

June 2022



Aaron Family JCC
7900 Northaven Road
Dallas, TX 75230
JCCDALLAS.ORG

VISIT JCCDALLAS.ORG FOR MORE INFORMATION ON SENIOR PROGRAMS

Katharine Rubenstein
Senior Adult Program Director
214-239-7115
krubenstein@jccdallas.org

Anna Angorina
Senior Coordinator
214-239-7119
aangorina@jccdallas.org

Sharon Cane
Outreach Coordinator
214-239-7183
scane@jccdallas.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		1 11 Workout with Pam 12 Kosher Lunch 1-3 Canasta/Mah Jongg 2 Line Dancing! 7 JCC Annual Meeting	2 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg 1 Kaluki	3 9-12 Bridge Club 10 Art Technique & History 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch
6 CLOSED Shavuot	7 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 11 Frozen Food Drive-Through Distribution 12 Kosher Lunch 1-3 Canasta/Mah Jongg	8 11 Workout with Pam 12 Kosher Lunch 1 Brain Games with Robin 1-3 Canasta/Mah Jongg 2 Line Dancing!	9 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg 1 Kaluki	10 9-12 Bridge Club 10 Art Technique & History 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch
13 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 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 (last) 12 Kosher Lunch 1-3 Canasta/Mah Jongg	15 11 Workout with Pam 12 Kosher Lunch 1 BINGO! 1-3 Canasta/Mah Jongg 2 Line Dancing!	16 11 Tai Chi 12 Kosher Lunch 1 Discussion: What is Identity All About? 1-3 Canasta/Mah Jongg 2 Kaluki (special time)	17 9-12 Bridge Club 10 Art Technique & History 11 Chair Yoga 11 VIRTUAL NIA 12 Kabbalat Shabbat Kosher Lunch—Pake McEntyre Show!
20 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	21 9-12 Bridge Club SUMMER SOLSTICE DAY 11 Non-Impact Aerobics (NIA) 12 Kosher Lunch 1-3 Canasta/Mah Jongg	22 10 CHAI TECH CLASS! 11 Workout with Pam 12 Kosher Lunch 1-3 Canasta/Mah Jongg 2 Line Dancing!	23 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg 1 Kaluki	24 9-12 Bridge Club 10 Art Technique & History (Last until fall) 11 Chair Yoga 11 VIRTUAL NIA 12 Kosher Lunch
27 9:30 Sewing & Knitting 11 Silver Fit with Cindy 12 Kosher Lunch 1 VIRTUAL Workout with Pam 1-3 Canasta/Mah Jongg	28 9-12 Bridge Club 11 Non-Impact Aerobics (NIA) 12 Kosher Lunch 1-3 Canasta/Mah Jongg	29 11 Workout with Pam 12 Kosher Lunch 1-3 Canasta/Mah Jongg 2 Line Dancing!	30 11 Tai Chi 12 Kosher Lunch 1-3 Canasta/Mah Jongg 1 Kaluki	

June 2022

All programs: Reservation mandatory!

Call 214-239-7183

Please reserve 1 day prior!

Please note: *We are closed on Monday, June 6 for Shavuot.*

New this month:

JCC Annual Meeting—June 1 at 7pm. The Sam Slusher Award will be presented to our volunteer, Elaine Gilbert. Reserve your spot with Karli at 214-239-7172.

Kaluki—Starting on Thursday, June 2 at 1pm. Are you interested to learn the popular game of Kaluki? It is a rummy/rummikub type of game. For more information and to sign up for the lessons, call Sharon at 214-239-7183.

What is Identity and What is it All About? - June 16 at 1pm. Attention Seniors! Join us after lunch at 1:00 pm for a discussion about the many identities we all have and how our lives are affected at different times by how we identify. We look forward to sharing your thoughts and experiences. This event is free to attend.

Kabbalat Shabbat Luncheon—Friday, June 17 at noon. JCC Board Members, Todd Chanon and Matt Prescott sponsor this special luncheon with entertainment by “Fiddler” **Pake McEntyre**—Reba’s brother!

The Longest Day at the J—Renew Active® is a proud Global Team of The Longest Day®, an Alzheimer's Association® fundraiser held on the day with the most light — the summer solstice. Join the Non-Impact Aerobics Class (NIA) on Tuesday, June 21 at 11am to take part in this event! Create MAGIC while we move to the sounds and silence of music to feel better.

Frozen Drive-Through Meal Distribution ends after June Tuesday, June 14.

Art History & Technique will take a summer hiatus after Friday, June 24.

— 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.