

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mark your calendar! Hello Dolly Sunday, July 26 at 1:30pm \$50 - transportation from the J included		1 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta	2 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Thugs Who Knew Torah: Jewish Gangsters	3 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
*Programs with an asterisk incur an additional fee.				
6 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong	7 10:30 Yiddish 10:30 Therapy Dogs 11 NIA/Line Dance 12 Lunch 1 Canasta 1 Chair Volleyball	8 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta	9 10 Art Technique 11 Balance Fitness 12 Lunch 1 Thugs Who Knew Torah: Jewish Gangsters 3 Tech Basics Workshop	10 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
13 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong	14 10 Spanish 10:30 Therapy Dogs 11 NIA/Line Dance 12 Lunch 1 Canasta 1 Rabbi Wolk 2 Chair Volleyball	15 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta	16 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Thugs Who Knew Torah: Jewish Gangsters	17 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
20 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong	21 10 Yiddish 10:30 Therapy Dogs 11 NIA 11 Line Dance 12 Lunch 1 Canasta 1 Chair Volleyball	22 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta	23 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Thugs Who Knew Torah: Jewish Gangsters	24 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
27 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Learn and Play Kaluki 1 Mahjong 1 Bingo with Renee	28 10 Spanish 10:30 Therapy Dogs 11 NIA 11 Line Dance 12 Lunch 1 Canasta 1 Chair Volleyball	29 9:30 Rummikub 11 Strength and Stretch 12 Lunch 1 Canasta *Choctaw Outing	30 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Thugs Who Knew Torah: Jewish Gangsters	31 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch

Program Descriptions

Hello Dolly - Sunday, July 26 at 1:30pm

Bursting with charm, wit, and show-stopping spectacle, Hello, Dolly! follows the unstoppable Dolly Levi as she sets out to transform lives—including her own—with a little matchmaking magic. When Dolly arrives in Yonkers to arrange a marriage for the wealthy Horace Vandergelder, she quickly decides he'd be far better off as her next husband. What follows is a whirlwind of romance, comedy, and joyous musical numbers as Dolly leads everyone on an unforgettable adventure toward love, laughter, and second chances. Tickets are \$50 and include transportation from the J. Sign up at the Senior Office or JCC front desk.

Thugs Who Knew Torah: Jewish Gangsters

Mob bosses. Bookmakers. Bootleggers. And yes—students of Torah. This dynamic, multimedia class dives into the lives of infamous Jewish gangsters like Lansky, Siegel, and Rothstein, revealing a gripping and unexpected side of Jewish history. We'll break stereotypes, unpack the realities of immigrant life, and explore how some Jews carved out power in America's criminal underworld.

Lunch - Weekdays at Noon

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

Tech Basics Workshop - Thursday, July 9 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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Join our PRIVATE
Facebook group page:
J Dallas Seniors



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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.