



DALLAS JCC SENIOR SPOTLIGHT

SHARING A PAST, CREATING A FUTURE

OCTOBER 2019

UPDATES ONLINE AT JCCDALLAS.ORG/SENIORS

WEDNESDAY, OCTOBER 2

10:30 AM 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, OCTOBER 3

10:30 AM IN THE SENIOR LOUNGE
CHAI TECH FOR IPHONES. Our friends from Cambridge Caregivers/Manchester Care Homes help you with your Apple device questions.

FRIDAY, OCTOBER 4

LEAVE THE J AT 9:45 AM
JFS RESALE SHOP HUNT! Let's get costumes to wear to the Rock Around the Clock EXPO! Jeans to roll up? Greaser-style t-shirts, maybe a poodle skirt? \$3 all.

TUESDAY, OCTOBER 8

10 AM IN SENIOR ASSEMBLY ROOM
THE ALL NEW SOCIAL LIGHTS SOIREE. See sidebar for details.

WEDNESDAY, OCTOBER 16

10:30 AM IN THE SENIOR LOUNGE
\$1 BINGO. Hosted by our friends at Applied General Agency.

THURSDAY, OCTOBER 17

LEAVE THE J AT 12:45 PM
THE TEXAS STATE FAIR. Our annual outing to this one and only Dallas institution! See you on the midway! \$8 all.

FRIDAY, OCTOBER 18

10 AM IN THE SENIOR LOUNGE
ESSENTIAL OIL MASSAGE. Our friends at Anchor of Hope Hospice pamper us with fragrant massages!

WEDNESDAY, OCTOBER 23

11 AM IN THE SENIOR LOUNGE
WORD GAMES. Enjoy fun and games with Robin of Signature Point!

THURSDAY, OCTOBER 24

11 AM IN THE SENIOR LOUNGE
OPEN ENROLLMENT PRESENTATION. Our friends at Applied General Agency walk us through the confusing Medicare process.

MONDAY, OCTOBER 28

11 AM IN THE SENIOR LOUNGE
NEW RESEARCH ON MEDICATIONS. Synexus will reveal some surprising facts about research and medications. At the end, there will be a door prize drawing!

TUESDAY, OCTOBER 29

11 AM IN THE SENIOR LOUNGE
NAME THAT TUNE. Higher Standards will lead us in this fun game that encourages our brains to fire! Prizes to win!

SAVE THE DATE

**9 AM ON TUESDAY,
NOVEMBER 5**

ROCK AROUND
THE CLOCK
SENIOR EXPO

jccdallas.org/expo



KABBALAT SHABBAT LUNCHEON

**FRIDAY, OCTOBER 4
12 PM IN ZALE AUDITORIUM**

Sponsored by Ellen Ungerman and Lisa Lieberman. Live entertainment by pianist Don Weitz!

SOCIAL LIGHTS SOIREE

**TUESDAY, OCTOBER 8
10 AM 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 by Marty Ruiz!

SUNDAY FOOD & FIT

A freshly-prepared light brunch sponsored by Jewish Federation of Greater Dallas.

**SUNDAY, OCTOBER 6
11:30 AM IN ZALE AUDITORIUM**
Followed by LaBlast.

**SUNDAY, OCTOBER 20
11:30 AM IN ZALE AUDITORIUM**
Followed by Senior Chair Boxing.

CARING FOR OTHERS

SPREAD SUNSHINE!

See Marge Karpel to send greeting cards to family and friends.

CLOSURES

The JCC business offices, including the Senior Department will be closed the following dates:

TUESDAY, OCTOBER 1 ROSH HASHANAH

WEDNESDAY, OCTOBER 9 YOM KIPPUR

MONDAY, OCTOBER 14 SUKKOT

TUESDAY, OCTOBER 15 SUKKOT

MONDAY, OCTOBER 21 SHEMINI ATZERET

TUESDAY, OCTOBER 22 SIMCHAT TORAH

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

OCT 2019

jccdallas.org/seniors



KATHARINE RUBENSTEIN
Senior Adult Program Director
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KAY HALE
Senior Dept. Office Manager
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M T W T F

	<p>1</p> <p>CLOSED ROSH HASHANAH</p>	<p>2</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</p> <p>11 Chair Pilates</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus /1-4 Mah Jongg</p>	<p>3</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</p> <p>1 Bridge/Mah Jongg</p>	<p>4</p> <p>9:15 On the Move! 9-12 Bridge Club 9:45 Leave for The Re-sale Shop Bargain Hunt</p> <p>11 NIA</p> <p>Noon Kabbalat Shabbat-Kosher Lunch Don Weitz entertains 1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>7</p> <p>9:15 On the Move! 9:30 Knitting & Sewing 10 Spanish</p> <p>11:15 Chair Yoga</p> <p>Noon Kosher Lunch</p> <p>1 Tai Chi with Judith 1 Bridge/ Mah Jongg</p>	<p>8</p> <p>9-12 Bridge Club</p> <p>10 Social Lights Soiree! <i>Marty Ruiz entertains</i></p> <p>Noon Kosher Lunch</p> <p>1 Body Balance! 1-3 Canasta Erev Yom Kippur</p>	<p>9</p> <p>CLOSED YOM KIPPUR</p>	<p>10</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</p> <p>1-2:15 Line Dancing 1 Bridge/ Mah Jongg</p>	<p>11</p> <p>9:15 On the Move! 9-12 Bridge Club 9:30 Senior Advisory Board Meeting 11 NIA</p> <p>Noon Kosher Lunch FEDERATION Frozen Food Distribution 1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>14</p> <p>CLOSED SUKKOT</p>	<p>15</p> <p>CLOSED SUKKOT</p>	<p>16</p> <p>9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Bridge 10:30 \$ Bingo hosted by AGA</p> <p>11 Chair Pilates</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus /1-4 Mah Jongg</p>	<p>17</p> <p>9:45 Chair Volleyball 10-12 Art Class</p> <p>11 Therapy Dogs</p> <p>Noon Kosher Lunch 12:45 Leave for THE STATE FAIR 1-2:15 Line Dancing 1 Bridge/ Mah Jongg 2:30 Legacy Priority Mtg</p>	<p>18</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>21</p> <p>CLOSED SHEMINI ATZERET</p>	<p>22</p> <p>CLOSED SIMCHAT TORAH</p>	<p>23</p> <p>9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Bridge</p> <p>11 Word Games with Robin</p> <p>11 Chair Pilates</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus/1-4 Mah Jongg</p>	<p>24</p> <p>9:45 Chair Volleyball 10-12 Art Class 11 Open Enrollment Info with AGA 11 Therapy Dogs</p> <p>Noon Kosher Lunch</p> <p>1-2:15 Line Dancing</p> <p>1 Bridge/ Mah Jongg</p>	<p>25</p> <p>9:15 On the Move! 9-12 Bridge Club 10 Legacy Priority Mtg 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>28</p> <p>9:15 On the Move! 9:30 Knitting & Sewing 10 Spanish 11 New Research on Medications- Synexus 11:15 Chair Yoga</p> <p>Noon Kosher Lunch 1 Tai Chi with Judith 1 Bridge/ Mah Jongg</p>	<p>29</p> <p>9-12 Bridge Club 11 Harriet's Book Reviews</p> <p>11 Name That Tune with Prizes</p> <p>Noon Kosher Lunch</p> <p>1 Body Balance! 1-3 Canasta</p>	<p>30</p> <p>9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Chair Tai Chi - Chinook 10 Bridge 11 Chair Pilates</p> <p>Noon Kosher Lunch</p> <p>1-2 Chorus/1-4 Mah Jongg</p>	<p>31</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</p> <p>1 Bridge/ Mah Jongg</p>	

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