

# SENIORS • JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:30 Sewing/Knitting 10 Art Technique 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong	<b>2</b> 10 Yiddish 10:30 Therapy Dogs 11 NIA/Line Dance 12 Lunch 1 Canasta 1 Chair Volleyball	<b>3</b> 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta 1 Glee Club Karaoke with The Legacy	<b>4</b> 10 Art Technique 11 Balance Fitness 12 Lunch	<b>5</b> 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
<b>8</b> 9:30 Sewing/Knitting 10 Art Technique 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong	<b>9</b> 10 Spanish 10:30 Therapy Dogs 11 NIA/Line Dance 12 Lunch 1 Canasta 1 Chair Volleyball	<b>10</b> 9:30 Rummikub 11 Strength and Stretch 12 Lunch 12 Lunch 1 Canasta	<b>11</b> 10 Art Technique 11 Balance Fitness 12 Lunch 3 Tech Basics Workshop	<b>12</b> 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
<b>15</b> 9:30 Sewing/Knitting 10 Art Technique 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong 1 Bingo with Renee	<b>16</b> 10 Yiddish 10:30 Therapy Dogs 11 NIA/Line Dance 12 Lunch 1 Canasta 1 Rabbi Wolk 2 Chair Volleyball	<b>17</b> 9:30 Rummikub 11 Strength and Stretch 12 Lunch 12 Lunch 1 Canasta	<b>18</b> 10 Art Technique 11 Balance Fitness 12 Lunch	<b>19</b> 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
<b>22</b> 9:30 Sewing/Knitting 10 Art Technique 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong	<b>23</b> 10 Spanish 10:30 Therapy Dogs 11 NIA 11 Line Dance CANCELLED 12 Lunch 1 Canasta 1 Chair Volleyball	<b>24</b> 9:30 Rummikub 11 Strength and Stretch 12 Lunch 12 Lunch 1 Canasta	<b>25</b> 10 Art Technique 11 Balance Fitness 12 Lunch	<b>26</b> 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
<b>29</b> 9:30 Sewing/Knitting 10 Art Technique 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong	<b>30</b> 10 Yiddish 10:30 Therapy Dogs 11 NIA 11 Line Dance 12 Lunch 1 Canasta 1 Chair Volleyball	<b>Mark your calendar!</b> <b>Fiddler on the Roof</b> Sunday, June 14 at 1:30pm \$50 - transportation from the J included		The art technique class currently has a waiting list.

## Program Descriptions

### Fiddler on the Roof - Sunday, June 14 at 1:30pm

It's all about Tradition! Fiddler on the Roof follows Tevye, a devoted father striving to protect his family's traditions as the world around them shifts. Filled with iconic music, heartfelt humor, and powerful storytelling, this beloved musical celebrates resilience, community, and the enduring strength of the human spirit. Experience a timeless classic that continues to move audiences of every generation. Tickets are \$50 and include transportation from the J. Sign up at the Senior Office or JCC front desk.

### Glee Club Karaoke with The Legacy at Home - Wednesday, June 3 at 1pm

Join the Karaoke Glee Club! No need to audition! All joyous voices are welcome! Back by popular demand, The Legacy at Home will lead the musical fun!

### Lunch - Weekdays at Noon

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

### Tech Basics Workshop - Thursday, June 11 at 3 PM

Presented by Jewish Family Service. Join this one-hour session to get friendly, step-by-step help with your technology questions. Whether you're learning something new or just need a refresher, we'll work through it together at your pace. Please bring your own laptop, mobile phone, or iPad.

### Fitness Classes:

Silver Fit - strength training using light hand weights

NIA - dance fitness for mind, body, and soul

Line Dance - learn new and classic line dances! 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

### 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

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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.