

# SENIORS • AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Programs with an asterisk incur an additional fee.	Mark your calendar! <b>Guys &amp; Dolls*</b> Sunday, August 17 at 1pm \$60 per person			<b>1</b> 9 Bridge 9:30 Rummikub 11:15 Chair Yoga 12 Lunch
<b>4</b> 9:30 Sewing/Knitting 10 Art Technique* 11:15 Silver Fit 12 Lunch 1 Kaluki/Mahjong	<b>5</b> 10:30 Therapy Dogs 11:15 NIA 12 Lunch 1 Canasta/Swoosh	<b>6</b> 9:30 Rummikub 11:15 Strength and Stretch 12 Lunch 1 Canasta	<b>7</b> 10 Art Technique* 11:15 Balance Fitness 12 Lunch 1 Movie Thursday	<b>8</b> 9 Bridge 9:30 Rummikub 11:15 Chair Yoga 12 Lunch
<b>11</b> 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	<b>12</b> 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	<b>13</b> 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Rabbi Wolk: Deuteronomy 1 Canasta	<b>14</b> 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Movie Thursday	<b>15</b> 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
<b>18</b> 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	<b>19</b> 10 Yiddish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	<b>20</b> 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Bone and Joint Care with Medical City 1 Canasta	<b>21</b> 10 Art CANCELLED 11 Balance Fitness 12 Lunch 1 Movie Thursday	<b>22</b> 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
<b>25</b> 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Bingo with Renee	<b>26</b> 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball 1 Amon Carter Museum*	<b>27</b> 9:30 Rummikub 10 Chai Technology 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	<b>28</b> 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Movie Thursday	<b>29</b> 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch

## Program Descriptions

### Amon Carter Museum - Tuesday, August 26 at 1pm

Enjoy a guided tour of the permanent collection at the Amon Carter Museum of American Art. The Carter's collection spans from the 1700s through present day. Tickets are \$10 and include transportation from the J - sign up at the senior office or J front desk.

### Bone and Joint Care with Medical City - Wednesday, August 20 at 1pm

Keeping your bones and joints in shape is key to staying mobile, pain-free, and active as you age! Join for a seminar to learn about common conditions, effective strategies, lifestyle changes, and treatment options. Q&A with Dr. Alexander Greenstein follows.

### Chai Technology - Wednesday, August 27 at 10am

Brian Levy from Cambridge Caregivers provides one-on-one help with your iPhone or iPad.

### Guys & Dolls - Sunday, August 17 at 1pm

See this classic Broadway musical with a full orchestra and a large cast! At the Moody Performance Hall in downtown Dallas. Tickets are \$60 and include transportation from the J. This outing is **SOLD OUT** - see Lauren Kidd to get on the wait list.

### Lunch - Weekdays at Noon (Zale Auditorium)

Hot kosher meals for all age 60+ - JCC membership not required. Suggested donation of \$4. Jewish Family Service will be there on August 6.

### Movie Thursday - Thursdays at 1pm (Senior Lounge)

Catch a flick with your friends each week! Free popcorn too.

### Rabbi Wolk: Jewish History - Wednesday, August 13 at 1pm

Rabbi Howard Wolk is the community chaplain of Jewish Family Service. Join him to discuss "Deuteronomy: End of 40 Years in the Desert."

### Torah with Laura - Wednesdays at 1pm beginning August 27

It's back!! 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 more. There will be a new topic each week. Questions and lively discussion are required!!

### Fitness Classes:

Silver Fit - strength training using light hand weights

NIA - dance fitness for mind, body, and soul

Strength and Stretch - strength and cardio using light hand weights/resistance bands

Balance Fitness - improve strength and balance and prevent falls

Chair Yoga - increase flexibility and body awareness

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Join our PRIVATE  
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J Dallas Seniors



**Dallas**

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Our lunch 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.