

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	2 10 Yiddish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	3 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	4 10 Art Technique* 11 Balance Fitness 12 Lunch 1 J Players	5 9 Bridge 9:30 Rummikub 10 Grandfriends 11 Chair Yoga 12 Sponsored lunch with live entertainment
8 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	9 9:30 Senior Advisory Board 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Kimbell Museum*	10 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	11 10 Art Technique* 11 Balance Fitness 12 Lunch 1 J Players	12 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch - Richard Aston's Birthday
15 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Bingo with Renee	16 10 Yiddish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Rabbi Wolk 2 Chair Volleyball	17 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	18 10 Art Technique* 11 Balance Fitness 12 Lunch 1 J Players 1:30 Holocaust Museum*	19 9 Bridge 9:30 Rummikub 10 Grandfriends 11 Chair Yoga 12 Sponsored lunch with live entertainment
22 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	23 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	24 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	25 Closed for Christmas	26 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
29 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	30 10 Yiddish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	31 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura		

Program Descriptions

Grandfriends - Every other Friday at 10am, beginning December 5

Pair with a preschooler for fun and friendship! On December 5, join us to learn more about the program and sign up. Meet your preschool partner on December 19.

Holocaust Museum: Kindertransport Exhibit - Thursday, December 18 at 1:30pm

"Kindertransport - Rescuing Children on the Brink of War" showcases the astonishing rescue effort that, in nine months, brought thousands of unaccompanied children from Nazi-occupied Europe to the United Kingdom. Through personal artifacts, stories, and firsthand testimony, those who lived through the "Kindertransport," German for "children's transport," tell its history. Tickets are \$30 and include transportation from the J - sign up at the Senior office or J front desk.

J Players - Thursdays at 1pm

Join 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.

Kimbell Museum: Myth and Marble Sculpture Exhibit - Tuesday, December 9 at 1pm

See 58 masterpieces from Italy's famous Torlonia Collection. The sculptures range in date from 5th century BC to 4th century AD, and include large-scale figures of gods and goddesses, portraits of emperors, and magnificent monuments. Tickets are \$18 and include transportation from the J - sign up at the Senior Office or J front desk.

Lunch - Weekdays at Noon (Zale Auditorium)

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

Rabbi Wolk - Tuesday, December 16 at 1pm

Join Rabbi Howard Wolk to discuss "Modern Day Maccabees."

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
Facebook group page:
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.