

SENIORS • OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Programs with an asterisk incur an additional fee.	Mark Your Calendar! “The Mousetrap” Sunday, October 19 at 1:30 pm	1 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	2 Closed for Yom Kippur	3 9 Bridge 9:30 Rummikub 10 Sukkot Art Project 11 Chair Yoga 12 Lunch 1 Medicare with Renee
6 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Sukkot Art Project	7 Closed for Sukkot	8 Closed for Sukkot	9 10 State Fair of Texas* 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Movie Thursday	10 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
13 9:30 Sewing/Knitting 10 Breakfast in the Sukkah 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	14 Closed for Shemini Atzeret	15 Closed for Simchat Torah	16 9:30 Senior Advisory Board 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Movie Thursday	17 9 Bridge 9:30 Rummikub 10 Vaccine Clinic 11 Chair Yoga 12 Lunch 1 Jewish Jeopardy
20 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	21 10 Yiddish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Rabbi Wolk 2 Chair Volleyball	22 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	23 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Movie Thursday	24 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 Creating Your Community Legacy
27 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Bingo with Renee	28 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	29 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	30 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Movie Thursday	31 9 Bridge 9:30 Bagels and Brain Games 11 Chair Yoga 12 Lunch

Program Descriptions

Creating Your Community Legacy with the Aaron Family JCC - Friday, October 24 at 1pm

Presented by the Dallas Jewish Community Foundation. Join us for a heartfelt conversation with stories that celebrate the power of legacy and how every senior, regardless of age or income, can help shape the future of our Jewish community. This is not a sales pitch; it's a celebration of purpose. You'll leave informed, uplifted, and empowered to consider your own legacy. Your story deserves to be part of our community's future.

Jewish Film Festival - Tuesday, October 21 at 1:30pm

See "Matchmaking 2" at Studio Movie Grill. Transportation not provided; tickets available only at jccdallas.org/film-festival.

Jewish Jeopardy - Friday, October 17 at 1pm

Test your knowledge of Jewish history, traditions, and more in an interactive, friendly game show. Whether you know a little or a lot, you'll have a great time learning and laughing together. Prizes and refreshments! Presented by Katharine (Angel Valley Hospice) & Rebecca (Mazal Home Care).

Lunch - Weekdays at Noon (Zale Auditorium)

Hot kosher meals for all age 60+, JCC membership not required. Suggested donation of \$4.

Medicare with Renee - Friday, October 3 at 1pm

Join Renee Elsner to learn about all the changes for Medicare plans in 2026.

The Mousetrap - Sunday, October 19 at 1:30pm

A timeless tale of "whodunnit," Agatha Christie's The Mousetrap is the world's longest-running play. \$30 per person, including transportation. Sign up at the senior office or JCC front desk.

Rabbi Wolk - Tuesday, October 21 at 1pm

Join Rabbi Howard Wolk to discuss "The Noah Personality."

Spanish - Tuesday, October 28 at 10am

Learn some basic Spanish phrases and vocabulary. Continues every other week after October 28.

State Fair of Texas - Thursday, October 9 at 10am

Visit the fair and enjoy food, entertainment, and more! Pay \$10 to ride the bus with us. Pay for your own admission at the gate, and pay for your own coupons once inside. Bus leaves the J at 10am and leaves the fairgrounds at approximately 1:30pm. Sign up at the senior office or JCC front desk.

Sukkot Art Project - Friday, October 3 at 10am/Monday, October 6 at 1pm

Make decorations for this year's Sukkah Village! Snacks provided.

Vaccine Clinic

Flu, Covid, and RSV vaccines available. Reservations required - contact Sharon Cane. Bring your insurance card!

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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.