

active
adults
60+

October 2018 CALENDAR

at the
Sabes JCC

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| | 1 | 2 Pickleball 10:00 am—12:00 pm | 3 Lunch 11:30 am—1:30 pm 2019 Medicare Changes 12:30 pm— 1:30 pm | 4 Pickleball 10: 00 am— 12:00 pm & 5:30 pm-7:30 pm | 5 Shabbat Lunch 11:30 am Light Candles 6:05 pm  | 6 |
| 7 | 8 Tai Chi for Health Seminar 11:30-12:30 Lunch 11:30 am—12:30 pm | 9 Insurance Information in Lobby Pickleball 10:00 am—12:00 pm | 10 Insurance Information in lobby Lunch 11:30 am—1:30 pm Reduce your Cancer Risk 12:30 pm— 1:30 pm | 11 Pickleball 10: 00 am— 12:00 pm & 5:30 pm-7:30 pm | 12 Shabbat Lunch 11:30 am Light Candles 5:54 pm  | 13 |
| 14 | 15 Lunch 11:30 am—12:30 pm MOVIE! Victoria & Abdul 12:30  | 16 Insurance Information in Lobby Pickleball 10:00 am—12:00 pm Senior Driving Class 5:30-9:30 | 17 Lunch 11:30 am—1:30 pm United Health Care 12:30 pm— 1:30 pm | 18 Pickleball 10: 00 am— 12:00 pm & 5:30 pm-7:30 pm | 19 Shabbat Lunch 11:30 am Light Candles 5:43 pm  | 20 |
| 21 | 22 Lunch 11:30 am—12:30 pm | 23 Senior Breakfast 9:00 am— 11:00 am Insurance Information in Lobby Pickleball 10:00 am—12:00 pm | 24 Insurance Information in Lobby Lunch 11:30 am—1:30 pm Senior Driving Class 11:45-4:30 | 25 Insurance Information in Lobby Pickleball 10: 00 am— 12:00 pm & 5:30 pm-7:30 pm | 26 Shabbat Lunch 11:30 am Staying Physically Independent 12:00-1:00 Light Candles 5:33 pm  | 27 |
| 28 | 29 Lunch 11:30 am—12:30 pm 2019 Medicare Change with Corey Smith 12:30-1:30 Tai Chi for Health Seminar 5:30-6:30 | 30 Pickleball 10:00 am—12:00 pm | 31 Lunch 11:30 am—1:30 pm Wellness as a way of Life Keys fo a Balanced Life Dr. David Stussy 12:30-1:30 | | | |

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minneapolis

Welcome, Explore, Connect!

STAYING PHYSICALLY INDEPENDENT

Keep doing the things you love and learn the key factors to staying independent as you age. Life throws things at you - learn how to be as proactive as possible by staying strong to weather it all! Don't let life just happen to you. Take back control!

Date: Friday, October 26th

Time: 12:00 – 1:00 pm

Presenter: Heidi Weinberg - Heidi holds certifications in Personal Training, Delay the Disease and Functional Aging.

Register by emailing Heidi at hweinberg@sabesjcc.org

2019 MEDICARE CHANGES WITH COREY SMITH

Discuss upcoming changes to Medicare in 2019. Time will be provided for questions. Corey is an independent insurance representative. He will be joined by United Health Care representatives.

Date: Monday, October 22nd

Time: 12:30-1:30 pm

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

SENIOR BREAKFAST

Drop into the Senior Lounge for a morning treat before or after your workout or program! It was so good we had to bring it back monthly!!

Date: Tuesday, October 23

Time: 9:00 am - 11:00 am

MONDAY MATINEE- "Victoria and Abdul"

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award winner *Judi Dench*) remarkable rule. When Abdul Karim (*Ali Fazal*), a young clerk, travels from India to participate in the Queen's *Golden Jubilee*, he is surprised to find favor with the Queen herself.

Time: 12:30 pm

Cost: FREE



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.

ALL events are FREE and OPEN TO THE PUBLIC. Bring your friends, your neighbors and anyone else who may be interested. All guests must have a photo ID to enter the building.

SEMINAR: Wellness is more than a concept, it's a way of life

Location: Activity Center

Join this interactive seminar as Dr. Stussy shares the key to living a fully balanced life in body, mind and spirit. In this energizing hour he will share the technologies of the future that are already available today. Learn how they affect your brain, heart and life through the improved energy, balance and function. Be sure to invite your family and friends to share in this event!

Date: Wednesday, October 31st

Time: 12:15 pm

Presenter– Dr. David Stussy a licensed chiropractor and expert on the brain and health dedicating his practice around the hemispheric brain model of spinal integration. He is the executive director of MN Concussion and Chiropractic Arts in St.Louis Park. Creator of "Big Brain Radio Show" .

Register: by emailing Irit Vinitzky at IVinitzky@sabesjcc.org

DRIVING IMPROVEMENT PROGRAM (4-HOUR CLASS)

Date: Monday, August 30

Time: 12:30pm—4:30 pm

Cost: \$22

RSVP 1-888-234-1294

OLLI CLASSES

OLLI classes focus on active learning in dynamic and respectful environments. No pre-requisites, this is learning just for the joy of it!

- OLLI class information available on a separate flyer

Cost: FREE