

SENIORS • MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	3 10 Purim Breakfast with The Legacy/Yiddish Class 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta 1 Chair Volleyball	4 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura 1:30 Penelope the Musical*	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 11 Texas Tulips* 12 Lunch 1 Kaluki/Mahjong	10 9:30 Senior Advisory Board 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta 1 Rabbi Wolk 2 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 CANCELLED 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	17 <h2>Senior Expo</h2>		18 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	19 10 Art Technique CANCELLED 11 Balance Fitness 12 Lunch 1 J Players
23 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Bingo with Renee	24 10 Spanish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta 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	27 9 Bridge 9:30 Rummikub 9:30 Book Club 11 Chair Yoga 12 Sponsored Lunch with Live Entertainment
30 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	31 10:30 Yiddish 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Canasta 1 Chair Volleyball	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. Membership of any kind is not required for our lunch program.		*Programs with an asterisk incur an additional fee.

Program Descriptions



J Dallas Senior Expo - Tuesday, March 17 from 10am-1pm

Join us for this year's Senior Expo! Meet over 60 organizations making life better for seniors. Enjoy live music, Rummikub, a photo booth, silent disco dance party, and so much more! Free lunch available while supplies last. Enter to win an iPad!

Book Club - Friday, March 27 at 9:30am

Join us to discuss "A Fall of Marigolds" by Susan Meissner. Thank you to Linda Blasnik for leading our book club!

Lunch - Weekdays at Noon

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

Penelope the Musical - Wednesday, March 4 at 1:30pm

A brand new musical at Theatre 3! What's Penelope been up to since Odysseus went off to war? She's had a few drinks and started a band! So go ahead and grab a drink too, and listen to this ancient tale made new with a beautiful folk-inflected pop score about a woman wondering who she is if she's alone, and discovering that she is complete with or without a husband! Tickets are \$28 and include transportation from the J - sign up at the senior office or J front desk.

Purim Breakfast with The Legacy - Tuesday, March 3 at 10am

Rise and shine, it's Purim time! Join Faith and Katharine from The Legacy at Home for Purim festivities - karaoke, Purim schpiel, food, fun, and games and with prizes!

Texas Tulips - Monday, March 9 at 11am

Texas Tulips is the largest pick-your-own tulip farm in Texas with over ONE MILLION tulips blooming this spring! This day trip includes lunch at Pizzeria Testa in Frisco on the way to the tulip farm. the cost of lunch and pick-your-own tulips are not included in your registration fee. The \$18 registration fee includes transportation and admission to Texas Tulips. This outing features lots of walking on uneven terrain. Sign up at the senior office or J front desk.

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

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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.