



January 2022

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
3 11 Silver Fit with Cindy 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	4 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution Noon Kosher Lunch 1-3 Canasta/Mah Jongg	5 11 Workout with Pam 1-3 Canasta/Mah Jongg	6 11 Tai Chi 1-3 Canasta/Mah Jongg	7 9-12 Bridge Club 11 VIRTUAL NIA
10 11 Silver Fit with Cindy 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	11 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution 1-3 Canasta/Mah Jongg	12 11 Workout with Pam 1 Brain Games with Robin 1-3 Canasta/Mah Jongg	13 11 Tai Chi 1-3 Canasta/Mah Jongg	14 9-12 Bridge Club 10 Art Technique & History— Resumes 11 VIRTUAL NIA
17 9:30 Sewing & Knitting 11 Silver Fit with Cindy Noon Kosher Lunch Resumes 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	18 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution Noon Kosher Lunch 1-3 Canasta/Mah Jongg	19 11 Workout with Pam Noon Kosher Lunch 1-3 Canasta/Mah Jongg	20 11 Tai Chi Noon Kosher Lunch 1-3 Canasta/Mah Jongg	21 9-12 Bridge Club 10 Art Technique & History 11 VIRTUAL NIA Noon Kabbalat Shabbat-Kosher Lunch - entertainment by Marty Ruiz!
24 9:30 Sewing & Knitting 11 Silver Fit with Cindy Noon Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	25 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution Noon Kosher Lunch 1-3 Canasta/Mah Jongg	26 11 Workout with Pam Noon Kosher Lunch 1-3 Canasta/Mah Jongg	27 11 Tai Chi Noon Kosher Lunch 1-3 Canasta/Mah Jongg	28 9-12 Bridge Club 10 Art Technique & History 11 VIRTUAL NIA Noon Kosher Lunch
31 9:30 Sewing & Knitting 11 Silver Fit with Cindy Noon Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	<p>Don't forget to call Sharon for meal and program reservations at 214-239-7183</p> <div style="text-align: center;"> <p>~ HAPPY ~ <i>New Year</i> ★ 2022 ★</p> </div>			

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

Please reserve 1 day prior!

New this month:

- ◇ Silver Fit Wellness Class with Cindy— Every Monday at 11am. Cardio, Strength, Balance, Stretch!
- ◇ Brain Games by Robin—Second Wednesday 1/12/2022 at 1pm.
- ◇ Art Technique Class resumes on Friday, January 14!
- ◇ Sewing & Knitting Class resumes on Monday, January 17 at 9:30
- ◇ In person lunches will resume on Monday, January 17—drive-through frozen meals continue as usual.
- ◇ Friday, January 21—Kabbalat Shabbat luncheon hosted by Matt Prescott & Todd Chanon with entertainment by Marty Ruiz

Stay tuned—In **February** we plan on resuming monthly hand massages by The Legacy Midtown Park!

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