

SENIORS • DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	2 9 Bridge Club 10 Rabbi Wolk 11 Chair Yoga 11 Virtual NIA 12 Kabbalat Shabbat Lunch/Entertainment 1:15 Meadows Museum
5 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	6 9 Bridge Club 11 NIA 12 Lunch 1 Canasta/Mahj	7 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing	8 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	9 9 Bridge Club 11 Chair Yoga 11 Virtual NIA 12 Lunch
12 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	13 (9:30 Senior Board) 9 Bridge Club 11 NIA 12 Lunch 1 Canasta/Mahj 1 Planning Your Golden Years Seminar	14 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Brain Games 1 Canasta/Mahj 2:15 Line Dancing	15 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	16 9 Bridge Club 10 Sacajawea: Myth, Mystery & Legend 11 Chair Yoga 11 Virtual NIA 12 Hanukkah Lunch
19 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	20 9 Bridge Club 10 Rabbi Wolk 11 NIA 12 Lunch 1 Canasta/Mahj 1 BINGO	21 10 Chai Tech 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing	22 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	23 9 Bridge Club 11 Chair Yoga 11 Virtual NIA 12 Lunch
26 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	27 9 Bridge Club 11 NIA 12 Lunch 1 Canasta/Mahj 2:30 Jewelry Repair	28 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing	29 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	30 9 Bridge Club 11 Chair Yoga 11 Virtual NIA 12 Lunch

New this month

Kabbalat Shabbat | Friday, December 2 at 12pm
Hosts: Debbie & David Friedman. Entertainment by Eli Davidsohn!

Trip to Meadows Museum | Friday, December 2 at 1:15pm
Join us on our first field trip in almost 3 years! Our art teacher, Jay Weezner, will be our private docent as we tour the Meadows Museum. \$20 members/ \$30 non-members. Reserve at 214-239-7183

Planning Your Golden Years Seminar | Tuesday, December 13 at 1pm
Hosted by Dallas Jewish Funerals. Come to hear from a panel of experts to address all aspects of end of life preplanning. The best plan is to be prepared.

Brain Games | Wednesday, December 14 at 1pm
The Legacy Senior Communities host this fun Brain Games Session. Connections - It's all about our minds. Rich and stimulating games and activities to stay active.

Sacajawea: Myth, Mystery & Legend | Friday, December 16 at 10am
Please join professional speaker, Judy Washbon, on a journey back in time of the legendary explorers, Lewis & Clark. An historical presentation discovering the myths, mysteries and legend of Sacajawea, the young native American Shoshone woman who traveled with Lewis & Clark to the Pacific Ocean.

Jewelry Repair | Tuesday, December 27 at 2:30pm
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, December 13 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.

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.

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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.