



DALLAS JCC SENIOR SPOTLIGHT

SHARING A PAST, CREATING A FUTURE

SEPTEMBER 2019

UPDATES ONLINE AT JCCDALLAS.ORG/SENIORS

WEDNESDAY, SEPTEMBER 4

10:30AM IN THE SENIOR LOUNGE

TECH TALK. Bring device and get answers about your iPhone, Android or laptop from Ed Sanders, 55+ Technology Education and Support Specialist.

THURSDAY, SEPTEMBER 5

10:30AM IN THE SENIOR LOUNGE

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

FRIDAY, SEPTEMBER 6

10AM IN THE PARKING LOT

CITY HALL ON THE GO! The convenient way to handle your business with City Hall – they bring a mobile unit directly to us!

TUESDAY, SEPTEMBER 10

10AM IN SENIOR ASSEMBLY ROOM

THE ALL NEW SOCIAL LIGHTS SOIREE. See sidebar for details.

TUESDAY, SEPTEMBER 10

1:15PM IN THE TYCHER LIBRARY

CHURCHILL INTEREST GROUP. The Jewish Brigade discussion by Tammy Spigel, followed by documentary, *In Our Own Hands*.

THURSDAY, SEPTEMBER 12

LEAVE THE J AT 12:45PM

THE SPECTACULAR SENIOR FOLLIES AT THE EISEMANN CENTER. "A New Attitude" The Follies is unique Dallas theater entertainment at its finest and features performers 55 and older. \$32 Members | \$42 Non-Members

FRIDAY, SEPTEMBER 13

10AM IN THE SENIOR LOUNGE

DIALOGUES FROM THE DIASPORA.

Our community houses some folks who have extraordinary tales on how they reached Dallas. Randy Shear will present a labor of love surrounding his father's Service in The Battle of Holland!

FRIDAY, SEPTEMBER 13

11AM IN THE SENIOR LOUNGE

HEALTHY AGING. Our friends at the Center for Vital Longevity at the University of Texas at Dallas present the best practices of aging in a healthy way!

TUESDAY, SEPTEMBER 17

10AM IN THE SENIOR LOUNGE

MOBILE DEVICE TECH HELP. Do you know how to find your phone if you lose it? Use password protection? Use voice texting? Take, edit and save a photo? Simple Solutions comes to the rescue!

TUESDAY, SEPTEMBER 17

11AM IN THE SENIOR LOUNGE

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

TUESDAY, SEPTEMBER 17

1PM IN THE SENIOR LOUNGE

TOTAL HEARING CLINIC. Have your hearing aids serviced and checked for the FINAL time!

WEDNESDAY, SEPTEMBER 18

10:30AM IN THE SENIOR LOUNGE

\$1 BINGO. Hosted by The Legacy Senior Communities.

THURSDAY, SEPTEMBER 19

11AM IN THE SENIOR LOUNGE

FALL PREVENTION! Five Star Premier Residences presents this vital program on preventing those life-altering falls.

FRIDAY, SEPTEMBER 20

10AM IN THE SENIOR LOUNGE

ESSENTIAL OIL MASSAGE. Our friends at Anchor of Hope Hospice pamper us with fragrant massages!

TUESDAY, SEPTEMBER 24

10AM IN THE SENIOR LOUNGE

THE LEGACY AT HOME COMMUNITY PARTNERS! An opportunity to learn about their three levels of care and all their services.

TUESDAY, SEPTEMBER 24

11AM IN THE SENIOR LOUNGE

HARRIET'S BOOK REVIEWS. Join Harriet Gross as she engages us with her detailed book reviews.

WEDNESDAY, SEPTEMBER 25

11AM IN THE SENIOR LOUNGE

BOGGLE. Come have fun and games with Robin of Signature Point!

WEDNESDAY, SEPTEMBER 25

1 PM IN SENIOR ASSEMBLY ROOM

SCREENING OF *GOLDA'S BALCONY*. Purchase discounted tickets in Senior Dept.

KABBALAT SHABBAT LUNCHEON

FRIDAY, SEPTEMBER 6

NOON IN ZALE AUDITORIUM

Sponsored by Lauren Savariego and David Sacher. Live entertainment by violonist Lev Kardonsky!

SOCIAL LIGHTS SOIREE

TUESDAY, SEPTEMBER 10

10AM IN SENIOR ASSEMBLY ROOM

You are cordially invited to this NEW monthly event in honor of Angela Horowitz & Doug French. Generously donated by their friends in honor of their marriage. Enjoy a bistro-style continental breakfast, followed by top-notch entertainment! Tony Walsh entertains at this premier event!

SUNDAY FOOD & FIT

SUNDAY, SEPTEMBER 15

11:30AM IN ZALE AUDITORIUM

A freshly-prepared light brunch, followed by Chair Volleyball exercise class. Sponsored by Jewish Federation of Greater Dallas.

HOLIDAYS

The JCC business offices, including the Senior Dept. will be closed Monday, Sept. 2 for Labor Day and Monday, Sept. 30 for Rosh Hashanah. No lunch served.

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.

NOTE: STARTING TUESDAY, SEPTEMBER 3, BODY BALANCE WILL BE MOVED TO THE SENIOR GAME ROOM.

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

SEPT 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

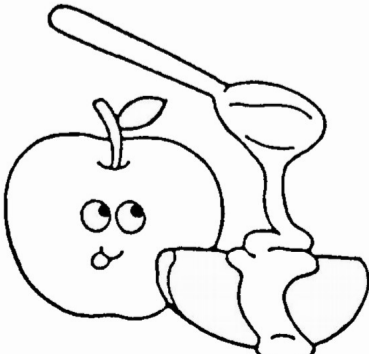
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<p>2</p> <p>Closed Labor Day</p>	<p>3</p> <p>9-12 Bridge Club 9:30 Senior Advisory Board—Host: Five Star Premier</p> <p>10 Movie in the Lounge</p> <p>Noon Kosher Lunch</p> <p>1 Body Balance! 1-3 Canasta</p>	<p>4</p> <p>9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 9:30 Hand Massages The Legacy 10 Bridge 10:30 Tech Talk with Ed 11 Chair Pilates 11 Larry the Philosopher</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus /1-4 Mah Jongg</p>	<p>5</p> <p>9:45 Chair Volleyball 10-12 Art Class</p> <p>10:30 Chai Technology</p> <p>11 Therapy Dogs</p> <p>Noon Kosher Lunch</p> <p>1-2:15 Line Dancing 1 Bridge/Mahjongg</p>	<p>6</p> <p>9:15 On the Move! 9-12 Bridge Club</p> <p>10 City Hall on the GO!</p> <p>11 NIA</p> <p>Noon Kabbalat Shabbat-Kosher Lunch</p> <p>1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>9</p> <p>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 Bridge/ Mah Jongg</p>	<p>10</p> <p>9-12 Bridge Club</p> <p>10 Social Lights Soiree! <i>Toney Walsh entertains</i></p> <p>Noon Kosher Lunch</p> <p>1 Body Balance! 1-3 Canasta 1:15 Churchill Group</p>	<p>11</p> <p>9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Bridge 10 Chair Tai Chi - Chinook 11 Chair Pilates 11 Larry the Philosopher</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus /1-4 Mah Jongg</p>	<p>12</p> <p>9:45 Chair Volleyball 10-12 Art Class 10 Glamour Nails 11 Therapy Dogs 11 Rabbi Wolk Noon Federation Kosher Lunch with JFS 12:45 <i>Leave for the Spectacular Senior Follies</i> 1-2:15 Line Dancing 1 Bridge/ Mahjongg</p>	<p>13</p> <p>9:15 On the Move! 9-12 Bridge Club 10 Dialogues from the Diaspora 11 Healthy Aging 11 NIA Noon Kosher Lunch FEDERATION Frozen Food Distribution 1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>16</p> <p>9:15 On the Move! 9:30 Knitting/Sewing</p> <p>10 Spanish 11:15 Chair Yoga</p> <p>Noon Kosher Lunch</p> <p>1 Tai Chi with Judith 1 Bridge/ Mah Jongg</p>	<p>17</p> <p>9-12 Bridge Club 10 Mobile Device Tech Help 11 Brain Games w/Renee</p> <p>Noon Kosher Lunch</p> <p>1 Total Hearing Free Clinic</p> <p>1 Body Balance! 1-3 Canasta</p>	<p>18</p> <p>9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Bridge 10:30 \$ Bingo hosted by The Legacy</p> <p>11 Chair Pilates</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus /1-4 Mah Jongg</p>	<p>19</p> <p>9:45 Chair Volleyball 10-12 Art Class</p> <p>11 Fall Prevention! 11 Therapy Dogs</p> <p>Noon Kosher Lunch</p> <p>1-2:15 Line Dancing 1 Bridge/ Mahjongg</p>	<p>20</p> <p>9:15 On the Move! 9-12 Bridge Club 10 Essential Oil Massage By Anchor of Hope</p> <p>11 NIA Noon Kosher Lunch FEDERATION Frozen Food Distribution 1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>23</p> <p>9:15 On the Move! 9:30 Knitting & Sewing 10 Spanish 11 Joel Batalsky 11:15 Chair Yoga</p> <p>Noon Kosher Lunch—</p> <p>1 Tai Chi with Judith 1 Bridge/ Mah Jongg</p>	<p>24</p> <p>9-12 Bridge Club</p> <p>10 The Legacy Fun Q&A Session</p> <p>11 Harriet's Book Reviews</p> <p>Noon Kosher Lunch</p> <p>1 Body Balance! 1-3 Canasta</p>	<p>25</p> <p>9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Chair Tai Chi - Chinook 10 Bridge 11 Boggle with Robin 11 Chair Pilates</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus/1-4 Mah Jongg 1 Golda's Balcony</p>	<p>26</p> <p>9:45 Chair Volleyball 10-12 Art Class</p> <p>11 Therapy Dogs 11 Rabbi Zell</p> <p>Noon Kosher Lunch</p> <p>1-2:15 Line Dancing 1 Bridge/ Mahjongg</p>	<p>27</p> <p>9:15 On the Move! 9-12 Bridge Club 11 NIA</p> <p>Noon Kosher Lunch FEDERATION Frozen Food Distribution</p> <p>1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>30</p> <p>Closed Rosh Hashanah</p>				

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