

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	4 10 Yiddish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	5 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	6 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Movie Thursday	7 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
10 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	11 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 US Constitution 101	12 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	13 10 Art Technique* 11 Balance Fitness 12 Lunch 1 J Players	14 9 Bridge 9:30 Book Club 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 The Modern Art Museum - Fort Worth*
17 9:30 Sewing/Knitting 10 Art Technique* 10 Panel Discussion with The Legacy 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	18 10 Yiddish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Rabbi Wolk 2 Chair Volleyball	19 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	20 10 Art Technique* 10 Chai Technology 11 Balance Fitness 12 Lunch 1 J Players	21 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
24 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Bingo with Renee	25 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	26 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	27 Closed for Thanksgiving	28 Closed for Thanksgiving
Mark your calendar! Dallas Symphony "Pops" Concert* Sunday, November 16 at 1pm Brunch and Games Sunday, November 9 at 10am				

Program Descriptions

Book Club - Friday, November 14 at 9:30am

Discuss "The Ghosts of Rome" by Joseph O'Connor. Thank you Linda Blasnik for leading our book club!

Brunch and Games - Sunday, November 9 at 10am

Join us for fun, food, and friendly competition - board games, mahjong, bingo, card games, and more! This event is sponsored by Renee Cares. RSVP to Sharon Cane.

Dallas Symphony "Pops" Concert - Sunday, November 16 at 1pm

Dig into the vast treasure trove of beloved pops hits — from the movies to Broadway, from jazz to seasonal celebrations — to pick the ones you're sure to love. Join us for this stroll down memory lane at the Pops! At the Meyerson Symphony Center. \$50 per person, includes transportation from the J. Sign up at the senior office or J front desk.

J Players - Thursdays at 1pm beginning November 13

This is your chance to sing and act in an original play by Laura Seymour. No experience needed, no memorization required! Don't miss this chance to try something new.

Lunch - Weekdays at Noon (Zale Auditorium)

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

Rabbi Wolk - Tuesday, November 18 at 1pm

Join Rabbi Howard Wolk to discuss "Jewish and American definitions of Thanksgiving."

The Modern Art Museum - Friday, November 14 at 1pm

See "Jenny Saville: The Anatomy of Painting" with a guided tour. Including fifty works spanning the artist's career, from charcoal drawings to large-scale oil paintings of the human form, this chronological exhibit challenges conventional and historical ideals of female beauty. \$10 per person, includes transportation from the J - sign up at the senior office or J front desk.

US Constitution 101 - Tuesday, November 11, 1-3pm

Retired political science professor Nancy Kral discusses the constitution - what does it really say and what does that mean? Includes time for Q&A!

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.