



DALLAS JCC SENIOR SPOTLIGHT

SHARING A PAST, CREATING A FUTURE

MARCH 2020

UPDATES ONLINE AT JCCDALLAS.ORG/SENIORS

TUESDAY, MARCH 3
10 AM IN THE SENIOR LOUNGE
MOVIE IN THE LOUNGE

WEDNESDAY, MARCH 4
12 PM IN ZALE AUDITORIUM
RAYMOND VERVEKKEN'S
BIRTHDAY BASH
Hosted by Elona Vervekken with
entertainment by Don Weitz.

THURSDAY, MARCH 5
12 PM IN ZALE AUDITORIUM
THE JCC CHOIR
Our house performers will perform for us
during senior lunch!

FRIDAY, MARCH 6
10 AM IN THE SENIOR LOUNGE
IMPROVING COGNITION
Join The Center for Vital Longevity
as they demonstrate how to improve
cognition and your brain function
through computer-based training in late
adulthood.

FRIDAY, MARCH 6
12 PM IN ZALE AUDITORIUM
KABBALAT SHABBAT LUNCHEON
Details in sidebar.

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

TUESDAY, MARCH 17
10:30 AM IN THE SENIOR LOUNGE
SMART SERIES: BE SMART ABOUT
PLANNING FOR YOUR FUTURE
In this seminar you will hear from financial
and legal experts about how to prepare for
your future and avoid scrambling to get
things in order in a time of crisis. Sullivan &
Sullivan's panel will discuss important legal
considerations, ways to preserve wealth,
and how to be prepared for any situation.
Part 1 of a 5-part monthly series.

WEDNESDAY, MARCH 18
10:30 AM IN THE SENIOR LOUNGE
\$1 BINGO
Hosted by our friends at The Forum.

THURSDAY, MARCH 19
LEAVE THE J AT 12:45 PM
OUTING: *COME FROM AWAY AT
DSM*
Sorry, we are sold out. Ticket holders only.

TUESDAY, MARCH 24
11 AM IN ZALE AUDITORIUM
SOPRANO & PIANO DUO
Enjoy this beautiful program, brought to us
by the Texas Winds Orchestra.

FRIDAY, MARCH 27
10 AM IN THE SENIOR LOUNGE
BREATHING TO REDUCE STRESS
What is stress, who gets stressed, and what
does it do to our bodies? From toddlers
to teens to older adults, we all experience
stress at some point. Learn about breathing
methods you can use to relieve your stress
by our friends at Apple Care.

KABBALAT SHABBAT LUNCHEON

FRIDAY, MARCH 6
12 PM IN ZALE AUDITORIUM

Generously sponsored by Todd
Channon and Matt Prescott with
entertainment by pianist Don Weitz.

SOCIAL LIGHTS SOIREE

TUESDAY, MARCH 10
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 top-
notch entertainment by Eli Davidson!
**Come in your favorite Purim
costume!**

SUNDAY FOOD & FIT

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

SUNDAY, MARCH 1
11:30 AM IN ZALE AUDITORIUM
Followed by Tai Chi.

SUNDAY, MARCH 15
11:30 AM IN ZALE AUDITORIUM
Followed by Tai Chi.

CARING FOR OTHERS

SPREAD SUNSHINE!

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

IDEAL 18 PARTICIPANTS

Please refer to your date sheet for
meeting times, or feel free to ask the
Senior Department Staff.

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

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.



SENIOR CALENDAR

Aaron Family JCC, 7900 Northaven Rd, Dallas TX 75230

MARCH 2020

jccdallas.org/seniors

KATHARINE RUBENSTEIN
Senior Adult Program Director
214-239-7115
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Outreach Coordinator
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KAY HALE
Senior Dept. Office Manager
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<p>2 9:15 On the Move! 9:30 Knitting & Sewing 11:15 Chair Yoga Noon Kosher Lunch 1 Tai Chi with Judith 1 Bridge/ Mah Jongg 1:15 Readers' Theatre</p>	<p>3 9-12 Bridge Club 9:30 Senior Advisory Board Meeting—hosted by The Reserve 10 Movie in the Lounge Noon Kosher Lunch 1 Body Balance! 1-3 Canasta</p>	<p>4 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 9:30 Hand Massages by The Legacy 10:30 Tech Talk with Ed 11 Chair Pilates Noon Kosher Lunch—Raymond Vervekken's 90th birthday! 1-2 Chorus/1-4 Mah Jongg</p>	<p>5 9:45 Chair Volleyball 10-12 Art Class 10:30 Chai Technology 11 Therapy Dogs Noon Kosher Lunch-choir to sing! 1-2:15 Line Dancing 1 Bridge/ Mah Jongg</p>	<p>6 9:15 On the Move! 9-12 Bridge Club 10 Special Program—Improving Cognition! 11 NIA Noon Kabbalat Shabbat-Kosher Lunch— Don Weitz entertains! STB Frozen Food Distribution 1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>9 9:15 On the Move! 9:30 Knitting & Sewing 10:30 HADASSAH 11:15 Chair Yoga Noon Kosher Lunch 1 Tai Chi with Judith 1 Bridge/ Mah Jongg 1:15 Readers' Theatre</p>	<p>10 PURIM! 9-12 Bridge Club 10 Social Lights' Soiree—Purim entertainment by Eli Davidson Noon Kosher Lunch 1 Body Balance! 1-3 Canasta</p>	<p>11 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Chair Tai Chi - Chinook 11 Chair Pilates Noon Kosher Lunch 1-2 Chorus /1-4 Mah Jongg</p>	<p>12 9:45 Chair Volleyball 10-12 Art Class 10 Glamour Nails 11 Therapy Dogs 11 Rabbi Wolk Noon Federation Kosher Lunch with JFS 1-2:15 Line Dancing 1 Bridge/ Mah Jongg</p>	<p>13 9:15 On the Move! 9-12 Bridge Club 11 NIA Noon Kosher Lunch FEDERATION Frozen Food Distribution 1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>16 9:15 On the Move! 9:30 Knitting & Sewing 11:15 Chair Yoga Noon Kosher Lunch 1 Tai Chi with Judith 1 Bridge/ Mah Jongg 1:15 Readers' Theatre</p>	<p>17 9-12 Bridge Club 9:30 Brain Games with Renee 10:30 Smart Senior Series: Be Smart About Planning for Your Future Noon Kosher Lunch 1 Body Balance! 1-3 Canasta</p>	<p>18 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10:30 \$ Bingo hosted by The Forum 11 Chair Pilates Noon Kosher Lunch 1-2 Chorus /1-4 Mah Jongg</p>	<p>19 9:45 Chair Volleyball 10-12 Art Class 11 Therapy Dogs Noon Kosher Lunch 12:45 Leave for Come From Away—DSM 1-2:15 Line Dancing 1 Bridge/ Mah Jongg</p>	<p>20 9:15 On the Move! 9-12 Bridge Club 10 Essential Oil Massage 11 NIA Noon Kosher Lunch FEDERATION Frozen Food Distribution 1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>23 9:15 On the Move! 9:30 Knitting & Sewing 11:15 Chair Yoga Noon Kosher Lunch 1 Tai Chi with Judith 1 Bridge/ Mah Jongg 1:15 Readers' Theatre</p>	<p>24 9-12 Bridge Club 11 Soprano & Piano Duo by Texas Winds! Noon Kosher Lunch 1 Body Balance! 1-3 Canasta</p>	<p>25 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Chair Tai Chi - Chinook 11 Brain Games w/ Robin 11 Chair Pilates Noon Kosher Lunch 1-2 Chorus /1-4 Mah Jongg</p>	<p>26 9:45 Chair Volleyball 10-12 Art Class 11 Rabbi Zell 11 Therapy Dogs Noon Kosher Lunch 1-2:15 Line Dancing 1 Bridge/ Mah Jongg</p>	<p>27 9:15 On the Move! 9-12 Bridge Club 10 –Breathing for Stress Relief 11 NIA Noon Kosher Lunch FEDERATION Frozen Food Distribution 1 A Need to Know 1 Tai Chi w/ Judith</p>
<p>30 9:15 On the Move! 9:30 Knitting & Sewing 11:15 Chair Yoga Noon Kosher Lunch 1 Tai Chi with Judith 1 Bridge/ Mah Jongg 1:15 Readers' Theatre</p>	<p>31 9-12 Bridge Club 10 Coffee Talk with Elise 11 Harriet's Book Review Noon Kosher Lunch 1 Body Balance! 1-3 Canasta</p>	<p>HAPPY PURIM</p>		

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