



# September 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>SHANA TOVA!</b>		<b>1</b> <b>11 Tai Chi</b> <b>12 Kosher Lunch</b> <b>1 When To Know with Dr. Newcomer</b> 1-3 Canasta/Mah Jongg	<b>2</b> 9-12 Bridge Club <b>11 Chair Yoga</b> 11 VIRTUAL NIA <b>12 Kosher Lunch</b>
<b>5</b>  <b>CLOSED LABOR DAY</b>	<b>6</b> 9-12 Bridge Club <b>11 Non-Impact Aerobics (NIA)</b> <b>12 Kosher Lunch</b> <b>1 Torah With Laura!</b> 1-3 Canasta/Mah Jongg	<b>7</b> <b>10 Chai Tech</b> <b>11 Workout with Pam</b> <b>12 Kosher Lunch</b> <b>12:30 What is "Kosher"? Q&amp;A (during lunch)</b> 1-3 Canasta/Mah Jongg <b>2 Line Dancing!</b>	<b>8</b> <b>10 Art technique</b> <b>11 Tai Chi</b> <b>12 Kosher Lunch</b> 1-3 Canasta/Mah Jongg	<b>9</b> 9-12 Bridge Club <b>11 Chair Yoga</b> 11 VIRTUAL NIA <b>12 Kosher Lunch</b>
<b>12</b> <b>9:30 Sewing &amp; Knitting</b> <b>11 Silver Fit with Cindy</b> <b>12 Kosher Lunch</b> 1 VIRTUAL Workout-Pam <b>1 Kaluki</b> 1-3 Canasta/Mah Jongg	<b>13</b> 9-12 Bridge Club <i>(9:30 Senior Board Mtg)</i> <b>11 Non-Impact Aerobics (NIA)</b> <b>12 Kosher Lunch</b> <b>1 Torah With Laura!</b> 1-3 Canasta/Mah Jongg	<b>14</b> <b>11 Workout with Pam</b> <b>12 Kosher Lunch</b> 1-3 Canasta/Mah Jongg <b>1 Brain Games—Mixed Bag</b> <b>2 Line Dancing!</b>	<b>15</b> <b>10 Art technique</b> <b>11 Tai Chi</b> <b>12 Kosher Lunch</b> 1-3 Canasta/Mah Jongg <b>7 Farewell Mr. Haffman</b>	<b>16</b> 9-12 Bridge Club <b>11 Chair Yoga</b> 11 VIRTUAL NIA <b>12 Kosher Lunch</b>
<b>19</b> <b>9:30 Sewing &amp; Knitting</b> <b>11 Silver Fit with Cindy</b> <b>12 Kosher Lunch</b> 1 VIRTUAL Workout-Pam <b>1 Kaluki</b> 1-3 Canasta/Mah Jongg	<b>20</b> 9-12 Bridge Club <b>11 Non-Impact Aerobics (NIA)</b> <b>12 Kosher Lunch</b> <b>1 Torah With Laura!</b> 1-3 Canasta/Mah Jongg	<b>21</b> <b>10 Chai Tech!</b> <b>11 Workout with Pam</b> <b>12 Kosher Lunch</b> <b>1 BINGO!</b> 1-3 Canasta/Mah Jongg <b>2 Line Dancing!</b>	<b>22</b> <b>10 Art technique</b> <b>11 Tai Chi</b> <b>12 Kosher Lunch</b> 1-3 Canasta/Mah Jongg <b>1:15 Readers' Theatre</b>	<b>23</b> 9-12 Bridge Club <b>11 Chair Yoga</b> 11 VIRTUAL NIA <b>12 Kosher Lunch</b>
<b>26</b>  <b>CLOSED ROSH HASHANAH</b>	<b>27</b>  <b>CLOSED ROSH HASHANAH</b>	<b>28</b> <b>11 Workout with Pam</b> <b>12 Kosher Lunch</b> 1-3 Canasta/Mah Jongg <b>2 Line Dancing!</b>	<b>29</b> <b>10 Art technique</b> <b>11 Tai Chi</b> <b>12 Kosher Lunch</b> 1-3 Canasta/Mah Jongg <b>1:15 Readers' Theatre</b>	<b>30</b> 9-12 Bridge Club <b>11 Chair Yoga</b> 11 VIRTUAL NIA <b>12 Kosher Lunch</b>

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**All programs: Reservation mandatory!**

**Call 214-239-7183**

**Please reserve 1 day prior!**

## **New this month:**

**Torah With Laura! - Tuesdays at 1pm—** When you hear “Torah” you may think of the bible but it is so much more – Torah with Laura is about the stories, the people and the messages in all the Jewish books. Each week another topic to learn about and in the age old practice of Jewish study, argue about!! Plus it will be fun and engaging as all learning should be!!

**Art Technique—Thursdays from 10am to Noon—** We are excited to announce the **return on 9/8** of our art class. Jay Weesner is a recognized artist who specializes in drawing, painting, and graphic design. He will lead our upcoming semesters of Senior Art Technique classes. Please note the change of day.

**When to Know—Hospice 101 with Dr. Kelly Newcomer—Thursday, September 1 at 1pm—** VNA presents this important educational lecture. Dr. Newcomer earned her medical degree at UT Southwestern Medical School and completed a residency in internal medicine at Texas Health Presbyterian Hospital Dallas. Certified by the American Board of Internal Medicine in hospice and palliative medicine, she joined the UT Southwestern faculty in 2016. Dr. Newcomer serves as the Hospice Rotation Organizer for UT Southwestern and the Clinical Epidemiology Coordinator and Lecturer for the UT Southwestern Palliative Care and Geriatric Fellowship She is also The Medical Director of Adult and Pediatric Hospice for the Visiting Nurse Association of Texas.

**What is “Kosher”?** - Learn the ins and outs of following a Kosher diet. Sharon will answer all your questions.

**Farewell Mr. Haffman—Thursday, September 15 at 7pm— ( The JCC Senior Department serves as the community partner for this performance!!)** Occupied Paris, 1941: all members of the Jewish community are instructed to come forward and identify themselves to authorities. Dedicated jeweler Joseph Haffmann, fearing the worst, arranges for his family to flee the city and offers his employee François Mercier the chance to take over his store until the conflict subsides. But his own attempts to escape are thwarted, and Haffmann is forced to seek his assistant's protection. It's a risky proposition for both men, and one that Mercier's wife Blanche is skeptical of. As the couple move in to the Haffmann home, the agreement turns into a Faustian bargain, one that will forever change the fate of all...

**Studio Movie Grill - Spring Valley** 13933 N Central Expy, Dallas, TX 75243

Pricing: \$13 in advance, \$16 at the door

**Readers' Theatre is Back—Thursdays starting Thursday, September 22—** Love performing, but hate memorizing lines? Join us as we laugh our way through theatre games, character development and producing an annual show. Katharine directs and shares anecdotes.

[September Senior Advisory Board meeting hosted by The Reserve— Board Members Only 9/13/2022 at 9:30am](#)

— *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.