



Inclusion Programming November 2018 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			3	1 Exercise with Pam 12:45-1:45 PM	2	3
4 Youth Darkaynu 10:00 –12 noon	5 Art with Adults 1:00 –2:00 PM	6 Flower Arranging 1:00-2:00 PM	7 Adult Darkaynu 7:00—8:00 PM	8 Exercise with Pam 12:45-1:45 PM Parent Support Group 6:30 –8:00 PM Ridgedale Library Volunteer Fair Cornerstone Creek 3:00 –4:30 PM	9	10
11 Youth Darkaynu 10:00 –12 noon Uncle Moses Yiddish Film 10—12 noon	12 Art with Adults 1:00 –2:00 PM	13 Flower Arranging 1:00-2:00 PM	14 Adult Friends 'N Fun 6:00 –8:00 PM Around the World Dinner Club St. Paul JCC 5:30 –8:00 PM	15 Exercise with Pam 12:45-1:45 PM Accessing Community Cornerstone Creek 6:30 –7:30 PM	16	17
18 Youth Darkaynu 10:00 –12 noon My Hero Brother 2:00—3:45 PM St. Paul JCC	19 Art with Robyn 1:00 –2:00 PM	20 Flower Arranging 1:00 -2:00 PM	21	22 Thanksgiving JCC Offices Closed Fitness: 8:00 –3:00 PM	23 JCC Offices Closed Fitness Regular Hours	24
25	26 Art with Robyn 1:00 –2:00 PM	27 Flower Arranging 1:00-2:00 PM Holiday Program Cornerstone Creek 6:30—8:00 PM	28 Adult Darkaynu 7:00—8:00 PM	29 Exercise with Pam 12:45-1:45 PM	30	

Contact for all programs unless noted:

Anita Lewis
Sabes JCC Inclusion Director
Alewis@sabesjcc.org



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.

Around the World Dinner Club—Join us as we try a different restaurant the second Wednesday of each month. November is La Cucaracha (Mexican Food). To register and for more information contact: Megan McClanahan, 651 255-4722. meganm@stpauljcc.org
FEE: \$20 member/\$30 Non-member

Volunteer Fair—J-Hap and Hands On Twin Cities is hosting a Volunteer Fair! Stop by to learn about volunteer opportunities in Golden Valley and the surrounding area. Cornerstone Creek, 9280 Golden Valley Rd., Golden Valley, Contact Carrie Miller, 763 231-5427, carrie@j-hap.org. FEE: FREE

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

Holiday Program— Adult Holiday Program with Sha'arim. Holiday program takes place at Cornerstone Creek, 9280 Golden Valley Rd., Golden Valley, 6:30 –8:30 PM, for more information contact Sha'arim, 952 303-5276, shaarim@shaarim.org, FEE: FREE

Accessing Community Learning Series—Want to learn a new skill, join an athletic team, increase your access to new books? Come and learn about community resources including recreation, transportation and more. Cornerstone Creek, 9280 Golden Valley Rd., Golden Valley. Contact: Carrie Miller, 763-231-5427, carrie@j-hap.org Fee: \$5

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 Thursday of the month from 6:30-8:00pm. Ridgedale Library, 12601 Ridgedale Dr., Minnetonka, MN.
Contact: Karen Malka at kmalka@hotmail.com or hpcplg@yahoo.com,

Uncle Moses— Yiddishkeit! Friendship! Refreshments! Uncle Moses is a harsh man, who uses his wealth and power to manipulate women. Starring Maurice Schwartz. Film is in Yiddish with English Subtitles. Movie will be at the Sabes JCC. Please RSVP to Anita. FEE: FREE (if you RSVP to Anita)

My Hero Brother— a movie about a remarkable group of young people with Down Syndrome and their siblings who embark on a trek through the Indian Himalayas. The film will be followed by Q & A with the director Yonatan Nir as well as a reception. The film is in Hebrew with English Subtitles. Reserve tickets at www.jfcsmpls.org/event/my-hero-brother For more information contact: Stacey Spencer, 952 542-4845, sspencer@jfcsmpls.org, FEE: FREE