

J SENIORS • MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9 Bridge Club 11 Chair Yoga 12 Lunch - Kabbalat Shabbat
4 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Chair Volleyball 1 Kaluki/Canasta/Mahj	5 9 Bridge Club 10 Yiddish Class 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Readers Theater 1 Kaluki/Canasta/Mahj	6 11 Workout with Pam 12 Lunch with JFS 1 Kaluki/Canasta/Mahj 1 Bingo with Renee 2 Line Dancing	7 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj	8 9 Bridge Club 10 Grandfriends 10 Aromatherapy 11 Chair Yoga 12 Lunch 1 Hypnotherapy with Nanci
11 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Money Smart for Older Adults 1 Kaluki/Canasta/Mahj	12 9 Bridge Club 9:30 Senior Advisory Board 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Kaluki/Canasta/Mahj 1 Readers Theater	13 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing	14 9 Old City Park Outing 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj	15 9 Bridge Club 10 Vial of Life 11 Chair Yoga 12 Lunch - Kabbalat Shabbat
18 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Chair Volleyball 1 Kaluki/Canasta/Mahj	19 9 Bridge Club 10 Yiddish Class 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Readers Theater 1 Kaluki/Canasta/Mahj	20 10 Chai Technology 11 Workout with Pam 12 Lunch - Purim Party 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing	21 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj	22 9 Bridge Club 10 Grandfriends 11 Chair Yoga 12 Lunch
25 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Money Smart for Older Adults 1 Kaluki/Canasta/Mahj	26 JCC Senior Expo	27 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 "Loving What Is" Workshop 2 Line Dancing	28 10 Art Technique 11 Tai Chi 12 Lunch 1 Middle East Update 1 Kaluki/Canasta/Mahj	29 9 Bridge Club 11 Chair Yoga 12 Lunch



Program Descriptions

JCC Senior Expo - 3/26, 10am-1pm (Parking Lot)

Meet and greet with senior living facilities, health care and health insurance companies, and a wide variety of community and government agencies that provide FREE or low-cost services to all Dallas seniors. No prior registration required. Enjoy entertainment, giveaways, and great prizes. Free lunch is provided while quantities last!



Aromatherapy with Care N Care Insurance - 3/8, 10am (Senior Lounge)

Aromatherapy uses essential oils to create scents that have been known to impact psychological and physical well-being. In this class you will learn the basics of aromatherapy and its uses. You will also choose different essential oils to create a scent that appeals to you. Come create a personalized scent to take home and have fun with your friends!

Bingo with Renee - 3/6, 1pm (Senior Lounge)

Join Renee Elsner for fun and great prizes.

Chai Technology with Cambridge Caregivers/Manchester Care Homes - 3/20, 10-11am (Main Lobby)

Get one-on-one assistance with your iPhone or iPad device.

"Loving What Is" Workshop - 3/27 at 1pm (Zale Auditorium)

Learn how to "Love what is" in this lecture taught by certified Life Coach Katie Chavez. In her book, author Katie shares a framework of four questions to help her readers see how reality shows us how to be happy. Bring your biggest pain points and prepare to turn around your "shoulds" and come back to reality which ultimately brings happiness.

Lunch - Weekdays at noon (Zale Auditorium)

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 3/6.

- **Kabbalat Shabbat (3/1, 3/15):** A FREE sponsored lunch provided by Amy Schachter and Marsh McLennan Agency/Veronique and Hylton Jonas. Special entertainment too!
- **Purim Party with The Legacy (3/20)**

Middle East Update - 3/28 at 1pm (Senior Lounge)

Daniel Schwimmer leads a discussion on Middle East current events. Daniel is a member of AIPAC, the pro-Israel lobby, and a congressional advisor on all things Israel. A self-professed "news hound," he regularly speaks to synagogues and local groups and is a graduate of the University of Michigan with a degree in History, concentrating on the Holocaust.

Money Smart for Older Adults - 3/11 and 3/25 at 1pm

Financial coaches from Jewish Family Service are back! The series on scams continues as we discuss internet scams, phone scams, and other forms of financial fraud that affect seniors. After the class ends, the financial coaches are available to answer your questions one-on-one.

Old City Park Outing - 3/14 at 9am

Explore the history of Dallas in a hands-on tour of historical buildings and grounds. Bus leaves from the J at 9am and returns by 2pm. \$12 for JCC members, \$18 for non-members. Sign up at the Senior Office or call 214-239-7183.

Torah with Laura - Wednesdays at 1pm (Board Room)

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

Vial of Life with Cambridge Caregivers/Manchester Care Homes - 3/15, 10am (Senior Lounge)

Fill out your own Vial of Life form with a complimentary decal. The form and decal helps first responders in your home know your medical needs so they can provide proper medical treatment.

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

Contact Information

Lauren Chapman Kidd

Senior Adult Program Director

214-239-7115

lchapman@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

Join our PRIVATE
Facebook group page:
J Dallas Seniors



Sign up for our weekly
newsletter! Email
lchapman@jccdallas.org



Dallas

7900 NORTHAVEN ROAD
DALLAS, TX 75230

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.