



Inclusion Programming January 2018 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day Fitness Center Open 8:00 AM—3:00 PM	2 Flower Arranging 1:00-2:00 PM	3 Adult Darkaynu 7:00—8:00 PM	4 Exercise with Pam 1:00-2:00 PM	5	6
7 Youth Darkaynu 10:00—12 noon	8 Matinee Monday "The Rainmaker" Support Group 6:30 –8:30 PM Monday Art 1:00 –2:00 PM	9 Flower Arranging 1:00-2:00 PM	10 Adult Darkaynu 7:00—8:00 PM	11 Exercise with Pam 1:00-2:00 PM	12	13
14 Youth Darkaynu 10:00—12 noon	15 Matinee Monday "The Hustler" Monday Art 1:00 –2:00 PM	16 Flower Arranging 1:00 -2:00 PM	17 Adult Friends 'N Fun 6:00 –8:00 PM	18 Exercise with Pam 1:00-2:00 PM	19	20
21	22 Matinee Monday "The Pianist" Art with Robyn 1:00 –2:00 PM Jewish Humor Fest A Pickle 7:30 –8:45 PM	23 Flower Arranging 1:00 –2:00 PM	24 Adult Darkaynu 7:00—8:00 PM	25 Exercise with Pam 1:00-2:00 PM	26	27
28 Youth Darkaynu 10:00—12 noon JDAIM Event—Interact Beth El Synagogue 2:00—4:00 PM Grease at the St. Paul JCC, 1:00 –4:00 PM	29 Matinee Monday "Up In The Air" Art with Robyn 1:00 –2:00 PM	30 Flower Arranging 1:00 –2:00 PM	31 Adult Darkaynu 7:00—8:00 PM	1 February Exercise with Pam 1:00-2:00 PM	2	3

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

ENRICHMENT

Art on Mondays, 18+: Have fun with your peers while creatively expressing yourself through art. RSVP to Anita to assure space and supplies. FREE
Grease at St. Paul JCC and Pre-Party Pre-party before show. Snacks and beverages provided. Show begins at 2:00 PM. Contact: Megan McClanahan, 651-255-4772 or meganm@stpauljcc.org FEE: \$9

Jewish Humor Fest: A PICKLE: A one woman show about pickles, ignorance, prejudice and the Minnesota State Fair. RSVP to Anita by Thursday, January 18, (Will be staffed by Inclusion if participants want to attend) FEE: \$5

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

Jewish Disability Awareness and Inclusion Month

Join us for an interactive exhibit and performance from Interact Center for the Visual and Performing Arts at Beth El Synagogue, Must RSVP to Stacey Spencer, Inclusion Program Manager 952 542-4875 caringconnections@jfcsmpls.org by January 14. FREE

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.

Free Matinee Mondays

Join us for free movies and popcorn in the JCC theater. Bring your friends and enjoy a wide variety of films. All movies begin at 12:30 PM

1/8	"The Rainmaker"
1/15	"The Hustler"
1/22	"The Pianist"
1/29	"Up In The Air"