

SENIORS • FEBRUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	3 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	4 9:30 Rummikub 11 Strength and Stretch 12 Lunch with The Legacy feat. Doc Gibbs 1 Canasta 1 Torah with Laura	5 10 Art Technique* 11 Balance Fitness 12 Lunch 1 J Players	6 9 Bridge 9:30 Rummikub 10 Grandfriends 11 Chair Yoga 12 Lunch
9 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	10 9:30 Senior Advisory Board 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	11 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	12 10 Art Technique* 11 Balance Fitness 12 Lunch 1 J Players	13 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Sponsored Lunch with Live Entertainment
16 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	17 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Rabbi Wolk 2 Chair Volleyball	18 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	19 10 Art Technique* 11 Balance Fitness 12 Lunch 1 J Players	20 9 Bridge 9:30 Rummikub 10 Grandfriends 11 Chair Yoga 12 Lunch
23 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Bingo with Renee	24 10:30 Yiddish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta/Swoosh 1 Chair Volleyball	25 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	26 10 Art Technique* 11 Balance Fitness 12 Lunch 1 J Players 1:30 Dallas World Aquarium*	27 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch

Membership Reminder

The events included on this calendar are open to Total J and Senior Social members. Health insurance memberships (Silver Sneakers, etc.) do not include senior programming. Not sure about your membership status? Ask any J staff member! Membership of any kind is not required for our lunch program.

Program Descriptions

Dallas World Aquarium - Thursday, February 26 at 1:30pm

Explore an immersive experience into diverse ecosystems! We'll explore the aquarium's impressive marine life exhibits as well as the multi-level rainforest environment, home to exotic birds, animals, and plants. Tickets for this self-guided outing are \$40 and include transportation from the J - sign up at the Senior Office or front desk.

Lunch - Weekdays at Noon

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

Lunch with The Legacy - Wednesday, February 4 at Noon

Join our friends Faith Retsky and Katharine Rubenstein from The Legacy Senior Communities for a special lunch with entertainment from one of our favorite singers, Doc Gibbs!

Rabbi Wolk - Tuesday, February 17 at 1pm

Rabbi Howard Wolk is a community chaplain affiliated with Jewish Family Service and offers a monthly lecture and discussion about Jewish values with our members. You do not have to be Jewish to attend!

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. Now in the dance studio.

Chair Yoga - increase flexibility and body awareness

Membership Reminder

The events included on this calendar are open to Total J and Senior Social members. Health insurance memberships (Silver Sneakers, etc.) do not include senior programming. Not sure about your membership status? Ask any J staff member! (Membership of any kind is not required for our lunch program.)

Contact Information

Lauren Chapman Kidd

Senior Adult Program Director
214-239-7115

lchapman@jccdallas.org

Anna Angorina

Senior Coordinator
214-239-7119

aangorina@jccdallas.org

Sharon Cane

Senior Department Office
Manager
214-239-7183

scane@jccdallas.org

Kay Hale

Senior Coordinator
214-239-7166

khale@jccdallas.org

Join our PRIVATE
Facebook group page:
J Dallas Seniors



Dallas

7900 NORTHAVEN ROAD
DALLAS, TX 75230

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.