



Inclusion Programming May 2017 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fireflies Track 6:30—7:30 PM	2 Art with Robyn Awend 1:00 –2:00 PM	3 Adult Darkaynu 7:00-8:00 PM	4 Exercise with Pam 1:00-2:00 PM	5	6
7 Youth Darkaynu 10:00-12 Noon Yom Ha'atzmaut St. Paul JCC 3:00 –5:00 PM	8 Support Group 6:30 –8:30 PM Fireflies Track 6:30—7:30 PM	9 Art Class 1:00-2:00 PM	10 Adult Darkaynu 7:00-8:00 PM	11 Exercise with Pam 1:00-2:00 PM	12	13
14	15 Fireflies Track 6:30—7:30 PM	16 Art Class 1:00 –2:00 PM	17 Adult Darkaynu 7:00-8:00 PM	18 Exercise with Pam 1:00-2:00 PM	19	20
21 Youth Darkaynu 10:00-12 Noon Walk 4 Friends 'N Fun 1:00 –4:30 PM J-Hap Open House 10:00 am—12 noon	22 Fireflies Track 6:30—7:30 PM	23 Art Class 1:00 –2:00 PM Tikun Olam 7:00 –8:15 PM	24 Adult Darkaynu 7:00-8:00 PM	25 Exercise with Pam 1:00-2:00 PM	26	27
28	29 Memorial Day JCC Closed	30 Shavuot Eve JCC Closed at 2:00 PM	31 Shavuot JCC Closed	June 1 Shavuot	June 2	June 3 Havdalah with Makai at the Fire Pit 7:00 –8:45 PM

Contact for all programs unless noted:

Anita Lewis

Sabes JCC Inclusion Director

Alewis@sabesjcc.org

952 381-3489



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*

Fireflies Ages 8-Adult

An assisted Special Olympics Team. Spring track and field takes place at Blake School in Hopkins. If interested, contact: Davin Martinson, dbmatin@umn.edu 651 734-8626, or Rena Kirchmaier, reatlc@frontiernet.net 952 200-2929

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

ENRICHMENT

Tikun Olam, 18+; Join us as we make treats and toys for our furry friends who are waiting for forever homes. Fee: \$5

Art Class, 18+; Come learn about art, and have fun being creative with friends. Please RSVP to Anita if you are interested. **FREE**

Havdalah with Makai at the Fire Pit, 18+; Join friends as we celebrate the end of Shabbat and the beginning of a new week around a camp fire at the JCC. Followed by singing and treats and good times for all. **FREE**

EDUCATION

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

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

Walk for Friends 'N Fun

1 mile family friendly walk to raise funds and awareness of Friends 'N Fun Program. Louisiana Oaks Park, 3500 Louisiana Ave. S., St. Louis Park, MN 55426. 1:00 -4:30 PM Contact: Sha'arim, 952 303-5276 shaarim@shaarim.org

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 Monday of the month from 6:30-8:30pm, contact: Karen Malka at kmalka@hotmail.com or Margaret Sullivan at madgmoe@comcast.net.

Community Yom Ha'atzmaut Celebration

Israel Independence Day Festivities
St. Paul JCC, 3:00 -5:00 PM
Free for All Ages
Contact: Alyssa Golob, agolob@stpauljcc.org

J-HAP Grand Opening; Share in the excitement as mezuzahs are hung and the celebration begins. Cornerstone Creek, 9280 Golden Valley Rd., Golden valley, MN 55427
10 AM—Noon, Program at 11:00 AM
Contact: 762 231-5427