

SENIORS • MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Sewing/Knitting 10 Spanish Through Music 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	2 9 Bridge Club 9:30 Memoir Writing 11 NIA 12 Lunch 1 Canasta/Mahj	3 11 Workout with Pam 12 Lunch with JFS 1 Aging in Place 1 Canasta/Mahj 2 Line Dancing	4 10 Art Technique 11 Tai Chi 12 Special Lunch 1 L'Dor V'Dor Planning 1 Canasta/Mahj	5 9 Bridge Club 10 Rabbi Wolk 11 Chair Yoga 12 Kabbalat Shabbat Lunch/Entertainment
8 9:30 Sewing/Knitting 10 Spanish Through Music 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	9 (9:30 Senior Board) 9 Bridge Club 11 NIA 12 Lunch 1 Canasta/Mahj 1 Dr. Babb Presents	10 11 Workout with Pam 12 Lunch 1 Chair Volleyball 1 Canasta/Mahj 2 Line Dancing	11 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj	12 9 Bridge Club 10 Care N' Care FITNESS 11 Chair Yoga 12 Mother's Day Lunch/Entertainment
15 9:30 Sewing/Knitting 10 Spanish Through Music 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	16 9 Bridge Club 10 Rabbi Wolk 11 NIA 12 Lunch 1 Crafty Crafts 1 Canasta/Mahj	17 10 Chai Technology 11 Workout with Pam 12 Lunch 1 Canasta/Mahj 1:30 Torah with Laura 2 Line Dancing	18 10 NO ART TODAY 11 Tai Chi 12 Lunch 1 Caregiver Burnout 1 Canasta/Mahj	19 9 Bridge Club 11 Chair Yoga 12 Lunch 1 Self-Care with PVN
22 9:30 Sewing/Knitting 10 Spanish Through Music 11 Silver Fit 12 Lunch 1 Virtual Workout w/Pam 1 Kaluki/Canasta/Mahj	23 9 Bridge Club 10 Jewelry Repair 11 NIA 12 Lunch 1 Transition planning 1 Canasta/Mahj	24 11 Workout with Pam 12 Lunch 1 Torah with Laura 1 Canasta/Mahj 2 Line Dancing	25 10 Art Technique 11 Tai Chi 12 Lunch 1 Canasta/Mahj	26 CLOSED SHAVUOT
29 CLOSED MEMORIAL DAY	30 9 Bridge Club 11 NIA 12 Lunch 1 Canasta/Mahj	31 11 Workout with Pam 12 Lunch 1 Canasta/Mahj 2 Line Dancing 7 JCC Annual Meeting		

New this month

Learn Spanish Through Music! | Monday, May 1, 8, 15, and 22 at 10am
Elizabeth Wallenburg will joyfully and musically teach us Spanish in this new innovative course! [Reserve at 214-239-7183](#)

Aging in Place | Wednesday, May 3 at 1pm
Are you interested in continuing to live an independent lifestyle whether at home or in a community? Vimient wants to keep this a reality now and in the future. Handy giveaways provided. [Reserve at 214-239-7183](#)

Planning for L'Dor V'Dor | Thursday, May 4 at 1pm (following Dallas Jewish Funerals Sponsored Lunch)
Dallas Jewish Historical Society, Dallas Jewish Funerals and elder care attorney, Michael Cohen help us to ensure that our sacred values are passed down to the next generation. [Reserve at 214-239-7183](#)

Kabbalat Shabbat | Friday, May 5 at 12pm Cinco de Mayo
Hosts: Artie Allen & Jolie Newman. Entertainment by Charlie Duhon Steel Drums!

Dr. Tony Babb: Fitness in your Senior Years | Tuesday, May 9 at 1pm.
IEEM at UTSW presents practices on keeping the body moving throughout the senior years and will cover setting personal health goals for weight loss, how to safely increase physical activity, perks of cardiorespiratory fitness, and how to decrease risk of disease by improving overall exercise habits. [Reserve at 214-239-7183](#)

Chair Volleyball! | Wednesday, May 10 at 1pm
Sponsored by The Legacy Senior Communities. Rich and stimulating games & activities to stay active. [Reserve 214-239-7183.](#)

Care N Care Hour - Fitness Your Way: On the Ball | Friday, May 12 at 10am
Increase your balance and stamina for daily living using a dynamic fitness ball. Improve hand-eye coordination, range of motion and reflexes. [Reserve at 214-239-7183.](#)

Mother's Day Shabbat Lunch | Friday, May 12 at noon
Host: Michael Solis. Entertainment by pianist Don Weitz.

Craft Day | Tuesday, May 16 at 1pm
Five Star Premier residences gets "crafty" with us. Join us to make a fun creation. [Reserve at 214-239-7183](#)

Providing Care for the Care Giver-How to Prevent Caregiver Burnout | Thursday, May 18 at 1pm
The physical, emotional and psychological toll of caring for a loved one-either in person or from a distance- can lead to serious health issues. Corrin McCullough, LMSW, Visiting Nurse Association, discusses the causes of burnout, how to spot them and tips to allow the caregiver to continue providing the support in a healthy way. [Reserve at 214-239-7183](#)

Self-Care | Friday, May 19 at 1pm
Our friends from Presbyterian Village North and Overture Home Care treat us to some self-care! [Reserve at 214-239-7183](#)

Jewelry Repair | Tuesday, May 23 10am - 11:30am
Harris Jewelry Repair will do simple jewelry repairs, watch batteries, and eye glass adjustments. See flyer for pricing.

Planning for a Better Future of Care and Living with Dr. Lucchese | Tuesday, May 23
Home 2 Home provides easy solutions for planning and transitioning to a safer living environment. [Reserve at 214-239-7183](#)

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

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

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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.