

SENIORS • APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mark your calendar! Israel Independence Day Sunday April 26, 12:30-4:00pm Food, fun, and games for everyone! Tickets required - see front desk</p>		<p>1 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura</p>	<p>2 Closed for Passover</p>	<p>3 Closed for Passover</p>
<p>6 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong</p>	<p>7 10:30 Yiddish 10:30 Therapy Dogs 11 NIA/Line Dance 12 Lunch 1 Canasta 1 Seder Sweets with The Legacy 2 Chair Volleyball</p>	<p>8 Closed for Passover</p>	<p>9 Closed for Passover</p>	<p>10 9 Bridge 9:30 Rummikub 10 Grandfriends 11 Chair Yoga 12 Lunch</p>
<p>13 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong</p>	<p>14 9:30 Senior Advisory Board 10 Spanish 10:30 Therapy Dogs 11 NIA/Line Dance 12 Lunch 1 Canasta 1 Rabbi Wolk 2 Chair Volleyball</p>	<p>15 9:30 Rummikub 11 Strength and Stretch 11 Ennis Bluebonnet Trail* 12 Lunch 1 Canasta 1 Torah with Laura</p>	<p>16 10 Art Technique* 11 Balance Fitness 12 Lunch 1 J Players</p>	<p>17 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 Estate Planning Workshop</p>
<p>20 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong</p>	<p>21 10:30 Yiddish 10:30 Therapy Dogs 11 NIA 11 Line Dance 12 Lunch 1 Canasta 2 Chair Volleyball</p>	<p>22 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura</p>	<p>23 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Spectacular Follies* 1 J Players</p>	<p>24 9 Bridge 9:30 Rummikub 10 Grandfriends 11 Chair Yoga 12 Lunch</p>
<p>27 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong 1 Bingo with Renee</p>	<p>28 10 Spanish 10:30 Therapy Dogs 11 NIA 11 Line Dance 12 Lunch 1 Canasta</p>	<p>29 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura</p>	<p>30 10 Art Technique* 11 Balance Fitness 12 Lunch *Programs with an asterisk incur an additional fee.</p>	<p>Coming Up: The J Players Performance Sunday, May 3 at noon. Light brunch to follow.</p>

Program Descriptions

Ennis Bluebonnet Trail - Wednesday, April 15 at 11am

See the Official Texas Bluebonnet Trails in Ennis! From the comfort of our bus, a tour guide from Ennis Garden Club will take us to the best views and photo spots for the Texas State Flower - the bluebonnet! This day trip includes lunch at a local restaurant before the tour. Your \$20 registration fee includes the guided tour and transportation from the J - the cost of lunch is not included. Sign up at the senior office or J front desk.

Estate Planning Workshop - Friday, April 17 at 1pm

Asher Fried from Laurel Oaks Legacy Law will cover topics including wills and trusts, minimizing taxes, planning for incapacity, and common estate planning mistakes. Time for questions included!

Israel Independence Day - Sunday, April 26 from 12:30-4pm

Celebrate Israel at 78! Enjoy fun, food, and games for the whole family. Lots of fun including: DJ playing Israeli music, American and Israeli food for sale, bracelet making, Israeli crafts, photo booth, Tzofim organizing games and activities! Tickets required - see the front desk to sign up.

Lunch - Weekdays at Noon

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

Seder Sweets with The Legacy - Tuesday, April 7 at 1pm

Join The Legacy at Home for a Candyland seder trail, which is both spiritually uplifting and delightfully indulgent. We'll recount the Haggadah's story, search for the Afikomen gumdrops, and experience a festive journey.

Spectacular Follies - Thursday, April 23 at 1pm

See "Curtain Up! The Best of Broadway," a joyful journey through Broadway's most beloved musicals—performed with heart, humor, and Follies flair. From iconic show tunes to high-kicking ensemble numbers, this is a theatrical event you won't want to miss! This year's show is chock-full of Ziegfeld-style glamour, talent and some big-time performers - all 55 or older. Tickets are \$50 and include transportation from the J. 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

NEW! Line Dance - learn new and classic line dances with an experienced instructor! All levels welcome.

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

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.