



Inclusion Programming February 2019 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Youth Darkaynu 10:00 – noon Canine Connection & Mindful Movement St. Paul JCC 1:30 – 3:30 PM	4 Matinee Monday “First Man” 12:30 – 2:30 Art with Adults 1:00 – 2:00 PM Sensory Friendly Swim Time 5:00 – 7:00 PM	5 Flower Arranging 1:00 – 2:00 PM	6 Adult Darkaynu 7:00 – 8:00 PM	7 Exercise with Pam 12:45 – 1:30 PM	8	9
10 Youth Darkaynu 10:00 – noon Canine Connection & Mindful Movement St. Paul JCC 1:30 – 3:30 PM	11 Matinee Monday “Home Again” 12:30 – 2:30 Art with Adults 1:00 – 2:00 PM	12 Flower Arranging 1:00 – 2:00 PM Darkaynu Café 18+ Cornerstone Creek 7:00 – 8:00 PM	13 Adult Darkaynu 7:00 – 8:00 PM Around the World Dinner Club St. Paul JCC 5:30 – 8:00 PM	14 Valentines Day Exercise with Pam 12:45 – 1:30 PM Support Group Sabes JCC 6:30 – 8:00 PM	15	16
17 Youth Darkaynu 10:00 – noon Canine Connection & Mindful Movement St. Paul JCC 1:30 – 3:30 PM	18 Presidents Day Matinee Monday “The Wife” 12:30 – 2:30 Art with Adults 1:00 – 2:00 PM	19 Flower Arranging 1:00 – 2:00 PM	20 Adult Friends ‘N Fun 6:00 – 8:00 PM	21 Exercise with Pam 12:45 – 1:30 PM	22	23
24 Youth Darkaynu 10:00 – noon Canine Connection & Mindful Movement St. Paul JCC 1:30 – 3:30 PM	25 Art with Adults 1:00 – 2:00 PM	26 Flower Arranging 1:00 – 2:00 PM Pizza & Bingo Party with Teens 6:00 – 8:00 PM	27 Adult Darkaynu 7:00 – 8:00 PM	28 Exercise with Pam 12:45 – 1:30 PM Crafts N’ Cards St. Paul JCC 6:30 – 8:00 PM Parent Workshops St. Paul JCC 6:30 – 8:00 PM		

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

Sensory Friendly Swim Time

We are excited to offer a once-a-month, special swimming session in which we modify the environment to create a calmer atmosphere in the pool, creating a more sensory-friendly environment to those with autism and other special needs. Participants must come with appropriate adult supervision. For more information, contact: Mikaela Bagley, (952) 381—3422. mbagley@sabesjcc.org

ENRICHMENT

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 being at 12:30 PM

Movies playing this month: Feb 4 "First Man Feb 11 "Home Again" Feb 18 "The Wife"

Pizza and Bingo Party with Teens— Join us for a fun night of pizza and bingo with teens from the JCC Teen Department. Tuesday, February 26th. 6:00 - 8:00 PM. FEE: \$5

For more information contact: Anita Lewis (952) 381—3489. alewis@sabesjcc.org

Around the World Dinner Club— Join your friends at the St. Paul JCC as they try a different restaurant the second Wednesday of each month. February is Mango Thai (Thai). To register and for more information contact: Megan McClanahan, (651) 255—4772. meganm@stpauljcc.org FEE: \$20 member/ \$30 non-member

Craft N' Cards— Spend your evening with friends from the JCC and Highland Friendship Club! Evenings will alternate between making facilitated crafts and game nights.

Register online at www.stpauljcc.org For more information contact: Megan McClanahan, (651) 255—4772. meganm@stpauljcc.org FEE: \$5 non-members/ Free for members

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

Darkaynu Café, 18+

Come to the Café featuring live music, sing-a-longs, refreshments and fun. Café takes place at Cornerstone Creek, 9280 Golden Valley Rd., Golden Valley, 7:00—8:00 PM.

For more information contact Sha'arim, 952 303-5276, shaarim@shaarim.org FEE: 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 Thursday of the month from 6:30-8:00pm. Sabes JCC 4330 S. Cedar Lake Road, Minneapolis MN 55416 Contact: Karen Malka at kmalka@hotmail.com or hcpclg@yahoo.com

Parent Workshops

Matt Hansen of Mercarik does a fantastic presentation on the plethora of technologies available to families to foster independence.

For more information contact: Megan McClanahan (651)-255-477 meganm@stpauljcc.org

Canine Connections & Mindful Movement

Warm your heart this winter with our fuzzy friends at Canine Inspired Change (CIC). During the 8 classes our group will learn about and practice agility training with loving therapy dogs! For more information contact: Megan McClanahan (651)255-4772
meganm@stpauljcc.org
FEE: \$325 Non-members/\$250 for members.