

J May 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
2 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	3 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution 12 Kosher Lunch 1-3 Canasta/Mah Jongg	4 10 CHAI TECH CLASS! 11 Workout with Pam 12 Kosher Lunch 1-3 Canasta/Mah Jongg	5 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg	6 9-12 Bridge Club 10 Art Technique & History 11 Chair Yoga 11 VIRTUAL NIA 12 Kabbalat Shabbat Kosher Lunch— Dallas Kosher hosts
9 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	10 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution 12 Kosher Lunch 1-3 Canasta/Mah Jongg	11 11 Workout with Pam 12 Kosher Lunch 1 Brain Games with Robin 2 Line Dancing! 1-3 Canasta/Mah Jongg	12 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg	13 9-12 Bridge Club 10 Art Technique & History 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch
16 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	17 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution 12 Kosher Lunch 1-3 Canasta/Mah Jongg	18 11 Workout with Pam 12 Kosher Lunch 1 BINGO! 2 Line Dancing! 1-3 Canasta/Mah Jongg	19 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg	20 9-12 Bridge Club 10—12 COVID BOOSTER 10 Art Technique & History 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch
23 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	24 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution 12 Kosher Lunch 1-3 Canasta/Mah Jongg	25 11 Workout with Pam 12 Kosher Lunch 2 Line Dancing! 1-3 Canasta/Mah Jongg	26 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg	27 9-12 Bridge Club 10 Art Technique & History 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch
31 CLOSED MEMORIAL DAY	31 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution 12 Kosher Lunch 1-3 Canasta/Mah Jongg	 <p>Happy  Mother's Day</p>		

May 2022

All programs: Reservation mandatory!

Call 214-239-7183

Please reserve 1 day prior!

New this month:

- ◇ **CHAI TECHNOLOGY class**—Join our friend and sponsor, Brian, from Cambridge Caregivers/Manchester Care Homes as he provides tech support and answers our Apple device questions—Wednesday, May 4 at 10am.
- ◇ **LINE DANCING**— Richard and Terry are back! Starting on Wednesday, May 11 at 2pm.
- ◇ **BINGO IS BACK!** - Join Renee Cares for our favorite game. Wednesday, May 18 at 1pm.
- ◇ **COVID SECOND BOOSTER**—Tom Thumb/Albertson's pharmacists on campus from 10am—12pm on Friday, May 20 administering second Covid booster shots in the Senior Lounge. Must register with Sharon and complete forms prior to May 20. Forms are available via email or in person in Senior Offices. On the day of vaccinations, please remember to bring:
 - ◇ **Completed consent form**
 - ◇ **Insurance Card**
 - ◇ **Covid Vaccination Record Card**

— Be sure to monitor your health daily, prior to entering the JCC campus. Masks are recommended.

— 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. We welcome people with economic needs, disabilities, or limited English proficiency.