



# Inclusion Programming March 2019 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<b>3</b> Youth Darkaynu 10:00 – noon  Canine Connection & Mindful Movement St. Paul JCC 1:30 – 3:30 PM	<b>4</b> <b>Matinee Monday</b> “Can You Ever Forgive Me?” 12:30 – 2:30 PM Art with Robyn 1:00 – 2:00 PM Sensory Friendly Swim Time 5:00 – 7:00 PM	<b>5</b> <b>Flower Arranging</b> 1:00 – 2:00 PM	<b>6</b> HMJDS presents The Wizard of OZ 9:00 AM – 9:45 AM Adult Darkaynu 7:00 – 8:00 PM	<b>7</b> <b>Exercise with Pam</b> 12:45 – 1:30 PM	<b>8</b>	<b>9</b>
<b>10</b> Youth Darkaynu 10:00 – noon  Jewish Community Day At Mall of America 1:00– 7:00 PM	<b>11</b> <b>Matinee Monday</b> “I, Tonya” 12:30 – 2:30 Art with Adults 1:00 – 2:00 PM	<b>12</b> <b>Flower Arranging</b> 1:00 – 2:00 PM  Holiday Program Cornerstone Creek 6:30 – 8:00	<b>13</b> Adult Darkaynu 7:00 – 8:00 PM Around the World Dinner Club St. Paul JCC 5:30 – 8:00 PM	<b>14</b> <b>Exercise with Pam</b> 12:45 – 1:30 PM <b>Support Group</b> Sabes JCC 6:30 – 8:00 PM	<b>15</b>	<b>16</b>
<b>17</b> Youth Darkaynu 10:00 – noon  Canine Connection & Mindful Movement St. Paul JCC 1:30 – 3:30 PM	<b>18 Presidents Day</b>  <b>Matinee Monday</b> “The Old Man & The Gun” 12:30 – 2:30 Art with Adults 1:00 – 2:00 PM	<b>19</b> <b>Flower Arranging</b> 1:00 – 2:00 PM  <b>Spotlight Together</b> 4:00 – 6:00 PM	<b>20 Fast Of Esther</b>	<b>21 Purim</b>  <b>Exercise with Pam</b> 12:45 – 1:30 PM	<b>22</b>	<b>23</b>
<b>24</b> Canine Connection & Mindful Movement St. Paul JCC 1:30 – 3:30 PM	<b>25</b> <b>Art with Adults</b> 1:00 – 2:00 PM	<b>26</b> <b>Flower Arranging</b> 1:00 – 2:00 PM  <b>Spotlight Together</b> 4:00 – 6:00 PM	<b>27</b> <b>Adult Friends ‘N Fun</b> 6:00 – 8:00 PM	<b>28</b> <b>Exercise with Pam</b> 12:45 – 1:30 PM <b>Crafts N’ Cards</b> St. Paul JCC 6:30 – 8:00 PM <b>Parent Workshops</b> St. Paul JCC 6:30 – 8:00 PM	<b>29</b>	<b>30</b>
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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 for 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

Jewish Community Day at Mall of America - Attend Jewish Community Day at the Mall of America for free tours, discounted attractions, and special offers. Info at [www.sabesjcc.org](http://www.sabesjcc.org)

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:**      **March 4:** "Can You Ever Forgive Me?"      **March 11:** "I, Tonya"      **March 18:** "The Old Man & The 'Gun'"

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. March is Everest on Grand (Tibetan-Nepalese). To register and for more information contact: Megan McClanahan, (651) 255—4772. [meganm@stpauljcc.org](mailto: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](http://www.stpauljcc.org). For more information contact: Megan McClanahan, (651) 255—4772. [meganm@stpauljcc.org](mailto: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](mailto: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](mailto:shaarim@shaarim.org)

### Holiday Program 18+

Adult Holiday Program with Sha'arim. Holiday programs take place at Cornerstone Creek, 9280 Golden Valley Rd., Golden Valley. From 6:30—8:00 PM, For more information contact Sha'arim, 952 303-5276, [shaarim@shaarim.org](mailto: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](mailto:kmalka@hotmail.com) or [hpcplg@yahoo.com](mailto:hpcplg@yahoo.com)

### Parent Workshops

Katie Thune will be navigating the topic—"Supporting the Sexual Health of People with Disabilities." For more information contact: Megan McClanahan (651)-255-477 [meganm@stpauljcc.org](mailto: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](mailto:meganm@stpauljcc.org)  
FEE: \$325 Non-members/\$250 for members.