

Sabes JCC Inclusion Programming

FEBRUARY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2 Youth Darkaynu 10:00 AM – noon St. Paul JCC Events See back page	3 Art with Robyn 1:00 – 2:00 PM St. Paul JCC Events See back page	4 Flower Arranging 1:00 – 2:00 PM	5 Adult Darkaynu 7:00 – 8:00 PM	6 Exercise with Pam 12:45 – 1:30 PM	7	8
9 Youth Darkaynu 10:00 AM – noon St. Paul JCC Events See back page	10 Tu BiShvat Matinee Monday Judy 12:30 – 2:30 PM Art with Adults 1:00 – 2:00 PM	11 Flower Arranging 1:00 – 2:00 PM	12 Adult Darkaynu 7:00 – 8:00 PM	13 Exercise with Pam 12:45 – 1:30 PM Spotlight Together 4:00 – 6:00 PM Support Group 6:30 – 8:00 PM	14	15
16 Spotlight Together 1:00 – 3:00 PM St. Paul JCC Events See back page	17 Matinee Monday Angel Has Fallen 12:30 – 2:30 PM Art with Adults 1:00 – 2:00 PM	18 Flower Arranging 1:00 – 2:00 PM Spotlight Together 4:00 – 6:00 PM Darkaynu Café 18+ Cornerstone Creek 7:00 – 8:00 PM	19 Adult Friends N' Fun 6:00 – 8:00 PM Around the World Dinner Club St. Paul JCC 4:30 – 8:00 PM	20 Exercise with Pam 12:45 – 1:30 PM	21	22
23 Youth Darkaynu 10:00 AM – noon St. Paul JCC Events See back page	24 Matinee Monday Peanut Butter Falcon 12:30 – 2:30 PM Art with Adults 1:00 – 2:00 PM	25 Flower Arranging 1:00 – 2:00 PM	26 Adult Darkaynu 7:00 – 8:00 PM	27 Exercise with Pam 12:45 – 1:30 PM Spotlight Together 4:00 – 6:00 PM	28	29

Contact for all Sabes JCC programs unless noted:

Anita Lewis, Inclusion Director
alewis@sabesjcc.org



HEALTH & 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 brings people together and develops sensory motor, reflexes and kinesthetic awareness. RSVP required to assure appropriate supports are provided.

ENRICHMENT

Free Matinee Mondays -

Join us for free movies and popcorn in the JCC Theatre! Bring your friends and enjoy a wide variety of movies. All movies begin at 12:30PM.

February 10: *Judy*

February 17: *Angel Has Fallen*

February 24: *Peanut Butter Falcon*

Around the World Dinner Club –

Join your friends at the St. Paul JCC for Around the World Dinner Club, as we try a different restaurant each month! February is Pimento Kitchen (Jamaican).

To register and for more information contact:

Megan McClanahan, (651) 255 – 4722,
meganm@stpauljcc.org

FEE: \$20 member/ \$30 non-member

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+

Adult Darkaynu Café with Sha'arim takes place at Cornerstone Creek: 9280 Golden Valley Road, Golden Valley, MN 5542

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. 6:30-8:00pm. Sabes JCC 4330 S. Cedar Lake Road, Minneapolis MN 55416. Contact: Karen Malka at karenmalka@hotmail.com, hcpcplg@yahoo.com or madgemo@comcast.net

ST. PAUL JCC EVENTS

Canine Connections –

Warm your heart with our fuzzy friends from Canine Inspired Change (CIC). In this 8 week class, the group will learn and build on skills through agility training with therapy dogs while practicing, communication, independence and coping skills!

Sundays: January 26 – March 15

To register and for more information contact:

Megan McClanahan, (651) 255 – 4722,
meganm@stpauljcc.org, (651) 255 – 4722

Fee: \$250 member/\$325 non-member

Crafts N' Cards –

Join the Highland Friendship Club for a night of games and crafts! Monday, February 3rd 6:30 – 8:00 PM

To register and for more information contact:

Megan McClanahan, (651) 255 – 4722,
meganm@stpauljcc.org

Parent Workshops –

Marjorie Ames, will discuss Charting the LifeCourse: Life Planning Tools. In this workshop you will learn tools to help individuals with disabilities and families at any stage think about goals for the future.

Monday, February 3rd, 6:30 – 8:00 PM

Megan McClanahan, (651) 255 – 4722,
meganm@stpauljcc.org