

MAY CALENDAR

ACTIVE ADULTS 60+



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stretch Class 9:35 am– 10:20 am Lunch 11:30 am-12:30 pm Movie: “La La Land” 12:30 pm	2 Pickleball 10:00 am-12:00 pm	3 Balance and Mobility 9:30 am– 10:20 am Lunch 11:30 am– 12:30 pm Vitamins and Herbs Presentation 12:30 pm– 1:30 pm	4 Stretch Class 9:30 am– 10:20 am Pickleball 10:00 am -12:00 pm Pickleball 5:30 pm-7:30 pm	5 Shabbat Lunch 11:30 am Light Candles 8:06 pm 	6
7	8 Stretch Class 9:35 am– 10:20 am Lunch 11:30 am-12:30 pm	9 Pickleball 10:00 am-12:00 pm	10 Balance and Mobility 9:30 am– 10:20 am Lunch 11:30 am– 12:30 pm	11 Stretch Class 9:30 am– 10:20 am Pickleball 10:00 am -12:00 pm Pickleball 5:30 pm-7:30 pm	12 Shabbat Lunch 11:30 am  Light Candles 8:15 pm	13
14	15 Stretch Class 9:35 am– 10:20 am Lunch 11:30 am-12:30 pm Retirement Presentation with David Wolfe 12:30 pm– 1:30 pm	16 Pickleball 10:00 am-12:00 pm	17 Balance and Mobility 9:30 am– 10:20 am Lunch 11:30 am– 12:30 pm	18 Stretch Class 9:30 am– 10:20 am Pickleball 10:00 am -12:00 pm Pickleball 5:30 pm-7:30 pm	19 Shabbat Lunch 11:30 am  Light Candles 8:23 pm	20
21	22 Stretch Class 9:35 am– 10:20 am Lunch 11:30 am-12:30 pm Movie: “Hidden Figures” 12:30 pm	23 Pickleball 10:00 am-12:00 pm	24 Balance and Mobility 9:30 am– 10:20 am Lunch 11:30 am– 12:30 pm	25 Stretch Class 9:30 am– 10:20 am Pickleball 10:00 am -12:00 pm Pickleball 5:30 pm-7:30 pm	26 Shabbat Lunch 11:30 am  Light Candles 8:30 pm	27
28	29 Closed for Memorial Day	30 Pickleball 10:00 am-12:00 pm	31 Closed for Shavuot			

Welcome, Explore, Connect!



FOREVER FIT BALANCE AND MOBILITY*

This class focuses on exercises that allow you to stay flexible and improve your balance

Time: Wed 9:35 am– 10:20 am

AOA STRETCH CLASS*

This class focuses on stretching all the major muscle groups from head to toe that tighten up during every day activities.

Times: Mon 9:35 am- 10:20 am

Thur 9:30 am- 10:20 am

SILVER SNEAKERS CLASSIC*

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Days: Monday– Friday

Times: 10:30 am– 11:15 am

PICKLEBALL

We offer two courts in Gym A for Pickleball and provide the equipment. All skill levels welcome!

Times: Tuesdays and Thursdays 10:00 am-12:00 pm

Thursday 5:30 pm –7:30 pm

Cost: \$2 Non JCC members; JCC Members FREE

Note: Interested in learning how to play or looking for a group to play with? Contact Scott and Peggy Clark at (952)-925-2342 for more information.

Contact for all programs (Unless noted in the program description)

Jacob Frankel, Coordinator of Active Adults 60+

JFrankel@sabesjcc.org 952-381-3446

SENIOR DINING

A warm and welcoming environment for friends to get together and share a wonderful meal and have great conversations!

Date: Monday, Wednesday, Friday (ongoing)

Time: 11:30 am-12:30 pm

Cost: Monday and Wednesday \$3 and Friday \$5 (suggested donation)

For reservations or questions, please call the Senior Lunch Reservation Hotline: 952-381-3466.

AAA DRIVER IMPROVEMENT PROGRAM (4-HOUR CLASS)

Come explore changes in driving laws, the latest in vehicle technology, and easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those over the age of 55. Please have your driver's license info available to

expedite your registration. **Taught by Minnesota**

Highway Safety Center trained instructor.

Date: Monday, June 12th

Time: 12:30 pm-4:30 pm

Cost: \$22

To register call 1-888.234-1294; you must register ten days before class.

MONDAY MATINEE

Bring your friends and enjoy our weekly picture on the big screen and delicious popcorn! Check the Sabes JCC lobby for fliers with weekly show titles.

Cost: FREE

Time: 12:30 pm

Dates: 5/1 and 5/22



*Membership required

Speakers and Presentations

VITAMINS AND HERBS: FACTS AND FALLACIES

Confused about vitamin supplements? Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. We will also discuss current research on antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals sustained release formulas, and herbal preparations such as St. Johns Wort, Gingko Ginseng, Echinacea, and DHEA.

Date: Wednesday, May 3rd

Time: 12:30 pm– 1:30 pm

Location: Sabes JCC Auditorium

Cost: FREE

ARE YOU READY FOR RETIREMENT OR ARE YOU IN RETIREMENT AND READY?

Are you ready for retirement or are you in retirement and ready? For over 20 years, David Wolfe has been a well-respected financial advisor in the Minneapolis– St. Paul area. He specializes in working with individuals who are at different stages of retirement planning. David is able to assist those approaching retirement age or already retired, as well as investors who are just starting to plan their retirement. Believing that each individuals situation is unique, David listens carefully to understand their objectives before implementing strategies to help perse these goals effectively.

Date: Monday, May 15th

Time: 12:30– 1:30 pm

Location: Sabes JCC Auditorium

Cost: FREE