

SENIORS • FEBRUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Brunch and Games! Sunday, February 18 10am-1pm Zale Auditorium</p>			<p>1 10 Art Technique 11 Tai Chi 12 Lunch 1 Gardening with Gloves with The Legacy 1 Kaluki/Canasta/Mahj</p>	<p>2 9 Bridge Club 11 Chair Yoga 12 Lunch - Kabbalat Shabbat</p>
<p>5 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Kaluki/Canasta/Mahj</p>	<p>6 9 Bridge Club 10 Yiddish Class 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Readers Theater 1 Kaluki/Canasta/Mahj</p>	<p>7 11 Workout with Pam 12 Lunch with JFS 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing</p>	<p>8 10 Art Technique 11 Tai Chi 12 Lunch 1 Museum of Biblical Art Outing 1 Kaluki/Canasta/Mahj</p>	<p>9 9 Bridge Club 10 Grandfriends 11 Chair Yoga 12 Lunch 1 Hypnotherapy with Nanci 1 Chair Volleyball</p>
<p>12 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Money Smart for Older Adults 1 Kaluki/Canasta/Mahj</p>	<p>13 9 Bridge Club 9:30 Senior Advisory Board 10 Rabbi Wolk 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Kaluki/Canasta/Mahj 1 Readers Theater</p>	<p>14 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing</p>	<p>15 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj</p>	<p>16 9 Bridge Club 11 Chair Yoga 12 Lunch - Kabbalat Shabbat 1 Chair Volleyball</p>
<p>19 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Kaluki/Canasta/Mahj</p>	<p>20 9 Bridge Club 10 Yiddish Class 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Readers Theater 1 Kaluki/Canasta/Mahj</p>	<p>21 10 Chai Technology 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing</p>	<p>22 10 Art Technique 11 Tai Chi 12 Lunch 1 Chair Volleyball with The Legacy 1 Kaluki/Canasta/Mahj</p>	<p>23 9 Bridge Club 10 Rabbi Wolk 10 Grandfriends 11 Chair Yoga 12 Lunch 1 Chair Volleyball</p>
<p>26 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Money Smart for Older Adults 1 Kaluki/Canasta/Mahj</p>	<p>27 TBD: Tuesday Morning Movie 9 Bridge Club 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Readers Theater 1 Kaluki/Canasta/Mahj</p>	<p>28 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 Bingo with Renee 2 Line Dancing</p>	<p>29 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj 1:45 Holocaust Museum Outing</p>	

Program Descriptions

Bingo with Renee - 2/28, 1pm

Join Renee Elsner for fun and great prizes. (Senior Lounge)

Chai Technology with Cambridge Caregivers/Manchester Care Homes - 2/21, 10-11am

Get one-on-one assistance with your iPhone or iPad device. (Main Lobby)

Chair Volleyball with The Legacy - 2/22, 1pm

Get a little bit of exercise with a LOT of laughter as we play with our friends from The Legacy Senior Communities.

Gardening with Gloves with The Legacy Senior Communities - 2/1, 1pm

We will be potting plants and talking about our own growth in 2024!. (Senior Lounge)

Holocaust Museum Outing - 2/29, 1:45pm

Visit the Dallas Holocaust and Human Rights Museum with us. Take a self-guided tour of the permanent exhibition and see a screening of the Interactive Survivor Biography experience. \$17 for members, \$25 for non-members. Sign up at the Senior Office or call Sharon Cane at 214-239-7183.

Lunch - Weekdays at noon

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 Service will be there on 2/7. (Zale Auditorium)

- **Kabbalat Shabbat (2/2, 2/16):** A FREE sponsored lunch provided by Debbie and David Friedman/Julie Judson and David Galstyan. Special entertainment too!

Money Smart for Older Adults - 2/12 and 2/26 at 1pm

Certified financial coaches from Jewish Family Service present a curriculum developed by the federal government to empower seniors in their financial decisions. On 2/12 we will explore "When to Ask for Help" including when to ask for assistance in managing your money, finding trusted support, and understanding power of attorney.. On 2/26 we will discuss "How to Avoid Financial Scams" including elder financial exploitation and how to spot internet and phone scams. Join us for this important series in the Senior Lounge.

Museum of Biblical Art Outing - 2/8, 1pm

Visit this hidden gem of Dallas which includes three museums in one: Museum of Biblical Art, National Center for Jewish Art, and Museum of Holocaust Art. This outing includes a brief docent-led tour and transportation from the J. \$17 for members, \$25 for non-members. Sign up at the Senior Office or call Sharon Cane at 214-239-7183.

Rabbi Wolk - 2/13 and 2/23, 10-11am.

Our community chaplain discusses Jewish values. (Senior Lounge)

Senior Brunch and Games - 2/18, 10am-1pm

It's back! Join your friends and make new ones at this event. Canasta, Kaluki, Scrabble, Mahjong and more will be available to play. Brunch will be served at 10am, but you're welcome to stop by anytime.

Torah with Laura - Wednesdays at 1pm

Let's learn together about anything and everything Jewish (but you don't need to be Jewish!). (Board Room)

Tuesday Morning Movie - 2/27 at TBD

Let's go to the movies! Meet at the JCC for FREE transportation to the Cinemark movie theater. At the theater, you'll buy your own ticket for just \$5 or \$6. The movie and time will be announced in the Friday newsletter.

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

Contact Information

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Join our PRIVATE
Facebook group page:
J Dallas Seniors



Sign up for our weekly
newsletter! Email
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Dallas

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Note: The Senior Department manages room reservations for our bridge, canasta, mah jongg, and kaluki 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.