active adults 60+

at the Sabes JCC

JULY 2018 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Stretch Class 9:35 am—10:20 am Lunch 11:30 am—12:30 pm	3 Pickleball 10:00 am—12:00 pm	4 JCC CLOSED 	5 Stretch Class 9:30 am– 10:20 am Pickleball 10: 00 am– 12:00 pm & 5:30 pm-7:30 pm	6 Shabbat Lunch 11:30 am Light Candles 8:44 pm 	7
8	9 Stretch Class 9:35 am—10:20 am Lunch 11:30 am—12:30 pm	10 Pickleball 10:00 am—12:00 pm	11 Balance and Mobility 9:30 am—10:20 am Lunch 11:30 am—1:30 pm	12 Stretch Class 9:30 am– 10:20 am Pickleball 10: 00 am– 12:00 pm & 5:30 pm-7:30 pm	13 Shabbat Lunch 11:30 am Light Candles 8:41 pm 	14
15	16 Stretch Class 9:35 am—10:20 am Lunch 11:30 am—12:30 pm	17 Pickleball 10:00 am—12:00 pm Senior Breakfast 9:00 am– 11:00 am	18 Balance and Mobility 9:30 am—10:20 am Lunch 11:30 am—1:30 pm Building Better Bones 12:30 pm– 1:30 pm	19 Stretch Class 9:30 am– 10:20 am Pickleball 10: 00 am– 12:00 pm & 5:30 pm-7:30 pm	20 Shabbat Lunch 11:30 am Light Candles 8:35 pm 	21
22	23 Stretch Class 9:35 am—10:20 am Lunch 11:30 am—12:30 pm	24 Pickleball 10:00 am—12:00 pm	25 Balance and Mobility 9:30 am—10:20 am Lunch 11:30 am—12:30 pm	26 Stretch Class 9:30 am– 10:20 am Pickleball 10: 00 am– 12:00 pm & 5:30 pm-7:30 pm	27 Shabbat Lunch 11:30 am Light Candles 8:28 pm 	28
29	30 Stretch Class 9:35 am—10:20 am Lunch 11:30 am—12:30 pm Driving Class 12:30 pm– 4:30 pm	31 Pickleball 10:00 am—12:00 pm				

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sabes jcc minneapolis

Welcome, Explore, Connect!

FOREVER FIT BALANCE AND MOBILITY*

This class focuses on exercises that allow you to stay flexible and improve your balance

Time: Wed 9:35 am– 10:20 am

AOA STRETCH CLASS*

This class focuses on stretching all the major muscle groups from head to toe that tighten up during every day activities.

Times: Mon 9:35 am- 10:20 am

Thur 9:30 am- 10:20 am

SILVER SNEAKERS CLASSIC*

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Days: Monday– Friday

Times: 10:30 am– 11:15 am

PICKLEBALL

We offer two courts in Gym A for Pickleball and provide the equipment. All skill levels welcome!

Times: Tuesdays and Thursdays 10:00 am-12:00 pm

Thursday 5:30 pm –7:30 pm

Cost: $2 Non JCC members; JCC Members FREE

SENIOR DINING

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

Date: Monday, Wednesday, Friday (ongoing)

Time: 11:30 am-12:30 pm

Cost: Monday and Wednesday $3 and Friday $5 (suggested donation) For reservations or questions, please call the Senior Lunch Reservation Hotline: 952-381-3466.

MONDAY MATINEE- Taking a summer break back soon!

Bring your friends and enjoy our weekly picture on the big screen and delicious popcorn! Check the Sabes JCC lobby for fliers with weekly show titles.

Dates: Fall dates coming soon

Time: 12:30 pm

Cost: FREE

OLLI CLASSES

OLLI classes focus on active learning in dynamic and respectful environments. No pre-requisites, this is learning just for the joy of it!

- OLLI classes available on separate flyer!

SENIOR BREAKFAST

Drop into the Senior Lounge for a morning treat before or after your workout or program! It was so good we had to bring it back monthly!!

Date: Tuesday, July 17

Time: 9:00 am - 11:00 am

Cost: FREE

Presentations & Events

- - Please RSVP to ALL events - -

JANICE NOVAK PRESENTS: BUILDING BETTER BONES

Want to learn how to improve your posture and STOP the rounding that occurs with age? Learn simple techniques to stand straighter instantly and participate in exercises to help flatten your upper back, straighten your shoulders and tone your midsection. Talk about how to reduce the risk of osteoporosis and related injuries and hot to re-gain bone mass. Hear the latest research on nutrition including calcium absorption, bone health, healthy food and much more! Wear loose and comfortable clothing.

Date: Wednesday, July 18

Time: 12:30 pm– 1:30 pm

Cost: FREE

Location: Sabes JCC

DRIVING IMPROVEMENT PROGRAM (4-HOUR CLASS)

Come explore changes in driving laws, the latest 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 drivers license info available to expedite your registration. **Taught by Minnesota Highway Safety Center trained Instructor.** To register call 1-888-234-1294; you must register 10 days before class.

Date: Monday, July 30

Time: 12:30pm—4:30 pm

Cost: $22

Contact Jacob Frankel, Coordinator of Active Adults 60+ for all program inquiries and questions (*unless otherwise noted*) at JFrankel@sabesjcc.org 952-381-3446

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