

# SENIORS • JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj	<b>2</b> 9 Bridge Club 10 Rabbi Wolk 11 Chair Yoga 12 Kabbalat Shabbat Lunch/Entertainment
<b>5</b> 9:30 Sewing/Knitting 10 Spanish Through Music 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	<b>6</b> 9 Bridge Club 11 NIA 12 Lunch 1 Dollars or Donate? 1 Kaluki/Canasta/Mahj	<b>7</b> 11 Workout with Pam 12 Lunch - JFS 1 Kaluki/Canasta/Mahj 2 Line Dancing	<b>8</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 How to Eat Well When Eating Out 1 Kaluki/Canasta/Mahj	<b>9</b> 9 Bridge Club 10 Aromatherapy Care Hour 11 Chair Yoga 12 Lunch
<b>12</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	<b>13</b> 9 Bridge Club 10 Rabbi Wolk 11 NIA 12 Lunch 1 BINGO 1 Kaluki/Canasta/Mahj	<b>14</b> 11 Workout with Pam 12 Lunch 1 Chair Volleyball 1 Kaluki/Canasta/Mahj 2 Line Dancing	<b>15</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj	<b>16</b> 9 Bridge Club 11 Chair Yoga 12 Lunch 1 Body Balance Program
<b>19</b> 9:30 Sewing/Knitting 11 Silver Fit 12Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	<b>20</b> 9 Bridge Club 11 NIA 12 Lunch 1 Kaluki/Canasta/Mahj	<b>21</b> 10 Chai Technology 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 2 Line Dancing	<b>22</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Hypnosis 1 Kaluki/Canasta/Mahj	<b>23</b> 9 Bridge Club 11 Chair Yoga 12 Lunch
<b>26</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	<b>27</b> 9 Bridge Club 10 Jewelry Repair 11 NIA 12 Lunch 1 Fall Prevention 1 Kaluki/Canasta/Mahj	<b>28</b> 11 Workout with Pam 12 Lunch with JFS 1 Vision Assistance 1 Kaluki/Canasta/Mahj 2 Line Dancing	<b>29</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Home Equity 101 1 Kaluki/Canasta/Mahj	<b>30</b> 9 Bridge Club 11 Chair Yoga 12 Lunch

## New this month

**Kabbalat Shabbat** | Friday, June 2 at 12pm

Host: Sissy Zoller Entertainment by Geoff Amsel's Holiday Horns! [Reserve at 214-239-7183](#)

**.Dollars or Donate?** | Tuesday, June 6 at 1pm

Join us for a fun filled interactive learning experience. Tom Roberts from WayForth will be providing tips and tricks for treasure hunting in your own home! Find out the latest trends in the auction industry. [Reserve 214-239-7183.](#)

**How to Eat Well When Dining Out** | Thursday, June 8 at 1pm

Join Doug from Humana as he teaches us tricks to choosing healthy options when dining out. [Reserve at 214-239-7183](#)

**Care N Care Hour - Aromatherapy** | Friday, June 9 at 10am

Using essential oils to create scents that have been known to impact the emotional center of the brain, improving well-being, by Care N Care Healthplan. [Reserve at 214-239-7183.](#)

**Chair Volleyball** | Wednesday, June 14 at 1pm

The Legacy Senior Communities serves a lively volleyball game from the safety of your chair! [Reserve 214-239-7183.](#)

**Body Balance** | Friday, June 16 at 1pm

Join Presbyterian Village North and their therapy department, along with Overture Care as they help us improve our body balance. [Reserve 214-239-7183.](#)

**Hypnosis** | Thursday, June 22 at 1pm

Nanci DuPlant shows how to attain personal goals through hypnosis, such as weight loss and maintenance, stopping smoking, overcoming insomnia, enhancing memory, helping nervous disorders. [Reserve 214-239-7183.](#)

**Jewelry Repair** | Tuesday, June 27 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** | Tuesday, June 27 at 1 pm

Sunrise Senior Living provides a vital program on fall prevention and safety, stressing assistance to those with cognitive impairment. [Reserve 214-239-7183.](#)

**Low Vision Solutions** | Wednesday, June 28 at 1pm

Envision discusses the major issues seniors encounter with their vision and some solutions to start improving. The program highlights some adaptive aids to try out. [Reserve at 214-239-7183](#)

**Home Equity 101** | Thursday, June 29 at 1pm

Fairway teaches how to unlock the power of your home's equity and secure your retirement with a Reverse Mortgage. Discover the latest improvements and benefits in this ever-evolving financial product. [Reserve at 214-239-7183](#)

**A note from Katharine: I will miss you all so very much. It has been my pleasure to serve you!**

Join our PRIVATE Facebook group page – J Dallas Seniors - go to the group page & request to be added.

## Contact Information

**Senior Adult Program Director**

214-239-7115

@jccdallas.org

**Anna Angorina**

**Senior Coordinator**

214-239-7119

aangorina@jccdallas.org

**Sharon Cane**

**Senior Office Administrator**

214-239-7183

scane@jccdallas.org

**Kay Hale**

**Senior Department Office**

**Associate**

214-239-7166

khale@jccdallas.org



Dallas

7900 NORTHAVEN ROAD  
DALLAS, TX 75230

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.