

# SENIORS • MARCH 2023

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
|  |  | <b>1</b><br>11 Workout with Pam<br>12 Special Legacy Lunch/Entertainment<br>1 Torah with Laura<br>1 Canasta/Mahj<br>2 Line Dancing | <b>2</b><br>10 Art Technique<br>11 Tai Chi<br>12 Lunch<br>1 Canasta/Mahj<br>1:15 Readers' Theatre                | <b>3</b><br>9 Bridge Club<br>10 Rabbi Wolk<br>11 Chair Yoga<br>12 Kabbalat Shabbat Lunch/Entertainment |
| <b>6</b><br>9:30 Sewing/Knitting<br>11 Silver Fit<br>12 Lunch<br>1 Virtual Workout w/Pam<br>1 Kaluki/Canasta/Mahj  | <b>7</b><br>9 Bridge Club<br>11 NIA<br>12 Lunch<br>1 Canasta/Mahj  | <b>8</b><br>11 Workout with Pam<br>12 Lunch<br>1 Torah with Laura<br>1 Canasta/Mahj<br>2 Line Dancing                              | <b>9</b><br>10 Art Technique<br>11 Tai Chi<br>12 Lunch<br>1 Canasta/Mahj<br>1:15 Readers' Theatre                | <b>10</b><br>9 Bridge Club<br>10 Care Hour BINGO<br>11 Chair Yoga<br>12 Lunch                          |
| <b>13</b><br>9:30 Sewing/Knitting<br>11 Silver Fit<br>12 Lunch<br>1 Virtual Workout w/Pam<br>1 Kaluki/Canasta/Mahj | <b>14</b><br>9 Bridge Club<br>11 NIA<br>12 Lunch<br>1 Canasta/Mahj   | <b>15</b><br>10 Chai Tech<br>11 Workout with Pam<br>12 Lunch with JFS<br>1 Torah with Laura<br>1 Canasta/Mahj<br>2 Line Dancing    | <b>16</b><br>10 Art Technique<br>11 Tai Chi<br>12 Lunch<br>1 Canasta/Mahj<br>1:15 Readers' Theatre               | <b>17</b><br>9 Bridge Club<br>11 Chair Yoga<br>12 Lunch  |
| <b>20</b><br>9:30 Sewing/Knitting<br>11 Silver Fit<br>12 Lunch<br>1 Virtual Workout w/Pam<br>1 Kaluki/Canasta/Mahj | <b>21</b><br>9 Bridge Club<br>11 NIA<br>12 Lunch<br>1 Medicare Fraud<br>1 Canasta/Mahj                       | <b>22</b><br>11 Workout with Pam<br>12 Lunch<br>1 Torah with Laura<br>1 Canasta/Mahj<br>2 Line Dancing                             | <b>23</b><br>10 Art Technique<br>11 Tai Chi<br>12 Special Rebic Lunch<br>1 Canasta/Mahj<br>1:15 Readers' Theatre | <b>24</b><br>9 Bridge Club<br>10 Rabbi Wolk<br>11 Chair Yoga<br>12 Lunch                               |
| <b>27</b><br>9:30 Sewing/Knitting<br>11 Silver Fit<br>12 Lunch<br>1 Virtual Workout w/Pam<br>1 Kaluki/Canasta/Mahj | <b>28</b><br>9 Bridge Club<br>10 Jewelry Repair<br>11 NIA<br>12 Lunch<br>1 Fall Prevention<br>1 Canasta/Mahj | <b>29</b><br>11 Workout with Pam<br>12 Lunch<br>1 Torah with Laura<br>1 Canasta/Mahj<br>2 Line Dancing                             | <b>30</b><br>10 Art Technique<br>11 Tai Chi<br>12 Lunch<br>1 Canasta/Mahj<br>1:15 Readers' Theatre               |  |

## New this month

**Special Legacy Lunch** | Wednesday, March 1 at 12pm  
Host: The Legacy Senior Communities. Entertainment by pianist Don Weitz

**Kabbalat Shabbat** | Friday, March 3 at 12pm  
Host: Amy Schachter. Entertainment by Charlie Duhon Steel Drums

**Care N Care Hour - BINGO** | Friday, March 10 at 10am  
Sponsored by Care N Care Healthplan.

**Senior EXPO Street Fair** | Tuesday, March 14 10am-1pm  
Join us for this FREE fun and educational resource fair with giveaways, vendors, entertainment, free food, and more! Explore all the services available for active seniors. Hundreds of DFW residents are embarking on a new phase in their lives. Bring family, friends and neighbors. Don't miss out on this great opportunity!

**Avoid Medicare Fraud** | Tuesday, March 21 1pm  
Medicare errors, abuse and fraud cost everyone! Learn how to protect yourself and others. The Senior Source presents this vital program. **Reserve at 214-239-7183.**

**Special Joe Rebic Memorial Lunch** | Thursday, March 23 at 12pm  
Host: LeAnne Rebic Hay

**Jewelry Repair** | Tuesday, March 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.**

**Fall Prevention & Balance** | Tuesday, March 28 1pm  
Sunrise Senior Living presents this ever-popular program educating us on how to prevent falls and increase our balance and safety. **Reserve at 214-239-7183.**

**Senior Advisory Board Meeting - EXPO ambassador** - Tuesday, March 14.

## 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.