Mark your calendars!

SEPTEMBER 11
OLYMPIADA
For sports enthusiasts and anyone who loves to have fun in the sun!

OCTOBER 9
BRAIN GAMES
The first ever local brainiac event!

DECEMBER 3
IT’S ABOUT TIME
The first Twin Cities-wide JCC celebration bringing the St. Paul and Minneapolis Jewish communities together in an unprecedented way with great food, friends, fun & festivities!
HAPPY NEW YEAR!  Fall is a busy time of year in the Jewish calendar. Wishing you and your family a very happy new year!

ROSH HASHANAH
The Jewish New Year
October 3-4
Rosh HaShanah (literally means “Head of the Year”) which marks the beginning of a 10-day period of prayer, self-examination and repentance. Celebratory customs include sounding the shofar; eating round challah, and tasting apples and honey to represent a sweet New Year.

SUKKOT
Fest of Tabernacles
October 17-23
Sukkot, a Hebrew word meaning “booths” or “huts,” is a joyous festival providing time to think about the important things in life and for giving thanks for the fall harvest.

YOM KIPPUR
The Day of Atonement
October 12
Yom Kippur means “Day of Atonement” and refers to the annual Jewish observance of fasting, prayer and repentance. This is the moment in Jewish time when we dedicate our mind, body, and soul to reconciliation with God, our fellow human beings, and ourselves.

SHMINI ATZERET & SIMCHAT TORAH
End of Sukkot and Celebration of the Torah
October 23-24
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 for holiday hours and special notices.

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!

Visit sabesjcc.org for holiday hours and special notices.

HAPPY NEW YEAR!

Saturday, December 3, 2016
JW Marriott @ Mall of America
two JCCs. one community.
Don’t miss the first Twin Cities-wide JCC celebration bringing the St. Paul and Minneapolis Jewish communities together in an unprecedented way! Save the date for the biggest bash of the year with great food, friends, fun and festivities.

honoring wendy & steve baldinger and etta & mike barry
Event Co-Chairs: Cindy & Michael Garr, Laurie & Bruce Goldfarb, Lynn Lederman & Ken Raskin, Karee & Brad Lehrman

Thank you

For more information visit sabesjcc.org or stpauljcc.org.
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 play spaces
• Kindergarten readiness
• Large motor experiences daily
• Partnerships with ARTrageous Adventures, MacPhail Music, Como Zoo, Minnesota Children’s Museum, Science Explorers, and more
• Full and part time enrollment options available

Please visit sabesjcc.org for more information.
GETTING READY FOR KINDERGARTEN!

From six weeks to PreK, the Sabes JCC’s Early Childhood Center offers an exceptional preschool experience based on the whole-child concept that growth is a sequential process. PreK at the ECC is truly a kindergarten readiness year in which our teachers concentrate on preparing children for their next steps into school and life. They are encouraged to explore, take risks, and try new things – building self-help and critical thinking skills, awareness, and understanding. Our focus on the whole child ensures that each student has a positive self-concept and a true joy for learning.

Throughout the week, children also enjoy swimming, music and art, as well as many other special events during the year that can only happen at the J!
**youth**

Creating memories, learning new skills, being active and making friends is what our youth programming is all about. Whether you want to be physically active or have your theatrical debut, the J provides the opportunity to discover who you are and what you want to achieve.

**KARATE**
Ages 6 – 15
Learn the ancient martial art of Tae Kwon Do style karate and advance through the belt levels at your own pace. This exciting class teaches kid-friendly karate basics, self-defense, and self-discipline.

**ZUMBA KIDS**
Ages 6 – 12
Based on original Zumba choreography, this class features kid-friendly routines that break down the steps, add games, and incorporate fitness into fun, encouraging a healthy lifestyle.

**YOUTH BASKETBALL LEAGUE**
Grades K – 6
Have fun and learn basketball fundamentals from dedicated coaches in an environment that fosters skill development, friendship and sportsmanship. These co-ed teams will have a one hour time slot of practices and games each week.

**TIDAL WAVES SWIM TEAM**
Ages 5 – 18
From the novice to the experienced, Tidal Waves Swim Team is a developmental swim program run by trained coaches to improve swimmer’s competitive skills and endurance, and to promote healthy lifestyles. A partnership of the Sabes JCC and the Ridgedale YMCA in Minnetonka, this collaborative swim team provides more youth the opportunity to participate in a local competitive swimming program.

**Youth Performance Program presents:**
**THE FALL SHORTS: WORDPLAY**
Directed by Anthony Neuman & Haley Sisler
Short plays are an excellent way to get started in theater, or to continue your training. Join us for a production of short plays inspired by the written word, including plays about both familiar and lesser-known poems, short stories, and more. Open to grades 3 and up.

**REHEARSALS BEGIN OCTOBER 9**
**GRADES 3 – 5:**
Sundays 1 – 4 PM
Directed by Haley Sisler
**GRADES 6 – 12:**
Sundays 1 – 4 PM
Thursdays 4 – 6 PM
Directed by Anthony Neuman
All participants are required to attend the mandatory tech rehearsals December 12 – 15 from 4:00 – 6:30 PM.

**REGISTRATION FEES:**
$185 Members;
$225 General Public

**PERFORMANCES**
Thursday, December 15 at 7 PM
Saturday, December 17 at 7 PM
Sunday, December 18 at 2 PM

**TICKETS:**
$7 General; $5 JCC members, students, and seniors
sabesjcc.org or 952-381-3499

**BEING A COUNSELOR AT CAMP OLAMI!**
Year after year, survey results tell us that what makes Camp Olami so special is the staff. This past summer, 60 teens and young adults spent their days transforming the J into a magical destination for hundreds of kids.

Natasha Gadaskin’s first experience at Olami was at the age of 7 and she has not missed a single summer. “I loved camp as a camper and couldn’t wait to come back each year,” she said. Fast forward ten years and Natasha has now finished her second year as a counselor. “Working with the little kids reminds me how important my counselors were to me. This makes me work even harder to make sure they love every day at camp.”

Working at Camp Olami has everything a young adult would want from a summer job – skill-building, leadership, training, enrichment opportunities, plus friendship and comradeship. Natasha added, “It doesn’t feel like summer without Olami. I have learned to be a leader and have made great friends. It’s the best way to spend the summer!”

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Talia Maksa, age 16, played Titania, Queen of the Fairies, in the youth performance of *A Midsummer Night’s Dream*. Talia has participated in our Youth Performance Program for several years and has played a role in many plays and musicals. “Awesome performance, Talia!”

“Talia is very engaged and you really allow these kids to express themselves and develop their talents.” — Karen Maksa (Talia’s mom)
Every year, we transform our 23 acre, tree-lined campus into a magical destination for children ages 5 to 15. This summer was filled with new programs, fun exploration and lots of new friends. It’s also a great place for teens to work. Thanks for making 2016 the best summer ever!
Olympiada

SUNDAY, SEPT 11 • 9:00 AM – 5:00 PM @ SABES JCC

For sports enthusiasts & anyone who loves fun in the sun!
A community day full of events that includes a 5k fun run, the Twin Cities first outdoor Ninjitsu Warrior competition, group Zumba, an Ultimate Frisbee tournament, 3 on 3 basketball and free throw shootouts, mazah ball races, family relay races, vendors, a food truck and more!

Spectators welcome for free.
Registration & fees for specific events.

Brain Games

SUNDAY, OCTOBER 9 • 1:00 – 5:00 PM @ SABES JCC

The first-ever local Brain Games event!
Join the fun. This event includes Teen Team Trivia, Friendly Feud, life-size board games, “Escape the Room” team challenge plus fun & stimulating activities that will blow your mind.

Recommended Ages: Junior High – Adult
Registration Required. Fee $10
*additional fee for “Escape the Room” and Friendly Feud

Thank you to our generous lead sponsors:

GOLD

Silver

Cynthia and Harold Goldfine
In honor of our parents by Josh Mann, Naome Mann, Danny Mann and Shoshana Mann

Bronze

Bobbi and Robert Aronson
Mike and Linda Fiterman
Family Foundation
Kris and John MacDonald

Sponsored by

Northwestern Mutual

THOMSON REUTERS

For a complete list of sponsors, visit sabesjcc.org.
Our inclusion philosophy is woven into the fabric of each and every department at the J. We work to build community where everyone acknowledges and respects people’s differences, while celebrating our inherent uniqueness and individual gifts. We strive to include everyone of all abilities and ages in our programs.

**EARLY CHILDHOOD**
Direct support for preschool-aged children, training and development in Inclusive classroom practices for staff, and additional resources for parents/families.

**CHILDREN & YOUTH**
Resources for families, staff development, and trained advocates to support children attending day camps, after-school sports, and cultural arts programs.

**ENRICHMENT**
Adapted group classes such as Drums Alive, Yoga, Zumba, art, theater, movie nights, friendship classes, and volunteer programs that provide meaningful opportunities in our community.

**SUPPORT**
Monthly support group for parents and caregivers of children and young adults with special needs, as well as informative seminars on a variety of topics.

**HEALTH & WELLNESS**
One-to-one personal and group training tailored to the unique needs of adults with developmental disabilities in the inclusive setting of the JCC’s fitness center.

Two Special Olympics teams:
- The Fireflies: An assisted swimming, bowling, and track & field team.
- The Rams: A highly competitive football and basketball team.

**AN INCLUSIVE SUMMER EXPERIENCE**
Summer camp provides kids the unique opportunity to make new friends and learn new things in a positive environment. But, the very idea of camp can seem challenging to parents and kids with special needs — how can I be sure that my child will get the attention they need? Will my child be able to fully participate? Will my child’s special needs be supported appropriately?

At the Sabes JCC, we strive to provide support for the inclusion of children with special needs into all JCC programs. Camp Olami is one of the many areas where we shine, where inclusion means having the same opportunities and choices as everyone else. It means being with friends who share interests, not disabilities.

For six-year-old Gabe Sanders, Camp Olami is a magical place that fills him with excitement and happiness. Having just completed his second summer, Gabe participates right alongside his peers. His camp advocate, Breezy Mader said, “Gabe’s independence skills have really come a long way. His communication and social skills are growing daily. He is having so much fun making new friends, learning to share, and becoming self-sufficient.” Some of Gabe’s favorite activities include flag pole, singing his favorite song “Pop Si Co,” and swimming.

Camp Olami offered Gabe, and all of our campers the opportunity for personal growth, happiness, friendship and spirit that only Camp can provide.

“Gabe’s personal growth and daily joyfulness is extraordinary. Watching Gabe’s peers embrace the concept that we are all different, with unique gifts – yet one community – is truly the essence of what thoughtful inclusion is all about.” — Anita Lewis, JCC Inclusion Director

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**EDUCATION in collaboration with Sha’arim**
Ongoing meaningful educational and social Jewish community programs designed to meet the specific needs of Jewish children and adults with disabilities to foster a feeling of connection to each other and to being Jewish.

For more information about any of our Inclusion programs please contact Anita Lewis, Inclusion Director at alewis@sabesjcc.org or (952) 381-3489. Or visit our website at www.sabesjcc.org and click on the Inclusion tab.

**Challah (Kosher, Parve)**
$4.00 Plain & Seeded
$4.50 Raisin
Available Fridays at the J!

Our Challah Baking Program provides adults with disabilities the opportunity to acquire job specific skills, as well as social and independent living skills.

While embracing the spirit of Shabbat, challah baking also offers Inclusion participants an active, meaningful role in our community.

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www.sabesjcc.org
many thanks!

LILI KHAIBE JEWISH JOURNEYS AWARD

This award is presented annually to someone who builds strong Jewish connections, inspires others to become involved, and enriches the lives of others at the J.

Lili was presented this award on May 23 at the ECC graduation. She has passionately worked for the ECC for 29 years and is known as the resident “Bubbie” (Yiddish for grandmother). Lili’s smile brightens every room as she creates a welcoming place not only for the children but for all who enter, and now she is seen in contact with all. Lili, you represent the heart and soul of the JCC.

SHARON TAPPER PRESIDENT’S AWARD

The President’s Award recognizes a unique individual who has stepped forward and helped the JCC meet its mission through active volunteerism.

Sharon’s volunteering over the last few years has been exemplary and sets an example for excellence for our whole JCC community. Sharon brings a special level of dedication and a willingness to take on any role. She does it with passion and warmth, thereby making everyone feel welcome and appreciated. Sharon is the JCC’s first call and she always says yes. Sharon, thank you for always stepping up!

The Jewish value of tikkun olam – repair the world, teaches us that we each play an active role in the world. And, volunteering at the J is a meaningful way to express this value. From helping with our community events to administrative support, to senior care, our volunteers are an integral part of ensuring that our JCC serves the whole JCC community. Thank you to all of our volunteers for your time, talent and commitment. You’re at the heart of all we do.

Please ignore anyone’s name that has inadvertently been left off the list.

Thank you for all that you do!
SWIM COACH & TRAIN
For the recreational swimmer or competitive veteran—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

SWIM STROKE CLINIC
Whether you are new to swimming, worried about the swim leg of your triathlon, or 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. Contact Tom Alcivar at alcivar.thomas@gmail.com for more info.

Courses are scheduled upon request and align with OSHA’s Best Practices for Workplace First Aid Training Programs. Minimum class size: 6

FIRST AID
Common first aid emergencies, including burns, cuts, head, neck & 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 two-year certification; must be at least 15 years old and pass certain swimming requirements.

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.

SESSION V:
OCT 13 – DEC 12 (6 LESSONS)
$129.50; $98 JCC Members
Registration opens Aug. 29. Visit our website for info on the next session beginning in Jan.

FROGS Ages 3 – 5
Designed for the beginner or nervous swimmer to increase their comfort level and safety in water, including submerging, working towards independent swimming on both front and back.

GOLDFISH Ages 3 – 5
STINGRAYS Ages 6-12
Basics of freestyle, backstroke and streamlining for the comfortable swimmer who can swim short distances independently. Prerequisite: Frogs or Puffers.

TIGER BARBS Ages 3 – 5
SEALS Ages 6 – 12
Freestyle side breathing and intro to breaststroke and butterfly kicks. For the swimmer who is able to swim freestyle and backstroke over a moderate distance. Prerequisite: Gobies or Stingrays.

DOLPHINS & SHARKS Ages 5 – 12
Designed to enhance freestyle and backstroke as well as develop breaststroke and butterfly, also incorporating flip turns, diving, and swim etiquette. Prerequisite: Tiger Barbs or Seals.

SWIM FIT
Ages 6 – 12
A bridge between lessons and swim team, a more intense swim experience using all four competitive strokes, providing hands-on instruction, stroke technique and increased yardage.

PRIVATE LESSONS
All Ages (including adults)
Private and semi-private lessons are available year-round.

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WATER BABIES
Ages 6 – 36 months
Designed for babies and parents to be comfortable in the water together while learning water safety, swimming motor skills and how to safely submerge.

WATER WIGGLERS
Ages 24 – 36 months
Children work independently from parents to learn to float, do pop-up breathing, kick on their back, blow bubbles, and water safety.

FROGS Ages 3 – 5
PUFFERS Ages 6 – 12
For the beginner or nervous swimmer to increase their comfort level and safety in water, including submerging, working towards independent swimming on both front and back.

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GIBBON Ages 3 – 5
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Basics of freestyle, backstroke and streamlining for the comfortable swimmer who can swim short distances independently. Prerequisite: Frogs or Puffers.

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**RECREATION & FUN**

**PICKLEBALL**
Tuesdays 10 AM – NOON
Thursdays 10 AM – NOON or 5:30 – 7:30 PM
$2 (members free)
A combination of Ping-Pong, tennis and badminton for all ages and athletic abilities. Stop by and play!

**FALL BASKETBALL LEAGUES**
Play competitive basketball! Games are 40 mins. long (20 min. halves) and include playoffs. Registration opens Sept. 8.

**ADULT MEN’S BASKETBALL**
September 28 – November 30

**ADULT WOMEN’S BASKETBALL**
September 27 – November 29

For more information or to register, contact League Coordinator Lauri Ludeman at lludeman@sabesjcc.org.

**PICK UP BASKETBALL**
Tuesday & Friday: 11:30 AM – 1:00 PM
Sunday: 9:00 – NOON
Drop in for a fun and competitive workout and become part of the action!

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**health & wellness**

We offer a variety of programs, classes and services for all ages and abilities. 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. Visit sabesjcc.org or see flyers at the J for class schedules.

**GROUP EXERCISE**
Free with JCC membership
Led by nationally certified instructors, our classes offer an excellent experience for beginners through advanced. Classes are available to anyone at any time – no need to register, just drop-in!
- Cycling
- Zumba
- Lift & Pump
- Water Exercise
- Tai Chi
- Mat Pilates

**SPECIALTY CLASSES**
**Ages 18+**
Taught by certified personal trainers who have advanced training in their area of expertise, our specialty classes are available in four or eight-week sessions. They are offered with a fee and are designed to expand your limits, increase your strength and improve your overall health.

**INTEGRATED TRAINING**
Using kettlebells, TRX, free weights and body weight exercises, you will build strength, stability, and tone, while improving cardiovascular fitness.

**TRX TRAINING**
The TRX Suspension Trainer builds strength, balance, flexibility, and power while engaging the core; a 30 min, multi-plane workout that modifies the resistance-based on your ability.

**30-MIN CARDIO EXPRESS**
Explore a variety of training techniques from interval, fat burning, anaerobic and recovery training workouts.

**30-MIN CIRCUIT TRAINING EXPRESS**
Maximize your workout time while you develop strength through a variety of circuit style workouts.

**TRAINING**
Our nationally certified trainers offer fitness assessments, health education, goal setting, and monitoring of your progress and flexible scheduling. Whether you want to run a mile or a marathon, exercise with your headphones, lose weight or gain strength, we’ll help you every step of the way. Talk to us about the training program that is right for you.
- Personal
- Partner
- Group
- Family
- Pilates Reformer

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**MOVEMENT IS MEDICINE!**

For many living with Parkinson’s disease, movement is the key to treating symptoms. Exercise can help to keep muscles strong, improve flexibility and mobility, and prevent joint stiffening. The National Parkinson Foundation of Minnesota envisions a future where people living with the disease are actively enjoying life with their friends, neighbors, children and grandchildren with community support for as long as possible. And, the J is proud to be recognized as a “Parkinson-friendly fitness” venue, which means that many of our trainers have completed the Parkinson awareness training, providing a welcoming environment for those living with Parkinson’s. “At the JCC, we strive to support and embrace our members to the fullest and work to improve lives no matter what challenges they may be faced with,” said Mark Neuman, JCC trainer.

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**Massage**
Let our massage therapists help relieve your aches & pains, stress and tightness, as well as give you a relaxing, pampered experience.

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

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“*My weekly workout session with Mark helps me get in shape and improves my strength and endurance. The more active I am, the better my active daily life is. Even though working out makes me tired, I am very thankful for the program and the confidence it gives me.*” – David Chein
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. Visit sabesjcc.org or see flyers at the J for class schedules.

FITNESS CLASSES

STRENGTH
Strengthen all major muscle groups from head to toe for increased range of motion, increased energy and a relaxed mind and body.

BETTER BALANCE AND MOBILITY
Improve balance and stay flexible to help improve your ability to perform daily living activities and increase freedom of movement.

FOREVER FIT STRENGTH
Using chairs to provide support while doing strength exercises will improve your strength and daily living skills – ideal for those who have a hard time on the floor.

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

GENTLE SNEAKERS® CLASSIC
Have fun and move to the music through exercises designed to increase muscular strength and range of motion; a chair is used for seated or standing support.

GENTLE TAI CHI
This ancient form of exercise helps unlock tight areas, works on seated or standing support.

GENTLE YOGA
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
High energy instructors, motivating music and choreography allow you to dance away stress, calories and fat; a perfect mix of body sculpting movements with easy-to-follow dance steps.

REPAIR
Fix up your home with tips for basic maintenance, including tips for common problems.

WORKSHOP
POSTURE AND OSTEOPOROSIS: BUILDING BETTER BONES
September 7, 12:30 – 1:30 PM
Improve your posture, re-gain bone mass & reduce the risk of osteoporosis and learn about nutrition, vitamins and minerals to support your bones.

HEARTWORKS
Monday, Wednesday, Friday: 8:40 AM
Monthly Fee: $60 (members)
A stage four post-rehab strengthening and flexibility class designed to support your lifelong practices and habits for a healthier life. This one hour class includes a 45-min workout and a 15-min blood pressure check.

For more information please contact Jen Wetteland at jwetteland@sabesjcc.org.

ZUMBA GOLD
When The Sabes JCC launched the 2016 JGames at our annual benefit, our first request was that ninety-year-old Leo Fine kick off the event with a trumpet solo of the Olympic fanfare and theme. Leo played his first gig at the age of 13 and after serving in the Army, where he played in the Army band, he headed to New York City to study trumpet. He was hired off the street to the Camel Cigarette Show and traveled with the Tommy Dorsey Band. After realizing that life on the road was not for him, Leo returned to Minnesota, married his wife Maureen and moved to St. Louis Park in 1957.

In April 1966, he opened Park Music Center. In addition to running his store, Leo was constantly called on to perform for important occasions, including Bob Dylan's daughter's wedding to St. Louis Park Mayor Al and Audrey Kaufman at last year's winter gala.

He played at stage shows with celebrities who came to town, including Nat “King” Cole, Harry Belafonte, Liberace, Bette Midler, and Frank Sinatra Jr. Thank you, Leo. Can’t wait to hear you again!

MEMORI WRITING CLASS
Do you wish you could share your life experiences and the things you have learned with others? Learn to write your stories in a relaxed and fun environment.

LET’S PAINT, DRAW AND HAVE FUN!
For those who wish to perfect their art techniques. No art experience required.

ONE-ON-ONE COMPUTER CLASSES
Explore the internet – how to search for information, send and receive emails and the basic steps to use an iPad or iPhone.

AAA DRIVER IMPROVEMENT PROGRAM (4-HOUR CLASS)
Cost: $22
Learn changes in driving laws, vehicle technology, easy-to-use defensive driving tips, traffic safety and accident prevention.

FINANCIAL SCAMS: PROTECT YOURSELF AND YOUR FAMILY
January 18, 12:30 – 1:30 PM
A supervising attorney from the Senior Law Project, Mid-Minnesota Legal Aid will discuss the most common senior scams and advise on ways to protect against them.

ACTIVE WELLNESS
October 26, 12:30 – 1:30 PM
Hear from a registered dietitian/nutritionist and learn lessons for living longer and healthier from people who’ve lived the longest!

SPOTLIGHT: Leo Fine

We offer space by reservation, for groups that would like to play Mahjong, Bridge or other games. For more information or to reserve space contact Jacob Frankel at jfrankel@sabesjcc.org or (952) 381-3446.

ANNUAL WINTER GALA
Bring a friend and join us for a special concert and luncheon to celebrate friendship, live music, and the winter season! Look for the date on our website or on flyers at the JCC.

In addition to running his store, Leo was constantly called on to perform for important occasions, including Bob Dylan's daughter's wedding to St. Louis Park Mayor Al and Audrey Kaufman at last year's winter gala.

SOLAR WINDS
If you’re an expert birder or a novice at watching nature, you’ll find that the autumn and winter months are a great time to watch migrating birds.

RETRO MUSIC FESTIVAL
Al and Audrey Kaufman at last year’s winter gala.

HOT CHOCOLATE SOCIAL
Warm up and relax with friends while you sip hot chocolate, listen to music, and engage in adult coloring and puzzles. A variety of exquisite, Judaic illustrations and patterns will be available for you to create your own piece of art!

SENior ADVENTURES
Take part in fun field trips and “adventures” throughout the season including theater, concerts, and more! Look for details for our Fall Adventure by checking out website or the flyers around the JCC.

Presented in partnership with Bethelers.

SELECT AMERICAN MUSICIANS
We are excited to announce that The Sabes JCC will host an evening of American music featuring some of the most iconic and groundbreaking performers of the 20th century.

Al and Audrey Kaufman at last year’s winter gala.

Full schedule at sabesjcc.org.
The Osher Lifelong Learning Institute (OLLI), an affiliate program of the University of Minnesota College of Continuing Education, is run entirely by volunteers. 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:
- Shakespeare, Through the Eyes and Keystrokes of Rene Girard
- Firearm Injuries: A Public Health View
- Learning To Like Mahler

To register go to sabesjcc.org or contact Jacob Frankel at (952)381-3446 or Jfrankel@sabesjcc.org.

FREE MATINEE MONDAYS!
Show Time: 12:30 PM
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.

MEET THE SABES JCC Seniors Senior Advisory Council
Have you ever wondered how we plan our programs? The Sabes JCC’s Senior Advisory Council was created to serve as a “sounding board” and give a voice to the 60+ JCC community. Comprised of nine individuals, ages 65-85, this dedicated group supports, represents and inspires our programming decisions. You may see them assisting during events, teaching a class, or providing personal attention to their peers. The Sabes JCC would like to thank the Senior Advisory Committee for all that they do!

SANDY GROETHE
Sandy is always smiling, welcoming to everyone, and willing to help out when needed. Whether it be lifeguarding, teaching or even helping out in the office, she is such a GREAT team player.

ANTHONY NEUMAN
His passion and enthusiasm for teaching — whether in the ECC or as the director of our youth performances — is contagious. You cannot leave a conversation with Anthony without feeling happier and more excited!

MEET THE SABES JCC Staff

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ANTHONY NEUMAN
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Robin goes the extra mile for our members and staff, always happily willing to help out and do the right thing with sincerity, compassion, and an open heart!

NICOLE VAN HEEL
Nicole’s job in HR is huge and multifaceted. She knows each and every one of us, we’re not just another name on the staff roster. Many kudos and many thanks to you Nicole for doing your job so well... and then some!

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MEET JOSH CARSON
Security and preparedness continues to be a key focus at the Sabes JCC. Every day, behind the scenes we are working to ensure a safe campus. Known to everyone simply as ‘Carson,’ Josh Carson is the face of security here at the J. Working with our Emergency & Safety Council and key staff, Carson and his colleagues at EPG Security Group, keep a watchful eye and provide daily support and suggestions.

Carson’s three safety tips:
1. If you see something, say something.
2. Better safe than sorry.
3. Don’t be afraid to ask for help.

Coming this fall – new access procedures at the Fitness Center entrance.

Our Staff

AND THEN SOME AWARD WINNERS
The Sabes JCC is guided by our three core values: Programmatic Excellence, Mutual Respect, and Welcoming And Then Some. The JCC Welcoming And Then Some Award is passed from staff to staff to recognize that “extra something” that makes the J special. 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. This quarter, our staff recognized their colleagues Sandy Groethe, Robin Kovach, Anthony Neuman and Nicole Van Heel. We are so proud of our staff and hope that you will join us in thanking them for all that they do!

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FOOD FEST BAKING CONTEST WINNER!
When 14-year-old Dinah Hunegs heard about the JCC’s Food Fest Baking Contest, she immediately asked her mom if she could enter. “Dinah loves to bake and watch others baking on cooking shows,” said Jen Robins, her mom and sous chef. Over a period of three weeks Dinah tested and adopted several apple cake recipes and created a chart listing a variety of toppings. “She brought different cakes, toppings and her chart to the family Father’s Day gathering and asked everyone to taste and score her creations. Then she created her own recipe based on their feedback.” Entering the contest meant baking 300 pieces to be sampled at Food Fest. How did she do it? “Dinah invited groups of her friends and their moms to come in shifts to help cut and prepare apples,” said Jen. “This became a community event unto itself!”

The result is Dinah Hunegs Apple Spice Cake & Carmel Drizzle, a moist and dense cake that is full of old-fashioned comfort and yummy sauce, perfect for Rosh Hashanah or anytime! (visit sabesjcc.org for the full recipe)

Never underestimate the power of the JCC to get the job done!

“This is just another great example of how the JCC brings people together.” – Steve Hughes

Congratulations to our other first place winners!

CHALLAH: Nina Bodzin and Tzipporah Leah Katolsky
MANGEL BREAD: Jane Ueff
RUGALACH: Karen Frankel!
CHECK OUT THE FALL ARTS & CULTURE SEASON INSIDE!

A true partnership, the Sabes JCC and St. Paul JCC are dedicated to engaging the community in the exploration of Jewish identity and culture through film, performance, theater, visual arts, literature and Jewish learning. Working together, our JCCs strive to promote and enrich Jewish life and values for the entire Twin Cities community.