



DALLAS JCC SENIOR SPOTLIGHT

SHARING A PAST, CREATING A FUTURE

APRIL 2019

UPDATES ONLINE AT JCCDALLAS.ORG/SENIORS

WEDNESDAY, APRIL 3

11AM IN THE SENIOR LOUNGE

TECH TALK. Attend and learn more about using your iPhone, Android, or Laptop device. Bring device and questions and get answers from Ed Sanders, 55+ Technology Education and Support Specialist.

THURSDAY, APRIL 4

10AM IN THE SENIOR LOUNGE

CHAI TECH FOR IPHONES. Join our friends from Cambridge Caregivers/Manchester Care Homes as they help you with your Apple device questions.

THURSDAY, APRIL 4

11AM IN THE SENIOR LOUNGE

EMPOWERING THOSE WITH VISION CHALLENGES. Using technology products to regain visual independence by providing the ability to read, write, see loved ones, or enjoy the outside. Presented by Christal Vision.

FRIDAY, APRIL 5

10AM IN THE SENIOR LOUNGE

MEDICARE MADE CLEAR™. Join Copeland Insurance Group for this educational seminar about your Medicare choices. We'll share tools and resources to help you understand the coverage that may be right for you, including a free educational guide.

FRIDAY, APRIL 5

NOON IN THE ZALE AUDITORIUM

KABBALAT SHABBAT LUNCHEON. Generously sponsored by Bonnie & Monte Hurst, Debra Phares, and Jolie & Michael Newman. Live piano entertainment by Don Weitz.

TUESDAY, APRIL 9

10AM IN THE SENIOR LOUNGE

SOCIAL LIGHTS EVENT. "Tony Macaroni" entertains us! Free event!

FRIDAY, APRIL 12

10AM IN THE SENIOR LOUNGE

DIALOGUES FROM THE DIASPORA. Our community center houses some folks who have extraordinary tales on how they reached Dallas. Wolf Gloger will discuss his journey to Dallas.

TUESDAY, APRIL 16

10:30AM IN THE SENIOR LOUNGE

BRAIN GAMES WITH RENEE. Have fun while exercising those very precious brain cells. Remember - Renee Cares!

TUESDAY, APRIL 16

1PM IN THE SENIOR LOUNGE

TOTAL HEARING CLINIC. Have your hearing aids serviced and checked!

WEDNESDAY, APRIL 17

10:30AM IN THE SENIOR LOUNGE

\$1 BINGO. Hosted by our friends at Copeland Insurance.

THURSDAY, APRIL 18

10AM IN THE SENIOR LOUNGE

YOUR LIFE, YOUR LEGACY. Losing a loved one is one of life's most stressful events. We plan for important life events such as weddings, major purchases, college education for our children and retirement; doesn't it make sense to plan for the inevitable? Presented by Sparkman Hillcrest.

TUESDAY, APRIL 23

10AM IN THE SENIOR LOUNGE

THE LEGACY SENIOR COMMUNITIES. Elise Power provides answers to your questions regarding what services best fit YOUR needs.

TUESDAY, APRIL 23

6PM IN ZALE AUDITORIUM

ANNUAL KOSHER PASSOVER BBQ. The community comes together for tasty chicken or brisket dinner with all the trimmings. \$30 per diner.

WEDNESDAY, APRIL 24

11AM IN THE SENIOR LOUNGE

BOGGLE. Come have fun and games with Robin of Signature Point! Lots of laughs as well as an exercise for the brain!

TUESDAY, APRIL 30

10:30AM IN THE SENIOR LOUNGE

FALL PREVENTION. Are you concerned about safety - either yours or someone else's? Come learn a number of precautions that can significantly lessen the risk of a potentially dangerous fall. Presented by Eileen Rians with Anchor of Hope Hospice.

SUNDAY FOOD & FIT

SUNDAY, APRIL 7

11:30AM IN ZALE AUDITORIUM

A freshly-prepared light brunch, followed by Non-Impact Chair Aerobics - NIA. Sponsored by Jewish Federation of Greater Dallas.

CHEERFUL GREETINGS

Help us spread sunshine.

Please see Marge Karpel to send greeting cards to family and friends for birthdays, anniversaries or to wish them well.

LIVE THEATER

VARIOUS DATES

We have tickets for upcoming Dallas Summer Musical shows now available for booking. We provide transportation to the matinee. Upcoming: *Miss Saigon* (5/23); *Aladdin* (6/13); *Hello Dolly* (7/18); and *Fiddler on the Roof* (8/8).

HAMILTON AT DSM

THURSDAY, APRIL 11

For those lucky to score tickets to *Hamilton*, please note we'll be leaving The J at 12:30. Plan lunch accordingly.

THE WIZARD OF OZ AT THE J

APRIL 4-14

J Performing Arts Space presents their Spring youth musical. Tickets online or at the door.

GAME RULES

The Senior Department manages room reservations for our bridge, canasta, mah jongg and poker games. The staff does NOT arrange these games. The individual participants arrange their own groupings. Participants must be JCC members in good standing, and follow rules of good conduct. JCC policy prohibits betting on campus.

PLEASE SEE THE BACK OF THE NEWSLETTER FOR DAILY SCHEDULE OF REGULAR CLASSES AND OTHER SENIOR PROGRAMS.



SENIOR CALENDAR

Aaron Family JCC, 7900 Northaven Rd, Dallas TX 75230

APR 2019

jccdallas.org/seniors

KATHARINE RUBENSTEIN
Senior Adult Program Director
214-239-7115
krubenstein@jccdallas.org

ANNA ANGORINA
Senior Coordinator
214-239-7119
aangorina@jccdallas.org

SHARON CANE
Outreach Coordinator
214-239-7183
scane@jccdallas.org

KAY HALE
Senior Dept. Office Manager
214-239-7149
khale@jccdallas.org


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<p>1 9:15 On the Move! 9:30 Knitting & Sewing 10 Spanish 11:15 Chair Yoga</p> <p>Noon Kosher Lunch</p> <p>1 Tai Chi with Judith 1 Readers' Theatre 1 Bridge/ Mah Jongg</p>	<p>2 9-12 or 10-3 Bridge Club 9:30 Senior Advisory Board/ host - Renee Cares</p> <p>10 Movie in the Lounge</p> <p>Noon Kosher Lunch</p> <p>1 Body Balance!</p> <p>1-3 Canasta</p>	<p>3 9 Breakfast Grab 'N 9:15 On the Move Tai Chi 9:30 Hand Massages by The Legacy</p> <p>11 Chair Pilates</p> <p>11 Tech Talk</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus /1-4 Mah Jongg</p>	<p>4 9:45 Thrivers</p> <p>10-12 Art Class 10 Chai Tech for iPhones 11 Therapy Dogs 11 Empowering Those with Vision Challenges</p> <p>Noon Kosher Lunch</p> <p>1-2:15 Line Dancing 1 Bridge/ MahJ</p>	<p>5 9:15 On the Move! 9-12 Bridge Club 10 Medicare Made Clear™ 11 NIA</p> <p>Kabbalat Shabbat with entertainment by Don Weitz</p> <p>1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>8 9:15 On the Move! 9:30 Knitting & Sewing 10 Spanish 10:30 Hadassah 11:15 Chair Yoga</p> <p>Noon Kosher Lunch</p> <p>1 Tai Chi with Judith 1 Readers' Theatre 1 Bridge/ Mah Jongg</p>	<p>9 9-12 or 10-3 Bridge Club</p> <p>10 Social Lights— "Tony Macaroni" entertains— FREE!</p> <p>Noon Kosher Lunch</p> <p>1 Body Balance!</p> <p>1-3 Canasta</p>	<p>10 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Chair Tai Chi w/ Chinook 11 Chair Pilates 11 Larry the Philosopher</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus /1-4 Mah Jongg</p>	<p>11 9:45 Thrivers 10-12 Art Class 10 Glamour Nails 11 Therapy Dogs 11 Rabbi Howard Wolk Noon Federation Kosher Lunch with JFS 12:30 Leave for Hamilton 1-2:15 Line Dancing 1 Bridge/ Mah Jongg</p>	<p>12 9:15 On the Move! 9-12 Bridge Club 10 Dialogues/Diaspora 11 NIA</p> <p>Noon Kosher Lunch BANK OF AMERICA Frozen Food Distribution</p> <p>1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>15 9:15 On the Move! 9:30 Knitting/Sewing 10 Spanish 11:15 Chair Yoga</p> <p>Noon Kosher Lunch</p> <p>1 Tai Chi with Judith 1 Readers' Theatre 1 Bridge/ Mah Jongg</p>	<p>16 9-12 or 10-3 Bridge Club 10:30 Brain Games with Renee</p> <p>Noon Kosher Lunch</p> <p>1 Total Hearing Free Clinic</p> <p>1 Body Balance!</p> <p>1-3 Canasta</p>	<p>17 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10:30 \$1 BINGO! By Copeland Insurance</p> <p>11 Chair Pilates</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus /1-4 Mah Jongg</p>	<p>18 9:45 Thrivers 10-12 Art Class</p> <p>10 Your Life, Your Legacy 11 Therapy Dogs</p> <p>Noon Kosher Lunch</p> <p>1-2:15 Line Dancing 1 Bridge/ Mah Jongg</p>	<p>19 9:15 On the Move! 9-12 Bridge Club 11 NIA</p> <p>Noon Kosher Lunch FEDERATION Frozen Food Distribution 1 A Need to Know 1 Tai Chi w/ Judith</p> <p>EREV—CLOSE EARLY</p>
<p>22 9:15 On the Move! 9:30 Knitting & Sewing 10 Spanish 11:15 Chair Yoga</p> <p>Noon Kosher Lunch—National Jelly Bean Day with Renee Cares 1 Tai Chi with Judith 1 Readers' Theatre 1 Bridge/ Mah Jongg</p>	<p>23 9-12 or 10-3 Bridge Club 10 Community partners— The Legacy at Home 11 Stories with Harriet</p> <p>Noon Kosher Lunch</p> <p>1 Body Balance!</p> <p>1-3 Canasta</p>	<p>24 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Chair Tai Chi w/ Chinook</p> <p>11 Chair Pilates 11 Boggle with Robin</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus/1-4 Mah Jongg</p>	<p>25 9:45 Thrivers 10-12 Art Class 11 Therapy Dogs 11 Rabbi Zell</p> <p>Noon Bank of America Kosher Lunch</p> <p>1-2:15 Line Dancing 1 Bridge/ Mah Jongg</p>	<p>26</p> <p>CLOSED PASSOVER</p>
<p>29 9:15 On the Move! 9:30 Knitting & Sewing 10 Spanish 11 Joel Batafsky 11:15 Chair Yoga</p> <p>Noon Kosher Lunch 1 Tai Chi with Judith 1 Readers' Theatre 1 Bridge/ Mah Jongg</p>	<p>30 9-12 or 10-3 Bridge Club</p> <p>10:30 Fall Prevention with Anchor of Hope</p> <p>Noon Kosher Lunch</p> <p>1 Body Balance!</p> <p>1-3 Canasta</p>	 <p>HAPPY PASSOVER</p>		

Lunch is served at Noon for a \$3.50 suggested donation. Must be seated on time. Sorry, no take-out.