



Inclusion Programming February 2018 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Exercise with Pam 1:00-2:00 PM	2	3
4 Youth Darkaynu 10:00—12 noon	5 Matinee Monday "Enemy At The Gate" 12:30 –2:30 PM Monday Art 1:00 –2:00 PM	6 Flower Arranging 1:00-2:00 PM	7 Adult Friends 'N Fun 6:00—8:00 PM	8	9	10
11 Youth Darkaynu 10:00—12 noon	12 Matinee Monday "A River Runs Through It" 12:30 –2:30 PM Monday Art 1:00 –2:00 PM Support Group 6:30 –8:30 PM	13 Flower Arranging 1:00 -2:00 PM	14 Adult Darkaynu 7:00—8:00 PM	15 Exercise with Pam 1:00-2:00 PM	16	27
18	19 President's Day Matinee Monday "Rob Roy" 12:30 –2:30 PM	20 Flower Arranging 1:00 –2:00 PM Holiday Program at JHAP 6:00 –8:00 PM Pie Sampling with St. Paul JCC 6:00—8:00 PM	21 Adult Darkaynu 7:00—8:00 PM	22 Exercise with Pam 1:00-2:00 PM	23	24
25 Youth Darkaynu 10:00—12 noon	26 Matinee Monday "Men In Black" 12:30 –2:30 PM	27 Flower Arranging 1:00 –2:00 PM Movie With Jake "Paddington Bear" 6:45—8:30 PM	28			

Contact for all programs unless noted:

Anita Lewis

Sabes JCC Inclusion Director

Alewis@sabesjcc.org

952 381-3489



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

Tuesday Food Tour—Pie Sampling: We will find the best pie in St. Paul. Enjoy eating pie at 3 different locations and we will decide our favorite.

Contact: Megan McClanahan, 651-255-4772 or meganm@stpauljcc.org FEE: \$10

Movie with Jake: "Paddington Bear" Join our very own Jacob and your friends in a casual atmosphere to watch movies and eat popcorn. 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

Young Adult Darkaynu Holiday Program at J-HAP

Join us for Holiday Programming at Cornerstone Creek, 9280 Golden Valley Road, Golden Valley, MN 6:00 –8:00 PM. FEE: FREE, contact: Sha'arim 952 303-5276 or shaarim@shaarim.org for more information.

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

2/5	"Enemy at the Gates"
2/12	"A River Runs Through It"
2/19	"Rob Roy"
2/26	"Men In Black"