

# SENIORS • SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9 Bridge Club 10 Jewelry Making with Care N' Care 11 Chair Yoga 12 Lunch
<b>4</b> Closed for Labor Day	<b>5</b> 9 Bridge Club 10 Yiddish Class 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Lemonade with Lauren 1 Kaluki/Canasta/Mahj	<b>6</b> 11 Workout with Pam 12 Lunch - JFS 1 Kaluki/Canasta/Mahj 1 Bingo with Renee 2 Line Dancing	<b>7</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj 1 Validation Therapy with VNA	<b>8</b> 9 Bridge Club 9 Field Trip: The Modern 11 Chair Yoga 12 Lunch 1:30 Hypnotherapy with Nanci
<b>11</b> 9:30 Sewing/Knitting 10 Spanish through Music 11 Silver Fit 12 Lunch 1 Chair Volleyball 1 Kaluki/Canasta/Mahj	<b>12</b> 9 Bridge Club 10 Rabbi Wolk 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Readers' Theatre 1 Kaluki/Canasta/Mahj	<b>13</b> 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing	<b>14</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Mind Fit 1 Kaluki/Canasta/Mahj	<b>15</b> 9 Bridge Club 11 Chair Yoga 12 Lunch 1 Balance/Tea Tasting with PVN
<b>18</b> 9:30 Sewing/Knitting 10 Spanish through Music 11 Silver Fit 12 Lunch 1 Chair Volleyball 1 Kaluki/Canasta/Mahj	<b>19</b> 9 Bridge Club 10 Yiddish Class 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Kaluki/Canasta/Mahj	<b>20</b> 10 Chai Technology 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing	<b>21</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Mind Fit 1 Kaluki/Canasta/Mahj	<b>22</b> 9 Bridge Club 10 Rabbi Wolk 11 Chair Yoga 12 Lunch 1 Field Trip: DMA
<b>25</b> Closed for Yom Kippur	<b>26</b> 9 Bridge Club 10 Jewelry Repair 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Kaluki/Canasta/Mahj	<b>27</b> 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing	<b>28</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Mind Fit 1 Kaluki/Canasta/Mahj	<b>29</b> 9 Bridge Club 11 Chair Yoga 12 Lunch

# Program Descriptions

**Balance Workshop and Tea Tasting with Presbyterian Village North:** Learn about strengthening your balance and taste a variety of teas. (Senior Lounge)

**Chai Technology with Cambridge Caregivers/Manchester Care Homes:** Get one-on-one assistance with your iPhone or iPad device. (Main Lobby)

**Field Trip - The Modern Art Museum of Fort Worth:** Enjoy a guided tour of the special exhibit "Robert Motherwell - Pure Painting." Bus leaves from the JCC at 9am, returns at 2:30pm. **To RSVP, call or email Sharon Cane.** \$10 for members, \$15 for non-members. Departs at 9am from JCC main lobby.

**Field Trip - Dallas Museum of Art:** Enjoy a guided tour of permanent collection highlights. Bus leaves from the JCC at 1pm, returns at 4pm. **To RSVP, call or email Sharon Cane.** \$20 for members, \$30 for non-members.

**Harris Jewelry Repair:** simple repairs including replacing watch batteries and simple eyeglass adjustments. Additional cost applies. (Main Lobby)

**Hypnotherapy with Nanci:** Start your new year off right! Allow Nanci to guide you into relaxation with a flow of positive suggestions for your benefit. (Senior Lounge)

**Jewelry Making with Care N' Care:** Come express your crafty side! Join us for jewelry making and go home with your masterpiece! Create a pair of earrings, bracelet, or necklace. (Senior Lounge)

**Lemonade with Lauren:** Chat with the new Senior Adult Program Director! Share your thoughts on the senior programming at the J and what you'd like to see in the future. (Senior Lounge)

**Lunch:** Hot kosher meals for all age 60+ in partnership with Dallas Area Agency on Aging - JCC membership not required. Suggested donation of \$3.50. Jewish Family Services will be there on 9/6. (Zale Auditorium)

**Mind Fit with Home Care Assistance:** Katharine Rubenstein leads activities targeted to increase your brain health. (Senior Lounge)

**NIA:** Holistic dance fitness for mind, body, and soul. (Zale Auditorium)

**Rabbi Wolk:** Our community chaplain discusses Jewish values. (Senior Lounge)

**Readers' Theatre Interest Meeting:** Flex your acting skills! Learn more about this opportunity to perform in a play, no memorizing lines required! (Senior Lounge)

**Torah with Laura:** Come each week to learn together about anything and everything Jewish (but you don't need to be Jewish!). Laura Seymour will talk Torah, rituals, holidays, ethics, history, and whatever questions we all have. Join for a taste or plan for every week - there will be a new topic each week. Questions and lively discussion are required!! (Senior Lounge)

**Validation Therapy with Visiting Nurses Association:** Corrin McCullough, LMSW, will empower the audience with better resources and strategies to have meaningful experiences with their loved ones with Alzheimer's or dementia. These strategies will help ease the anxiety of both the loved one and the caregiver. (Senior Lounge)

**\*New and noteworthy programs are in red!**

# Contact Information

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Join our PRIVATE  
Facebook group page:  
J Dallas Seniors



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. To connect with the game organizer, please call Sharon Cane.

\*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.