

SENIORS • FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11 Workout with Pam 12 Lunch with JFS 1 Torah with Laura 1 Canasta/Mahj 2 Line Dancing	2 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	3 9 Bridge Club 10 Rabbi Wolk 11 Chair Yoga 12 Kabbalat Shabbat Lunch/Entertainment
6 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	7 9 Bridge Club 11 NIA 12 Lunch 1 DK Tuesday Talk - Memoir Writing 1 Canasta/Mahj	8 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Chair Volleyball - Legacy 1 Canasta/Mahj 2 Line Dancing	9 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	10 9 Bridge Club 10 Strong Foundations 11 Chair Yoga 12 Kabbalat Shabbat Lunch/Entertainment
13 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	14 (9:30 Senior Board) 9 Bridge Club 11 NIA 12 Lunch 1 BINGO with Renee 1 Canasta/Mahj	15 10 Chai Technology 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2 Line Dancing	16 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	17 9 Bridge Club 11 Chair Yoga 12 Lunch 1:15 Self-Care with PVN
20 9:30 Sewing/Knitting 11 Silver Fit 12 Special JAZZ Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	21 9 Bridge Club 10 Rabbi Wolk 11 NIA 12 Lunch 1 Canasta/Mahj	22 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2 Line Dancing	23 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj 1:15 Readers' Theatre	24 9 Bridge Club 11 Chair Yoga 12 Lunch
27 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	28 9 Bridge Club 10 Jewelry Repair 11 NIA 12 Lunch 1 Canasta/Mahj			

New this month

Kabbalat Shabbat | Friday, February 3 at 12pm
Hosts: Marlo & David Kane. Entertainment by Pianist Don Weitz!

Memoir Writing | Tuesday, February 7 at 1pm
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 Part 2 of their popular Memoir Writing Program! **Call to reserve 214-239-7183**

Chair Volleyball! | Wednesday, February 8 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 214-239-7183**

Care N Care Hour - Strong Foundations | Friday, February 10 at 10am
Sponsored by Care N Care Healthplan. This exercise class provides you with basic skills to improve balance. You will have the opportunity to experience activities that are vital to stability and fall prevention. All exercises will be performed from a standing position, with a chair available for support. Stability based and designed to improve balance and mobility! **Call to reserve 214-239-7183**

Kabbalat Shabbat | Friday, February 10 at 12pm
Host: Michael Solis. Entertainment by violinist Marek Eneti!

Self-Care with PVN | Friday, February 17 at 1:15pm
Our friends from Presbyterian Village North will cover a variety of topics like aromatherapy, journaling, skin care, and more! Join us monthly! **Call to reserve 214-239-7183**

Special JAZZ Lunch | Monday, February 20 at 12pm
Join us for special lunch entertainment! Jay G's **Smokin' Hot Jazz** presents David Washburn and Friends. David Washburn: Vocals and Clarinet, Gaika James: Trombone, Robert Aberg: Guitar, Willie Wrinkle: Upright Bass, Jay Gewertz: Drums

Jewelry Repair | Tuesday, February 28 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.**

Senior Advisory Board Meeting (Board Members Only) | - Tuesday, February 14 at 9:30am.

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.