



# Inclusion Programming August 2017 Calendar



| Sunday  | Monday                                | Tuesday  | Wednesday | Thursday                                | Friday | Saturday |
|---|---------------------------------------|--|-----------|---|--------|----------|
|   |                                       | 1  | 2         | 3<br>Exercise with Pam<br>1:00-2:00 PM  | 4      | 5        |
| 6<br>Annual Shalom<br>Butterfly Release<br>1:30—2:30 PM<br>Sholom-Ackerberg<br>Campus | 7                                     | 8<br>Flower Arranging<br>1:00-2:00 PM<br><br>Darkaynu Café<br>7:00—8:00 PM       | 9         | 10                                      | 11     | 12       |
| 13  | 14<br>Support Group<br>6:30 –8:30 PM  | 15<br>Flower Arranging<br>1:00 –2:00 PM  | 16        | 17<br>Exercise with Pam<br>1:00-2:00 PM | 18     | 19       |
| 20  | 21<br>Art with Robyn<br>1:00 –2:00 PM | 22<br>Flower Arranging<br>1:00 –2:00 PM  | 23        | 24<br>Exercise with Pam<br>1:00-2:00 PM | 25     | 26       |
| 27  | 28                                    | 29<br>Flower Arranging<br>1:00 –2:00 PM<br><br>Let's Go Fishing<br>4:30 –8:30 PM | 30        | 31<br>Exercise with Pam<br>1:00-2:00 PM |        |          |

Contact for all programs unless noted:

Anita Lewis

Sabes JCC Inclusion Director

Alewis@sabesjcc.org

952 381-3489



sabes jcc

## HEALTH AND WELLNESS

### Bi-Cities Wellness Program

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. Cost: \$45/hour, *scholarships available*

### Exercise with Pam, Age 18+

A unique sensory/motor exercise program utilizing "whole brain, whole body" movement. Rhythm and music bring people together and develop sensory motor reflexes and kinesthetic awareness. RSVP required to assure appropriate supports are provided. Contact: Anita Lewis

## EDUCATION

### Adult Darkaynu: Jewish Education Our Way

Adult Darkaynu provides Jewish adults with disabilities the opportunity to get together, schmooze, and appreciate Jewish life. Wednesdays from 7:00-8:00 pm. Contact: Sha'arim 952 303-5276, shaarim@shaarim.org

### Youth Darkaynu Grades K-12

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

## SUPPORT

### Support Group

Parents and caregivers of children and young adults with special needs are invited to join us for an educational and supportive group to share resources and voice concerns in a non-threatening, supportive environment. 2nd Monday of the month from 6:30-8:30pm, contact: Karen Malka at kmalka@hotmail.com or Margaret Sullivan at madgmoe@comcast.net.

### 9th Annual Butterfly Release:

Celebrate life, commemorate a special occasion or remember a loved one by releasing a Monarch butterfly. Sunday, August 6, 1:30—2:30 PM at Ackerberg Family Sholom West Campus, 3620 Phillips Parkway, St. Louis Park, MN. Not staffed by JCC Inclusion . FREE donations welcome.

## ENRICHMENT

Art Class, 18+ : Come learn about art, and have fun being creative with friends. Please RSVP to Anita if you are interested. **FREE**

Flower Arranging, 18+: Together with friends, create beautiful flower arrangements for the JCC and Sholom Home. **FREE**

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

Let's Go Fishing: Meet at the JCC and take a bus together to Lake Riley where we will board a Pontoon Boat and fish (or not) with the Let's Go Fishing Crew. You must RSVP by Friday, Aug, 25. Only 12 people total will be allowed to go on this trip. Bus loads at 4:45 PM, returns to JCC 8:45 PM. Bring sack lunch. **FREE**