



July 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
				1 9-12 Bridge Club 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch
4 CLOSED Independence Day	5 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 12 Kosher Lunch 1-3 Canasta/Mah Jongg	6 11 Workout with Pam 12 Kosher Lunch 1-3 Canasta/Mah Jongg 2 Line Dancing!	7 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg	8 9-12 Bridge Club 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch
11 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 Kosher Lunch 1 VIRTUAL Workout-Pam 1 Kaluki 1-3 Canasta/Mah Jongg	12 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 12 Kosher Lunch 1 Fall Prevention Class 1-3 Canasta/Mah Jongg	13 11 Workout with Pam 12 Kosher Lunch 1 Brain Games 1-3 Canasta/Mah Jongg 2 Line Dancing!	14 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg	15 9-12 Bridge Club 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch
18 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 Kosher Lunch 1 VIRTUAL Workout-Pam 1 Kaluki 1-3 Canasta/Mah Jongg	19 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 12 Kosher Lunch 1:15 Surprise Health Program! 1-3 Canasta/Mah Jongg	20 11 Workout with Pam 12 Kosher Lunch 1 BINGO! 1-3 Canasta/Mah Jongg 2 Line Dancing!	21 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg	22 9-12 Bridge Club 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch— Special Concert! Ann Allums & Milo Deering
25 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 Kosher Lunch 1 VIRTUAL Workout-Pam 1 Kaluki 1-3 Canasta/Mah Jongg	26 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 12 Kosher Lunch 1-3 Canasta/Mah Jongg	27 10 Chai Tech! 11 Workout with Pam 12 Kosher Lunch 1-3 Canasta/Mah Jongg 2 Line Dancing!	28 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg	29 9-12 Bridge Club 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch

July 2022

All programs: Reservation mandatory!

Call 214-239-7183

Please reserve 1 day prior!

Please note: *We are closed on Monday, July 4 for Independence Day.*

New this month:



Fall Prevention Class to Prevent Injury—Tuesday, July 12 at 1pm. Join our friends from Methodist Dallas Medical Center to identify your fall risk through a free fall risk screening and discuss evidenced based fall prevention resources available to you in your community with ways to mitigate your risk at home. Take home resources to share with friends and family and gain a better understanding of what to talk with your doctor about at your next visit regarding your fall risk.

Surprise Health Program—Tuesday, July 19 at 1:15pm—join us for a special surprise health program. Details to follow!

Shabbat Luncheon—Friday, June 22 at noon. **Special Concert** by Ann Allums & Milo Deering!

— 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.