

SENIORS • JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	3 9 Bridge Club 11 NIA 12 Lunch 1 DK Tuesday Talk - Memoir Writing 1 Canasta/Mahj	4 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing	5 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	6 9 Bridge Club 10 Rabbi Wolk 11 Chair Yoga 12 Kabbalat Shabbat Lunch/Entertainment
9 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	10 (9:30 Senior Board) 9 Bridge Club 11 NIA 12 Lunch 1 BINGO 1 Canasta/Mahj	11 11 Workout with Pam 12 Lunch 1 Chair Volleyball 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing	12 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	13 9 Bridge Club 10 Care Hour TRIVIA 11 Chair Yoga 12 Lunch
16 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	17 9 Bridge Club 11 NIA 12 Lunch 1 Canasta/Mahj 1 Fall Prevention	18 10 Chai Tech 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing	19 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	20 9 Bridge Club 11 Chair Yoga 12 Lunch
23 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	24 9 Bridge Club 10 Jewelry Repair 10 Rabbi Wolk 11 NIA 12 Lunch 1 Canasta/Mahj	25 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2:15 Line Dancing	26 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	27 9 Bridge Club 11 Chair Yoga 12 Lunch
30 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	31 9 Bridge Club 11 NIA 12 Lunch 1 The Star Football Trip 1 Canasta/Mahj			

New this month

Memoir Writing | Tuesday, January 3 at 1pm

As part of their W.I.S.E. Initiative (Wisdom Is Seniors' Experience), Dallas Kosher is bringing us Tuesday Talks. This month, writer Brenna Toppel Vivier and her father, retired pulmonary and critical care physician turned author, Ken Toppel, will bring us Memoir Writing! **Call to reserve 214-239-7183**

Kabbalat Shabbat | Friday, January 6 at 12pm

Hosts: Lauren & Joe Savariego. Entertainment by Tony Macaroni!

Chair Volleyball | Wednesday, January 11 at 1pm

Sponsored by The Legacy Senior Communities. It's all the rage and so much fun! A lively volleyball game from the safety and comfort of your chair! **Call to reserve your chair 214-239-7183**

Care N Care Hour - TRIVIA | Friday, January 13 at 10am

Sponsored by Care N Care Healthplan. Every month our friends will bring us a new Care N Care Hour. This month, join us for a fun Trivia Game! **Call to reserve 214-239-7183**

Fall Prevention Presentation | Tuesday, January 17 at 1pm.

Sunrise Senior Living presents this informative and vital presentation discussing preventing falls and resulting injuries. This program will provide valuable information about prevention and improving balance. **Call to reserve 214-239-7183**

Jewelry Repair | Tuesday, January 24 from 10am - 11:30am

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.**

The Star Dallas Cowboy Tour | Tuesday, January 31 at 1pm

The Dallas Cowboys World Corporate Headquarters at The Star in Frisco is a destination created to allow fans to connect with the team in ways they have never imagined. Fans have the ultimate tour experience to see the place where the Dallas Cowboys train and work 355 days of the year. **\$40 members/ \$50 non-members. Reserve at 214-239-7183.**

Senior Advisory Board Meeting (Board Members Only) | - Tuesday, January 10 at 9:30am.

WANTED: Sewing friends to help create toys for the children in Parkland Hospital. Join us on Monday mornings from 9:30 - 11 in the Card Room

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.