

# SENIORS • NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9 Bridge Club 11 NIA 12 Lunch 1 Canasta/Mahj	<b>2</b> 11 Workout with Pam 12 Lunch by Legacy 1 Canasta/Mahj 1 Torah with Laura 2:15 Line Dancing	<b>3</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	<b>4</b> 9 Bridge Club 10 Rabbi Wolk 11 Chair Yoga 11 Virtual NIA 12 Kabbalat Shabbat Lunch & Entertainment
<b>7</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	<b>8</b> (9:30 Senior Board) 9 Bridge Club 11 NIA 12 Lunch 1 BINGO! 1 Canasta/Mahj	<b>9</b> 11 Workout with Pam 12 Lunch 1 Fall Prevention! 1 Canasta/Mahj 2:15 Line Dancing	<b>10</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	<b>11</b> 9 Bridge Club 11 Chair Yoga 11 Virtual NIA 12 Celebration Lunch
<b>14</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	<b>15</b> 9 Bridge Club 11 NIA 12 Lunch 1 Canasta/Mahj	<b>16</b> 10 Chai Tech 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing	<b>17</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	<b>18</b> 9 Bridge Club 11 Chair Yoga 11 Virtual NIA 12 Celebration Lunch
<b>21</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	<b>22</b> 9 Bridge Club 10 Rabbi Wolk 11 NIA 12 Lunch 1 Canasta/Mahj 2:30 Jewelry Repair	<b>23</b> 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing	<b>24</b> Closed - Thanksgiving	<b>25</b> Closed - Thanksgiving
<b>28</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	<b>29</b> 9 Bridge Club 11 NIA 12 Lunch 1 Canasta/Mahj	<b>30</b> 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing		

## New this month

**Sponsored Lunch By The Legacy** | Wednesday November 2 at 12pm  
Our community partners and EXPO Title Sponsor, The Legacy Senior Communities, is generously sponsoring this luncheon. We will have super entertainment by Don Weitz!

**Rabbi Wolk** | Friday, November 4 at 10am AND Tuesday, November 22 at 10am.  
Community chaplain, Rabbi Howard Wolk, returns to us to lead engaging discussions on Jewish values.

**Kabbalat Shabbat** | Friday, November 4 at 12pm  
Hosts: Matt Prescott of Marsh McLennan Agency. Entertainment by violinist Marek Eneti!

**Step Up to Stop Falls** | Wednesday, November 9 at 1pm  
Sunrise Senior Living presents this informative and vital presentation discussing preventing falls and resulting injuries. The program will provide valuable information about prevention and improving balance.  
**Reserve at 214-239-7183.**

**Richard's Birthday Bash Luncheon** | Friday, November 11 at 12pm  
Senior Advisory Board President Richard Aston hosts his annual birthday bash luncheon with a red, white and blue **Veteran's Day** celebration! New Horizon's Band will salute our veterans with patriotic tunes.

**Epstein Family Celebration** | Friday, November 18 at 12pm  
Join the Epstein Family as they celebrate our beloved members, Joanne and Don! Entertainment by Toney Walsh!

**Jewelry Repair** | Tuesday, November 22 at 2:30pm (will continue monthly)  
Harris Jewelry Repair will be at the JCC to perform simple jewelry repairs, replace watch batteries, and simple eye glass adjustments. Please see flyer for more information and pricing (available from Senior Department). **Reserve at 214-239-7183.**

**Senior Advisory Board Meeting (Board Members Only)** | - Tuesday, November 8 at 9:30am.

**GOOD NEWS: UNLESS SPECIFIED, RESERVATIONS ARE NO LONGER MANDATORY FOR SCHEDULED WELLNESS CLASSES AND SENIOR LUNCH. ALL OTHER SPECIAL PROGRAMS WILL STILL REQUIRE RESERVATIONS TO SHARON CANE 214-239-7183.**

**PLEASE NOTE NEW TIME FOR LINE DANCING.**

## Reminders

- 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.

## Contact Information

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Dallas

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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.