhaps it is someone who has solved a problem, or simply just goes out of their way



From left to right: Shay Elam, Jennifer Wetteland, Jill Madsen, Donna Heck, Blanca Espin, Mike Kronenberg, Jacob Guntorius, Donna Tilsner, Chris Head

SUSIE SELZER STAFF LEADERSHIP AWARD

The Award recipient is nominated by the staff and it honors an employee who has demonstrated outstanding leadership among their peers, fiscal and social responsibility, innovation, and a commitment to excellence and brand delivery.

For the past 19 years, Jon Sweet has served as Lead Engineer for the Barry Family Campus. What does this mean? It means that there is heat in the winter and air conditioning in the summer. That the parking lot is plowed at 5AM. That the showers run hot water. It means anything and everything. And, while Jon's job may be facility focused, what he loves most are the people he gets to interact with. Members, kids, coworkers. "I am so happy to be able to contribute to the community and to use my skills to give back. I want to thank everybody – that's what it's all about. The people."



Jon Sweet, Lead Engineer





# BEST SUMMER EVER!

With the largest number of campers in our camp's history, the summer of 2015 was filled with new programs, fun, exploration and friendship. Thank you for making this the best summer ever!







Whether you want to swim laps, play with the kids, or just float around, our indoor pool has five lanes, as well as a ten-foot-deep end. And if you are just shy of three feet tall, our wading pool has you covered!

If it's water education or fitness that you're after, we offer a variety of classes for all ages and abilities. We have group classes, as well as private and semi-private classes with one-on-one instruction from our qualified swimming instructors. Small class sizes allow for greater individual attention and we creatively use age-appropriate games, songs and teaching techniques to ensure that everyone enjoys their lesson and leaves the pool with a satisfying sense of accomplishment.

## SWIMMING LESSONS

We offer swim lessons for all ages and abilities, with emphasis on confidence, personal safety, swimming skills, endurance, and social skills. Choose the level that is appropriate based on swimming experience. Or, if you need more personal attention, private and semi-private lessons are available year-round.

**FALL SESSION: OCT. 15 – DEC. 6\* (7 lessons)**

\$129.50; \$98 JCC members

\*No lessons Nov. 26, 27, 28, 29. Specific class times are available online at [sabesjcc.org](http://sabesjcc.org) or at the J.

For more information about any of our aquatic programs, or to schedule a swimming assessment to determine the appropriate level, please contact Heather Moor at [hmoor@sabesjcc.org](mailto:hmoor@sabesjcc.org) or call (952) 381-3459.

### WATER BABIES

**Ages 6-36 months**

An interactive class is designed for babies and parents to become comfortable in the water and start swimming together. Learn basic water safety and to encourage swimming motor skills (kick, scoop, bubbles, etc.) and to safely submerge.

### WATER WIGGLERS

**Ages 24-36 months**

Children will work independently from their parents and learn floating, pop-up breathing, do "big arms," kicking on their backs, putting their face in and blowing bubbles, and water safety.

### FROGS

**Ages 3-5**

An introductory class designed for the nervous swimmer or very beginner to increase their comfort level in the water; submersions, back floats, and beginning to make independent forward progress on both front and back.

### GOBIES

**Ages 3-5**

Designed to teach the basics of freestyle, backstroke and streamlining for the swimmer who has developed comfort in the water and is able to swim short distances independently. *Prerequisite: Frogs or Puffers*

### PUFFERS

**Ages 6-12**

### TIGER BARBS

**Ages 3-5**

For the swimmer who is able to swim freestyle and backstroke over a moderate distance, this class teaches freestyle side breathing and introduction of kicks for breaststroke and butterfly. *Prerequisite: Gobies or Stingrays*

### SEALS

**Ages 6-12**

### DOLPHINS & SHARKS

**Ages 5-12**

Designed to enhance freestyle progression to develop progress towards bilateral breathing, butterfly and breaststroke progression, working towards putting together the arms/legs/breathing for each stroke, and incorporating flip turns and somersaults. *Prerequisite: Tiger Barbs or Seals*

### SWIM FIT

**Ages 6-12**

A bridge between swimming lessons and swim team, this is a more intense swim experience focusing on increased yardage, and incorporating all four competitive strokes, while providing hands-on instruction and corrections to stroke technique.

### SENIOR SWIM

**Ages 60+**

Designed for various levels from beginning to advanced, this class offers instruction to help alleviate pain, improve circulation, and promote healing and muscle development.

## RED CROSS COURSES

Courses are scheduled upon request. Minimum class size: 6

**FIRST AID:** common first aid emergencies, including burns; cuts; head, neck and back injuries and more. *Adult & Pediatric available.*

**CPR/AED:** cardiac and breathing emergencies in adults, including the use of automated external defibrillators (AED). *Adult and Pediatric available.*

**LIFEGUARDING:** teamwork, rescue and surveillance skills, First Aid & CPR/AED and other skills you need to work as a professional lifeguard. Completion results in a 2-year certification. *Must be at least 15 years old and pass certain swimming requirements*

All course options align with OSHA's Best Practices for Workplace First Aid Training Programs. For more information contact [hmoor@sabesjcc.org](mailto:hmoor@sabesjcc.org) or call (952) 381-3459.

### SWIM STROKE CLINIC

Whether you are new to swimming, worried about the swim leg of your triathlon, or are a competitive swimmer looking to improve your times through technique refinement, you will benefit from the expert level of coaching received during stroke clinic. Improve your form and comfort in the water, through the use of specialized drilling and filming.

Interested? Contact Tom Alcivar at [alcivar.thomas@gmail.com](mailto:alcivar.thomas@gmail.com).

### SWIM "COACH & TRAIN"

Whether you are a recreational swimmer, an experienced competitive veteran, or a triathlete, our Swim "Coach & Train" practices have something for you. Receive swimming instruction in all four strokes, open water swimming techniques, water polo skills, interval work and pacing insight.

DROP IN:  
\$8; \$6 JCC Members

PUNCH CARDS FOR TEN PRACTICES:  
\$70; \$50 JCC Members



*"We started taking swimming lessons at the JCC about 6 years ago and now all three of our kids have participated in the swimming program. Heather is a GREAT teacher who has given them confidence in the water and has made swimming so much fun. Whether it be for lessons, synchronized swimming or diving camp, they love coming to swim at the JCC!"*

*— Leah Huesing Anklam*





We offer a variety of programs, classes and services for all ages and abilities. Health and wellness at the J means working out with friends in a comfortable and supportive environment! We have everything you need, plus the relationships that you are looking for to expand your limits, increase your strength and support a positive quality of life.

For more information contact Donna Heck at 952.381.3418 or [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org)

GROUP EXERCISE CLASSES | FREE WITH YOUR JCC MEMBERSHIP!

Cycling, Zumba, Lift n' Pump, Water Exercise, Cardio Kickboxing, Tai Chi, Mat Pilates, Stretch, Core Conditioning, Nordic Walking and Yoga and more are all free with your membership! Our classes offer you variety in your workout and our instructors are all nationally certified and experienced to make sure each class is an excellent experience. Classes are available to anyone at any time – no need to register, just drop-in!

Beginners through advanced exercisers can work out side by side because our Group Exercise instructors are trained to address intensity options, to make sure the workout is right for all participants. Comfortable workout clothes, the right shoes and a bottle of water will help you gear up for a great class!



SPECIALTY CLASSES

**Ages 18+**  
Our specialty classes are taught by certified personal trainers who have advanced training in their area of expertise. Available in four or eight-week sessions, these programs and classes are offered with a fee and are designed to expand your limits, increase your strength and improve your overall health!

For dates, times and prices, visit [www.sabesjcc.org](http://www.sabesjcc.org) or ask for details here at the J.

**INTEGRATED TRAINING**  
Challenge your body using a variety of fitness tools such as kettlebells, TRX, free weights and body weight exercises. Designed to build strength and stability, tone and strengthen your body and core, and improve cardiovascular fitness, this workout improves overall fitness through an integrated approach.

**BODY BY DESIGN**  
Using different fitness tools such as kettlebells, free weights, and body weight exercises, the end result will be a slimmer and more defined physique! *Trainer: Kevin Heck*

**KETTLEBELL TRAINING**  
Using kettlebells, class participants are taken through a variety of movements designed to develop strength, mobility, internal energy, work capacity and vitality for extreme all-round fitness. *Trainer: Kevin Heck*

**TRX TRAINING**  
The TRX Suspension Trainer is the original bodyweight-based training tool that builds strength, balance, flexibility, and power while engaging the core; a unique 30 minute, multi-plane workout that modifies the resistance-based on your ability. *Trainer: Kevin Heck*



**30 MINUTE CARDIO EXPRESS**  
A 30 minute, efficient Express Cardio Class that will explore a variety of different training techniques from interval, fat burning, anaerobic and recovery training workouts *Trainer: Jen Wetteland*

**30 MINUTE CIRCUIT TRAINING EXPRESS**  
Maximize your workout time while you develop strength through a variety of resistance based training exercises in a circuit style workout. *Trainer: Jen Wetteland*

**WOMEN ONLY STRENGTH TRAINING**  
For those who want to work out with friends, family or members of your community. Hinda, our personal trainer, is committed to educating, motivating and supporting you through a variety of exercises in a comfortable, private setting; a perfect class for beginners or those new to strength training! *Trainer: Hinda Dukes*

**NORDIC POLE WALKING**  
The #1 fitness activity in Europe, this is the perfect exercise regardless of age, gender or limitations; a great workout opportunity, complete with instruction for efficient use of the poles. *Trainer: Chris Head*



TRAINING

Our nationally certified personal trainers offer fitness assessments, health education, goal setting, monitoring of your progress and flexible scheduling.



PERSONAL TRAINING

A personal training program designed specifically for you! Whether you want to run a mile or a marathon, exercise with your headphones or with your friends, lose weight or gain strength, our personal trainers will help you every step of the way.

GROUP TRAINING

A great way to improve your fitness in a social environment with a variety of activities like Circuit Training and Boot Camp; a competition free, enjoyable way to exercise and achieve personal results.

GROUP TRAINING: THE NEXT LEVEL

Experience full body conditioning and a big calorie burn through exercises that keep the heart rate up, rev up your metabolism and build lean muscle. *Trainer: Evan Fuhs*

FAMILY TRAINING

Fun fitness activities designed to experience the joy of being active together while also getting a complete well rounded workout! This 45-minute workout promotes continuous movement, allowing each person to exercise at their own pace. Individual families only.

RECREATION AND FUN!

We offer a variety of sports play for men and women. Whether you're looking for a competitive workout or more casual play, we've got you covered.

PICKLEBALL

A combination of Ping-Pong, tennis and badminton, Pickleball is for people of all ages and athletic abilities. Come when you can; no advanced registration, equipment is provided and volunteers will teach you the rules and how to play!

Tue & Wed 10 am - Noon  
Thur 6 - 8:00 pm  
\$2 (members are free)

ADULT BASKETBALL LEAGUE  
SEPT 9 – NOV 18\*

**Ages 18+** Ten weeks including playoffs (seven weeks of game play, three weeks of playoffs). Registration is available online or by emailing Donna Heck at [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org)

*\*no games 9/23 in observance of Yom Kippur*

FALL WOMEN'S BASKETBALL LEAGUE  
SEPT 29– NOV 24

**Ages 18+** Eight weeks including playoffs. Provide your own team. Max size: 10 players per team. Registration is available online or by emailing League Coordinator Lauri Ludeman at [lludeman@sabesjcc.org](mailto:lludeman@sabesjcc.org)



PICK UP BASKETBALL

Drop in for a fun and competitive workout and become a part of the action!

Tue & Fri Noon - 1:30 pm  
Sun 9 - 11:00 am

Massage— you deserve it!

Our professionally trained massage therapists will work with you to help relieve aches & pains, stress, muscular knots and tightness, as well as give you a very relaxing and pampered experience.

Check out our massage packages at [www.sabesjcc.org](http://www.sabesjcc.org)

For an appointment, call the Health & Wellness Desk at (952) 381-3407 or (952) 381-3408



ACTIVE ADULTS 60+

We all know that regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. We offer a wide range of classes designed specifically for adults of all fitness levels or needs designed to improve balance, increase motion, build strength and have fun.

Stretch

Focus on stretching all the major muscle groups from head to toe for increased range of motion, increased energy and a relaxed mind and body.

Better Balance and Mobility

Focus on better balance and staying flexible to help improve your ability to perform daily living activities and increased freedom of movement.

Forever Fit Strength

Using chairs to provide support while doing strength exercises will improve your strength and daily living skills, this class is ideal for those who have a hard time on the floor.

Forever Fit Yoga

Improve your balance, flexibility and strength; chairs and railings are used to provide support as we move through a flowing sequence of yoga postures.

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of motion for daily activities; a chair is used for seated or standing support.

Gentle Tai Chi

This ancient form of exercise helps unlock tight areas, works on energy flow, along with balance and stress management.

Gentle Yoga

This class combines the elements of both Yin (holding postures for longer) and Restorative Yoga (active therapeutic relaxation); experience the ease that underlies a more active yoga practice.

Zumba Gold

Combining high energy instructors with motivating music and choreography allows you to dance away stress, calories and fat; a perfect mixture of body sculpting movements with easy to follow dance steps.

Pickleball

See previous page for details.



HEARTWORKS

Stage Four Post-Rehab  
Strengthening &  
Flexibility Group

45 min workout and  
15 min blood pressure check

MON - WED - FRI  
8:40AM

Monthly Fee: \$60 (members)





Photo by Kamil Dadasher



We offer a wide range of classes and programs for active adults 60+. These include fitness programs, enrichment classes, field trips and social events. Programs happen every week (unless JCC is closed or otherwise noted).

For reservations or more information please contact Jacob Frankel, Program Coordinator at (952) 381-3446, [jfrankel@sabesjcc.org](mailto:jfrankel@sabesjcc.org); or Lyudmyla Petrenko, Program Director at (952) 381-3479, [lpetrenko@sabesjcc.org](mailto:lpetrenko@sabesjcc.org).

HEALTH & WELLNESS – 60+

We all know that regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. We offer a wide range of classes designed specifically for adults of all fitness levels or needs. See page 17 for details.

MAHJONG AND CARDS

We offer private rooms, by reservation, for groups that would like to come in and play Mahjong, Bridge or any other games. Please call Jacob Frankel at 952-381-3446 or [jfrankel@sabesjcc.org](mailto:jfrankel@sabesjcc.org) to reserve.

*Interested in Learning to Play Mahjong?*  
Learn the exciting and fun game of Mahjong with Freeda Golden. Cost: \$10 per class

SENIOR DINING

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

|                          |                               |
|--------------------------|-------------------------------|
| Mon, Wed & Fri (ongoing) | 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.

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 TIME: 12:30 PM



TWO SPECIAL  
MONDAY MATINEE EVENTS:  
(details in Cultural Arts, page 21)

AGE OF LOVE  
It's Never Too Late to Date  
October 19, 12:30 pm

TAK FOR ALT  
Survival of the Human Spirit  
November 9, 12:30 pm

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 a Minnesota Highway Safety Center trained instructor.

Sept 10, Oct 19, Nov 30      12:30 - 4:30 pm  
Cost: \$20

To register call 1-888-234-1294.  
You must register 10 days before class.

MEMOIR WRITING AND  
JCC BOOK CLUB

Facilitator: Ruth Goldberg

MEMOIR WRITING CLUB

Do your children and grandchildren ask you questions about your life? Do you ever wish you could share your life experiences and the things you have learned with those you love? Have you ever thought about writing down stories from your past? Learn to share your stories in a relaxed, supportive and fun environment!

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.

For meeting dates and times contact Jacob Frankel 952-381-3446 or [jfrankel@sabesjcc.org](mailto:jfrankel@sabesjcc.org) or check our monthly calendar

SPECIAL  
SUKKOT LUNCH

Sukkot is a harvest festival as well as a time to rejoice for the time the Israelites spent wandering the desert for 40 years. Join us for a Sukkot lunch and a short program on the history of this festive holiday!

|                  |                    |
|------------------|--------------------|
| Wed September 30 | 11:15 am - 1:00 pm |
|                  | Meal cost: \$5     |

AGE OF LOVE  
SPEED DATING 55+

Meet a new friend or companion at the Twin Cities' very first Speed Dating event exclusively for adults 55+. Speed dating is a fun, lively way to meet like-minded singles, one-on-one and without commitment. Here's your chance to connect with a variety of interesting people in a series of five-minute, one-on-one chats. Coffee/tea bar and desserts. Space is limited.



|                |                |
|----------------|----------------|
| Wed November 4 | 1:00 - 3:30 pm |
|                | Cost: FREE     |

MEET RUTH GOLDBERG

A familiar face at the J, Ruth volunteers in a variety of ways and facilitates both our Book Club and Memoir Writing classes. She is also a leading member of our Advisory Council and provides us with wonderful ideas and solutions. Thank you, Ruth for all that you do!

*"I love the Sabes JCC and my involvement means the world to me. I cherish the time I spend at the JCC and am grateful for the relationships and opportunities that the J provides me. The JCC truly allows me to be part of a community!"*



MAKE A DIFFERENCE. BE A VOLUNTEER!

VOLUNTEER OPPORTUNITIES

Help facilitate discussions on topics you are passionate about, chaperone a trip or teach Mahjong or Pickleball. We are looking for people that have something to give back and want to share their skills with others. Give the gift of your time and help make someone's experience at the J just that much better!

SENIOR ADVISORY COUNCIL

We want to hear what's on your mind and how we can make you feel even more welcomed here at the Sabes JCC. We are looking for your feedback!

If interested, please contact Jacob Frankel at (952) 381-3446 or [jfrankel@sabesjcc.org](mailto:jfrankel@sabesjcc.org).



active adults 60+

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. Participants may bring their own subject matter or use a still life that will be provided. No oil based paints allowed. Instructor will offer guidance and advice per participants' request. Please bring your own supplies. Space is limited. *Instructor: Lou Kotlarz*

Mon 10:00 am - 1:00 pm  
(ongoing) Cost: \$10 (\$8 members)

ROUND TABLE DISCUSSION WITH BILL ABERMAN

Join us for lively discussion of current events and topics with our own Bill Aberman.

Fridays 12:30 - 1:30 pm  
Sept 11, Oct 9, Nov 13 Cost: FREE

ONE-ON-ONE COMPUTER CLASSES

Explore the internet using Internet Explorer, Safari or Firefox and learn how to find information using Google and Yahoo. Learn how to send and receive emails and the basic steps to use an iPad or iPhone. Space is limited. For more info, call Heidi Gilbert at 763-544-3854. FREE.

SHOLOM SPEAKER SERIES

In collaboration with Sholom, a non-profit organization providing a broad range of services mainly for elderly adults, we bring you speakers who focus on a wide range of topics from senior financial scams, social justice, and fitness for active adults to health-related interactive discussions. FREE See details in our monthly calendar.

FIRST FRIDAY GROUP

Join us in lively monthly discussions with esteemed writers, historians, doctors, politicians and other engaging speakers. The First Friday Group is in its 28th year of programming and is convened by Herman Markowitz.

Fri 12:00 - 1:00 pm  
Sept 4, Oct 2, Nov 6 Cost: FREE

Bring your own lunch or optional catered box lunch available for \$11 by reservation only. Email [hmarkowitz@aol.com](mailto:hmarkowitz@aol.com) one week prior to the program.



Photo by Kamil Dadashev

VOICE

The JCC's VOICE program engages and connects low-income Russian speaking seniors through events and activities. This year, the VOICE leadership team planned a special Chanukah program that included candle lighting a best latkes contest and a beautifully decorated room filled with lights and Chanukah symbols. This celebration also included challah, lovingly provided by the JCC's Challah Baking Program, that provides adults with disabilities the opportunity to acquire job specific kitchen, social and independent living skills.



FALL SENIOR ADVENTURES

For more information, contact Jacob Frankel (952) 381-3446 or [jfrankel@sabesjcc.org](mailto:jfrankel@sabesjcc.org)

APPLE ORCHARD WED, SEPTEMBER 9

Just in time for Rosh Hashanah, join us to pick your own fresh apples right off the tree or purchase them in the apple barn along with a plethora of other seasonal and local Minnesota foods.



Senior Adventures is a collaboration with Bethelders.

BUDDY HOLLY MUSICAL AT THE HISTORY THEATER SUN, NOVEMBER 22

Part biography, part rock 'n' roll concert, this musical is a toe-tapping, hand-clapping celebration of the life and music of Buddy Holly.

COST: \$10 (includes deluxe coach bus and a ticket)



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!



JUDAISM 102: JEWISH LIFE CYCLE AND RITUAL

Sessions include: The Calendar and Jewish Holidays, Life Cycle Events, Life in the Jewish Home, Themes of Jewish Liturgy, Sacred spaces, Jewish Communal Life. Among our presenters are Rabbi Kassel Abelson, Sara Lynn Newberger and Marilyn Chiat. Attendance of Judaism 101 is NOT a prerequisite for this course. *Development Team: Meryll Page and Linda Feistz*

Thur 10:00 - 11:30 am  
September 24 - November 12 FREE

PROUST'S WITHIN A BUDDING GROVE: PART TWO

This is the fourth and final installment in a series of courses devoted to the first two volumes of Proust's *Remembrance of Things Past*. New students are welcome but should be familiar with the previous sections of the novel. *Within a Budding Grove: Part Two* comprises the narrator's first trip to Balbec, and introduces the character of Albertine. Students should obtain the edition of *Within a Budding Grove* translated by D.J. Enright (Modern Library paperback 1998). *Instructor: William Goetz, Ph. D. in Comparative Literature, former college professor of literature and a lawyer.*

Wed 10:00 - 11:30 am  
September 23 - November 11 FREE

BEHAVIORAL ECONOMICS FOR BEGINNERS

Modern economics rests on the assumption that people behave rationally, the so called "homo economicus" model of human behavior. But individuals often behave irrationally and demonstrate consistent biases. Since the 1960s cognitive psychologists, such as Daniel Kahneman, have explored how the humans actually make decisions and how evolution has shaped the human brain. In addition to Kahneman we will also study the work of Amos Tversky, Dan Ariely, Richard Thaler, Leda Cosmides and others. *Instructor: Jay Wetmore, investor with 35 years of results and an avid reader in economics, business and finance.*

Thur 12:30 - 2:00 pm  
September 24 - November 12 FREE

CURTAIN GOING UP - AGAIN THE 2015 - 2016 THEATRE SEASON IS SHAPING UP TO BE AN OUTSTANDING ONE!

We'll take a look at productions you won't want to miss, groups you may want to discover, changes to look for, and information on what makes MSP one of the largest theatre markets in the country! You'll also learn how to get discount tickets, hear about volunteer opportunities, and entertaining background on the people and groups that make our city an important part of the national theatre scene. James Loeffler is an avid theatre-goer who sees hundreds of shows each season. He has more than 30 years of experience as a theatre director, designer, and administrator. He is also the leader of the popular SIG "Applause, Applause - Adventures in Theatre and Dining".

Thur 10:00 - 11:30 am  
September 17 FREE

SPACE IS LIMITED!

Classes are FREE to Sabes JCC Members. Registration is required. Call Jacob Frankel at (952) 381-3446 to register or for more information.



# BECOME A FRIEND OF THE ARTS

We are dedicated to engaging the community in the exploration of Jewish identity and culture through Film, Performance, Concerts, Visual Arts and Jewish Learning.

A partnership of the Sabes JCC and the St. Paul JCC, we strive to promote and enrich Jewish life and values for the entire Twin Cities community.

*Join the celebration!*



## A FALL CELEBRATION OF ISRAELI ARTS & CULTURE!



### THE TYCHMAN SHAPIRO GALLERY **WHO AM I?**

*An explorative exhibition  
by Israeli artist,  
Johanan Herson*

SEPT 10 – NOV 19

**Artist Reception:**  
OCT 1, 6 - 9:00 pm



The question of identity has been a major theme for Johanan Herson from an early age. Growing up in an orthodox/conservative community in Montreal and Los Angeles, affected by politics and social issues accompanied by a rebellious nature, inspired his artistic imagination and a quest for truth.

"I realized at an early age that it would only get more complicated as I got older—and it did. Jewish, Canadian, French Canadian, American, Israeli, also husband, father, grandfather, lover. We are left only with the ability to love, to question and to believe in the good, and to do better.... sometimes to take action, sometimes to wait, sometimes to just understand that we cannot."

The exhibition has images, drawings and collages from different times, themes and techniques.

*Presented in partnership with:*



### ON CONCURRENT DISPLAY SHARED WALLS:

### BEYOND THE LENS

featuring work by local artists exploring Israeli life, culture & landscape

### CULTURE BLVD. SERIES PRESENTS

### LIHI LAPID

WED, OCT 14 - 7:00 pm • SABES JCC

Lihi Lapid is an author and journalist whose books and weekly column deal with contemporary women's issues. Her popular column has appeared in the Yediot Ahronot weekend edition for the past ten years. The author of two best-selling novels, *Secrets from Within* and the newly translated *Woman of Valor*, her last book, *I Can't Always Be Wonderful*, is a collection of the best columns from the past ten years. Prior to becoming a writer, Lihi was a professional photojournalist and served in the Israel Defense Forces as a photographer for its Bamachane magazine. She lives in Tel Aviv with her husband, Member of Knesseth Yair Lapid, and their two children.

TICKETS: \$12 GENERAL; \$14 SAME DAY

*This event is co-presented by The Israel Center of the Minneapolis Jewish Federation.*



### AN AFTERNOON WITH JULIE BARATZ

*Israeli tour guide and author of The Bible On Location:  
Off The Beaten Path in Ancient and Modern Israel*

SUN, NOV. 22 - 3:00 pm • SABES JCC

Join Julie Baratz for a virtual tour of biblical archaeology in Israel. Travel back in time to stories from the Bible, one of the greatest works of literature ever written, and struggle with the characters as they face social, moral and spiritual dilemmas. FREE

*This event is co-presented by Bet Shalom Congregation*



### TWIN CITIES JEWISH BOOK SERIES

### TWIN CITIES JEWISH BOOK SERIES PRESENTS:

### ASSAF GAVRON

OCT 18, 7:30 - 9:00 pm • ST. PAUL JCC

One of Israel's most acclaimed young novelists presents his latest work, *The Hilltop*. Dismantling the many complexities of modern life in Israel and the West Bank, *The Hilltop* grapples with violence, greed, and lust for power.

FREE & OPEN TO THE PUBLIC

*Sponsored by The Community Lecture Series and the Jonathan Paradise Fund for Modern Hebrew of the Center for Jewish Studies at the University of Minnesota*

### 2015 TWIN CITIES JEWISH FILM FESTIVAL

Oct 22 – Nov 1, 2015

*An awe-inspiring experience!*

Outstanding comedies, documentaries, thrillers and love stories from Israel and around the world.

Featuring (Walter's Pick)  
the highly acclaimed Israeli  
film, *Is That You?*



FOR A FULL FESTIVAL  
LINE-UP AND TICKETS, VISIT  
**TCJFILMFEST.ORG**





SAVE THE DATE

TWIN CITIES JEWISH  
**HUMOR**  
FESTIVAL

JANUARY 16-31, 2016



Featuring top-notch stand-up comedians from around the country, a community art exhibit examining how we see humor, a celebration of Global Belly Laugh Day, and a visit from an Israeli Dream Doctor – plus so much more! The 7th annual Twin Cities Jewish Humor Festival will be overflowing with opportunities to laugh with friends and family. More details to come later this fall!

Youth Performance Program presents:

**THE FALL SHORTS**

directed by Anthony Neuman

PERFORMANCES:

December 17 and 19 – 7:00 pm

December 20 – 2:00 pm



Join us for a production of youth-directed, youth-designed, and youth-performed short plays! From adapted fairy tales to modern plays, these shorts explore the excitement, challenge, humor, heartbreak, and surprises that youth and teens experience!

TICKETS: \$7 GENERAL

\$5 JCC MEMBERS, STUDENTS & SENIORS

**CALLING ALL  
VISUAL ARTISTS!**

In conjunction with the 7th Annual Twin Cities Jewish Humor Festival, the Sabes JCC is hosting an accompanying exhibition on the theme of humor! Artists are invited to submit 2D & 3D works of art that incorporate humor, which can be interpreted and explored in a multitude of ways and medias. Local artists and artists from around the country are invited to submit work.

EXHIBITION DATES:

Dec 10, 2015 – Jan 31, 2016

To participate, an Exhibition Form must be submitted by October 15 and can be found at [www.sabesjcc.org](http://www.sabesjcc.org)

Minneapolis Yiddish Vinkl presents:

**AMANDA SEIGEL  
IN CONCERT**

SUN, OCT 18 – 2:00 PM



Amanda (Miriyem-Khaye) Seigel is a Yiddish singer, songwriter, actor, and researcher in the field of Yiddish culture.

A fluent Yiddish speaker, she has performed, lectured and taught at Klez Kamp (Kerhonkson, NY), Klez Kanada (Lantier, QC), Yiddish Australia (Melbourne, Victoria) and the Seminarium języka i kultury jidys (Śródborów/Warsaw, Poland). She's appeared frequently with the Folksbiene (National Yiddish Theater) and Hankus Netsky's Hebrew National Salvage, and shared the stage with many other luminaries of the Yiddish and klezmer scene. Toyznt Tamen A Thousand Flavors is her first solo album, released in early 2015.

TICKETS AT THE DOOR ONLY:

\$5 General Public; FREE for current Yiddish Vinkl members



**MYSTERY OF THE HEBREW LETTERS:  
A DAY OF ARTS AND JEWISH LEARNING**

Sunday, November 15, 2015

10:00am – 4:00 pm

Join us for a day of Jewish learning and arts experiences (visual, written and performance) with opportunities for mindfulness throughout. Visit [www.sabesjcc.org](http://www.sabesjcc.org) in September for more information.



Presented in partnership with  
Hineni of the Talmud Torah of St. Paul

**TWO VERY SPECIAL FILM EVENTS**



**THE AGE OF LOVE**

This film follows the humorous and poignant adventures of 30 seniors in Rochester, NY who sign up for a first-of-its-kind speed dating event exclusively for 70- to 90-year-olds. From anxious anticipation through the dates that follow, it's an unexpected tale of intrepid seniors who lay their hearts on the line, and discover how dreams and desires change—or don't change—from first love to the far reaches of life. FREE

Mon, October 19, 12:30 pm • Sabes JCC

RELATED EVENT: SPEED DATING 55+ – NOV. 4

See page 19 for details.



In partnership with Shalom



**TAK FOR ALT – Survival of the Human Spirit**

This film tells the story of educator Judy Meisel, a Holocaust survivor whose experiences during World War II inspired a life-long campaign against racism. Watch this documentary and meet Judy Meisel for a Q&A following the film. FREE

Sun, Nov 8, 7:00 pm • Beth El Synagogue

Mon, Nov 9, 12:30 pm • Sabes JCC

In partnership with Beth El Synagogue



FREE MATINEE MONDAYS! See page 18 for details.

**ALSO AT THE J...**

**INDEPENDENT  
PRODUCTIONS**

**PHILLY the Musical – Returns!**

Music and Lyrics by John Cal

Book by Kevin Coughlin and John Cal

Directed by Rebecca Rizzio

OCTOBER 2 – 18, 2015



Classic rock meets big stage Broadway!

Visit [www.phillythemusical.com](http://www.phillythemusical.com) for more info and tickets

IMAGINED THEATRE PRESENTS

**THE POUND:  
A MUSICAL FOR THE DOGS**

Book, music and lyrics by Phil Darg  
and Jules Darg

NOVEMBER 6 – 22, 2015



The colorful canines of Eastview Animal Shelter struggle to find their way to a better life in this fun and heartwarming musical for dog lovers of all ages.

Visit [www.ImaginedTheatre.org](http://www.ImaginedTheatre.org) for more info and tickets





# Oct 22 – Nov 1, 2015

An awe-inspiring experience.  
**Comedies. Documentaries.  
Thrillers. Love Stores.**

Plus, speakers, food, special guests, art exhibits and more!

**EARLY BIRD  
ALL-PASS SPECIAL: \$45**

(a \$150 value! limited availability)

For full festival line-up and tickets  
visit [www.tcjfilmfest.org](http://www.tcjfilmfest.org)



Presented In Partnership

TWIN CITIES JEWISH BOOK  
SERIES PRESENTS:

**Rabbi Charles  
Sherman**

Rabbi Charles Sherman's novel, *The Broken and the Whole*, reflects on his emotional journey to find joy after heartbreak. Sherman's son suffered a stroke at age four, leaving him quadriplegic and vent dependent. An accomplished artist, who paints with a paintbrush in his mouth, Eyal today lives at home with his parents. FREE

Nov 11, 7 - 9:00 pm • St. Paul JCC  
Community Partner: Temple of Aaron



**Walter Mosley**

Walter Mosley, one of America's most celebrated, and best-known writers, will read from *And Sometimes I Wonder About You*, his latest work featuring NYC-based private eye Leonid McGill.

Nov 19, 7 - 9:00 pm • St. Paul JCC  
\$25, \$18 for JCC members



Presented In Partnership

**TWIN CITIES  
JEWISH BOOK  
SERIES**

Inclusion means having the same opportunities and choices as everyone else. It means being with friends who share interests, not disabilities. It means having access and support.

The Sabes JCC's profound level of inclusiveness ties everything we do together. We embrace everyone on his or her own terms – and wholeheartedly transcend differences. At the J, we work to build a community where everyone acknowledges, respects and celebrates peoples' differences.

*"Let's Go Fishing" hosted our inclusion adults for a pontoon boat ride and fishing trip on Lake Riley... lots of fresh fish and laughter on a beautiful summers' eve.*



This past summer, over 30 children with special needs enjoyed a successful summer camp experience filled with friendship, adventure, and lifelong memories!



Our Challah Baking Program provides adults with disabilities the opportunity to acquire job specific kitchen skills, social skills and independent living skills. While embracing the spirit of Shabbat, challah baking also offers inclusion participants an active, meaningful role in our community.



**CHALLAH**

\$4.00 Plain & Seeded  
\$4.50 Raisin  
(Kosher, Parve)

Available Fridays at the J!





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](mailto: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](mailto:karenmalka@hotmail.com) or Margaret Sullivan at [madgemoe@comcast.net](mailto: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](mailto: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](mailto:davidg.maaa@gmail.com) or Jona Williams at [jonaw.maaa@gmail.com](mailto: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](mailto: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.



# THANK YOU FOR YOUR GENEROSITY!

The Sabes JCC enriches the lives of thousands of people each day through inclusive child and family programming, opportunities for teens, health & fitness, Jewish cultural arts, and opportunities for seniors. This is where Jewish living transcends differences and amazing things happen.

Membership and fees only cover a portion of our budget. One third of our program costs must come from you.



It starts small.

It starts now.

It starts with you.

# GIVETOTHEJ.ORG



sabes jcc





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WHEN WE COME TOGETHER, GREAT THINGS HAPPEN!



*Better Together!*