TUESDAY, FEBRUARY 4
10 AM IN THE SENIOR LOUNGE
MOVIE IN THE LOUNGE.

WEDNESDAY, FEBRUARY 5
9:30 AM IN THE LOBBY
HAND MASSAGES.
Get pampered by our friends at The Legacy Senior Communities.

WEDNESDAY, FEBRUARY 5
10 AM IN THE SENIOR LOUNGE
LEWIS & CLARK PRESENTATION.
Judy Washbon is back! Who were the other members of the expedition and what were their stories? Fascinating and fun storytelling!

WEDNESDAY, FEBRUARY 5
12 PM IN ZALE AUDITORIUM
BACH & THE GAMBA.
Enjoy a special performance from our friends at the Dallas Bach Society.

THURSDAY, FEBRUARY 11
10 AM IN THE SENIOR LOUNGE
IDENTITY THEFT PREVENTION.
Are you concerned about being a victim of identity theft? Join us for this informative lecture.

FRIDAY, FEBRUARY 7
12 PM IN ZALE AUDITORIUM
KABBALAT SHABBAT LUNCHEON.
Details in sidebar.

THURSDAY, FEBRUARY 13
10 AM IN THE LOBBY
GLAMOUR NAILS.
Enjoy a free manicure by our friends at Ed-U-Care.

THURSDAY, FEBRUARY 13
LEAVE THE J AT 12:45 PM
OUTING: THE BAND’S VISIT AT THE WINSPEAR.
Sorry, we are sold out. Remember to book theater tickets early.

TUESDAY, FEBRUARY 18
11 AM IN THE SENIOR LOUNGE
ESSENTIAL OIL MASSAGES/FALL PREVENTION.
Our friends at Anchor of Hope Hospice provide a stress-reducing massage followed by an informative presentation on reducing the risk of falls.

TUESDAY, FEBRUARY 11
10 AM IN THE SENIOR ASSEMBLY ROOM
SOCIAL LIGHTS SOIREE.
See details in sidebar.

FRIDAY, FEBRUARY 7
12 PM IN ZALE AUDITORIUM
KABBALAT SHABBAT LUNCHEON.
Details in sidebar.

FRIDAY, FEBRUARY 7
12 PM IN ZALE AUDITORIUM
KABBALAT SHABBAT LUNCHEON.
Generously sponsored by Zev Shulkin.
Live entertainment by Toney Walsh.

SOCIAL LIGHTS SOIREE
TUESDAY, FEBRUARY 11
10 AM IN SENIOR ASSEMBLY ROOM
You are cordially invited to this 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 entertainment from Tony Macaroni!

SUNDAY FOOD & FIT
FEBRUARY 2020
SHARING A PAST, CREATING A FUTURE
UPDATES ONLINE AT JCCDALLAS.ORG/SENIORS

KABBALAT SHABBAT LUNCHEON
FRIDAY, FEBRUARY 7
12 PM IN ZALE AUDITORIUM
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SUNDAY FOOD & FIT
A freshly-prepared light brunch sponsored by Jewish Federation of Greater Dallas.

SUNDAY, FEBRUARY 2
11:30 AM IN ZALE AUDITORIUM
Followed by LaBlast!

SUNDAY, FEBRUARY 16
11:30 AM IN ZALE AUDITORIUM
Followed by LaBlast!

CARING FOR OTHERS
SPREAD SUNSHINE!
See Marge Karpel to send greeting cards to family and friends.

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**

**FEB 2020**

[kjrubenstein@jccdallas.org](mailto:kjrubenstein@jccdallas.org)

**KATHARINE RUBENSTEIN**  
Senior Adult Program Director  
214-239-7115

[jccdallas.org/seniors](http://jccdallas.org/seniors)

**ANNA ANGORINA**  
Senior Coordinator  
214-239-7199

**SHARON CANE**  
Outreach Coordinator  
214-239-7183

**KAY HALE**  
Senior Dept. Office Manager  
214-239-7149

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<td>9-12 Bridge Club</td>
<td>9:30 Senior Advisory Board Meeting—hosted by Senior Bridge</td>
<td>9:15 On the Move Tai Chi</td>
<td>9-12 Bridge Club</td>
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<td>10 Movie in the Lounge</td>
<td>Noon Kosher Lunch</td>
<td>9:15 On the Move Tai Chi</td>
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<td>10:30 Tech Talk with Ed</td>
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<td>1 Body Balance!</td>
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<td>1-3 Canasta</td>
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<td>10 Bridge Club</td>
<td>10 Social Lights’ Soiree—entertainment by Tony Macaroni!</td>
<td>10:30 $ Bingo hosted by The Reserve</td>
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**Last Chance to Sign Up for Our Annual Trip!**

**Colorado 2020**

See Senior Department Staff for Details

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