



# August 2022

Aaron Family JCC  
7900 Northaven Road  
Dallas, TX 75230  
[JCCDALLAS.ORG](http://JCCDALLAS.ORG)

**VISIT [JCCDALLAS.ORG](http://JCCDALLAS.ORG) FOR MORE INFORMATION ON SENIOR PROGRAMS**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:30 Sewing & Knitting  11 Silver Fit with Cindy  12 Kosher Lunch  1 VIRTUAL Workout-Pam  1 Kaluki  1-3 Canasta/Mah Jongg	<b>2</b> 9-12 Bridge Club  11 Non-Impact Aerobics (NIA)  12 Kosher Lunch  1-3 Canasta/Mah Jongg	<b>3</b> 11 Workout with Pam  12 Kosher Lunch  1-3 Canasta/Mah Jongg  1 BINGO!  2 Line Dancing!	<b>4</b> 10 Memoir Writing Class  11 Tai Chi  12 Kosher Lunch  1-3 Canasta/Mah Jongg	<b>5</b>  9-12 Bridge Club  11 Chair Yoga  11 VIRTUAL NIA  12 Kosher Lunch
<b>8</b> 9:30 Sewing & Knitting  11 Silver Fit with Cindy  12 Kosher Lunch  1 VIRTUAL Workout-Pam  1 Kaluki	<b>9</b> 9-12 Bridge Club  11 Non-Impact Aerobics (NIA)  12 Kosher Lunch  1-3 Canasta/Mah Jongg	<b>10</b> 11 Workout with Pam  12 Kosher Lunch  1-3 Canasta/Mah Jongg  1 Brain Games—Wheel of Fortune  2 Line Dancing!	<b>11</b> 10 Memoir Writing Class  11 Tai Chi  12 Kosher Lunch  1-3 Canasta/Mah Jongg	<b>12</b>  9-12 Bridge Club  11 Chair Yoga  11 VIRTUAL NIA  12 Kosher Lunch
<b>15</b> 9:30 Sewing & Knitting  11 Silver Fit with Cindy  12 Kosher Lunch  1 VIRTUAL Workout-Pam  1 Kaluki  1-3 Canasta/Mah Jongg	<b>16</b> 9-12 Bridge Club  11 Non-Impact Aerobics (NIA)  12 Kosher Lunch  1-3 Canasta/Mah Jongg	<b>17</b> 11 Workout with Pam  12 Kosher Lunch  1-3 Canasta/Mah Jongg  2 Line Dancing!	<b>18</b> 10 Memoir Writing Class  11 Tai Chi  12 Kosher Lunch  1-3 Canasta/Mah Jongg	<b>19</b>  9-12 Bridge Club  11 Chair Yoga  11 VIRTUAL NIA  12 Kosher Lunch
<b>22</b> 9:30 Sewing & Knitting  11 Silver Fit with Cindy  12 Kosher Lunch  1 VIRTUAL Workout-Pam  1 Kaluki  1-3 Canasta/Mah Jongg	<b>23</b> 9-12 Bridge Club  11 Non-Impact Aerobics (NIA)  12 Kosher Lunch  1-3 Canasta/Mah Jongg	<b>24</b> 10 Chai Tech!  11 Workout with Pam  12 Kosher Lunch  1 BINGO!  1-3 Canasta/Mah Jongg  2 Line Dancing!	<b>25</b> 10 Memoir Writing Class  11 Tai Chi  12 Kosher Lunch  1-3 Canasta/Mah Jongg	<b>26</b>  9-12 Bridge Club  11 Chair Yoga  11 VIRTUAL NIA  12 Kosher Lunch
<b>29</b> 9:30 Sewing & Knitting  11 Silver Fit with Cindy  12 Kosher Lunch  1 VIRTUAL Workout-Pam  1 Kaluki  1-3 Canasta/Mah Jongg	<b>30</b> 9-12 Bridge Club  11 Non-Impact Aerobics (NIA)  12 Kosher Lunch  1-3 Canasta/Mah Jongg	<b>31</b> 11 Workout with Pam  12 Kosher Lunch  1-3 Canasta/Mah Jongg  2 Line Dancing!		

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**All programs: Reservation mandatory!**

**Call 214-239-7183**

**Please reserve 1 day prior!**

## **New this month:**

**Memoir Writing Class - Thursdays at 10am on 8/4, 8/11, 8/18 & 8/25**—Do you remember rotary phones? How about LPs? Ashtrays? We still *almost* remember. Yet how important they were once upon a time! Let's get together to write our personal stories and share the memories. Reserve your spot.

— *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.