



December 2021

Aaron Family JCC
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JCCDALLAS.ORG

VISIT JCCDALLAS.ORG FOR MORE INFORMATION ON SENIOR PROGRAMS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11 Workout with Pam Noon Kosher Lunch 1-3 Canasta/Mah Jongg	2 11 Tai Chi Noon Kosher Lunch 1-3 Canasta/Mah Jongg	3 9-12 Bridge Club 10 Art Technique & History 11 VIRTUAL NIA Noon Kabbalat Shabbat-Kosher Lunch— Marty Ruiz entertains!
6 Noon Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	7 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution Noon Kosher Lunch 1-3 Canasta/Mah Jongg	8 11 Workout with Pam Noon Kosher Lunch 1-3 Canasta/Mah Jongg	9 11 Tai Chi Noon Kosher Lunch 1-3 Canasta/Mah Jongg	10 9-12 Bridge Club 10 Art Technique & History 10 Covid Booster Shots 11 VIRTUAL NIA Noon Kosher Lunch
13 Noon Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	14 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution Noon Kosher Lunch 1-3 Canasta/Mah Jongg	15 11 Workout with Pam Noon Kosher Lunch 1-3 Canasta/Mah Jongg	16 11 Tai Chi Noon Kosher Lunch 1-3 Canasta/Mah Jongg	17 9-12 Bridge Club 10 Art Technique & History 11 VIRTUAL NIA Noon Kosher Lunch
20 Noon Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	21 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution Noon Kosher Lunch 1-3 Canasta/Mah Jongg	22 11 Workout with Pam Noon Kosher Lunch 1-3 Canasta/Mah Jongg	23 11 Tai Chi Noon Kosher Lunch 1-3 Canasta/Mah Jongg	24 9-12 Bridge Club 10 Art Technique & History 11 VIRTUAL NIA Noon Kosher Lunch
27 Noon Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	28 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution Noon Kosher Lunch 1-3 Canasta/Mah Jongg	29 11 Workout with Pam Noon Kosher Lunch 1-3 Canasta/Mah Jongg	30 11 Tai Chi Noon Kosher Lunch 1-3 Canasta/Mah Jongg	31 9-12 Bridge Club 10 Art Technique & History 11 VIRTUAL NIA Noon Kosher Lunch

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All programs: Reservation and mask mandatory – call 214-239-7183

Please reserve 1 day prior!

Virtual classes are available on our Facebook Group page—**J Dallas Seniors**.

Be sure to monitor your health daily, prior to entering the JCC campus.

Please be sure to update your email address and contact information, as we send out eBlasts with important announcements.

Join our Facebook private group page – **J Dallas Seniors** - by going to the group page and requesting to be added to our group.

Note: The Senior Department manages room reservations for our bridge, canasta, and mah jongg games. The staff does NOT arrange these games. The individual participants arrange their own groupings. Also, participants must be members in good standing.

*This program serves everyone without discrimination regarding race, creed, color, sex, age, ancestry, national origin, religion, or handicap. JCC membership is not required. We welcome people with economic needs, disabilities, or limited English proficiency.