

SENIORS • AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	4 10:00 Yiddish 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Chair Volleyball	5 9:30 Rummikub 10:30 Therapy Dogs 11 Strength and Stretch 12 Lunch 1 Canasta 1 Sing-a-long with Sherri	6 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Jewish Gangsters with Beri Schwitzer	7 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
10 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	11 930 "Women Talking" Book Club Movie 10 Spanish 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Chair Volleyball	12 9:30 Rummikub 10:30 Therapy Dogs 11 Strength and Stretch 12 Lunch 1 Canasta	13 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Global Jews with Beri Schwitzer 3 Tech Basics 5 Senior Game Night RSVP essential - to Sharon/Val	14 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
17 9:30 Sewing/Knitting 10 Art Technique 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Texas Discovery Gardens*	18 10 Yiddish 11 Exercise with Ernesto 12 Lunch 1 Rabbi Wolk 2 Chair Volleyball	19 9:30 Rummikub 10:30 Therapy Dogs 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	20 10 Art Technique 11 Balance Fitness 12 Lunch 1 Global Jews with Beri Schwitzer	21 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 Field of Dreams Movie Showing
24 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Bingo with Renee	25 10 Spanish 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Chair Volleyball	26 9:30 Rummikub 10:30 Therapy Dogs 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	27 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Global Jews with Beri Schwitzer	28 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch 6:15 Adult Shabbat Dinner* RSVP essential to Sharon/Val
31 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong		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

Jews from Far-Flung Places: Exploring Global Judaism

Discover the rich diversity of Jewish life around the world. From Ethiopia and India to China, Central Asia, and Latin America, this course explores the history, traditions, and cultures of Jewish communities that developed far from the traditional centers of Jewish life. Join us for a fascinating journey that broadens our understanding of the global Jewish experience. No passport required—just curiosity and a willingness to explore the rich tapestry of global Jewish life.

Lunch - Weekdays at Noon

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

Tech Basics Workshop - Thursday, August 13 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

Exercise with Ernesto - strong heart, strong muscles, big smiles! Chair cardio & strength at its best!

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

Texas Discovery Gardens at Fairpark: Monday August 17

The tropical landscape transports you to the native habitats of our exotic butterflies. Stroll through and take in the sights as our butterflies dance around you. This is a climate-controlled environment and is warm year-round! Peaceful and fascinating, this place is home to hundreds of butterflies. The Tropical landscape transports you to the native habitats of exotic butterflies. Stroll through and take in the sights. Visit the insectarium as well

Adult Shabbat Dinner - Friday, August 28 at 6:15

Some of the best conversations happen around the Shabbat table. Whether you're catching up with old friends or hoping to meet new ones, Senior Shabbat Dinner is an opportunity to slow down, share a delicious meal, and experience the warmth of Shabbat together.

Come with friends, bring your partner, or come on your own—there's always a place for you at the table. For \$30, the night includes a full Shabbat dinner, Wine (21+), plus meaningful conversation and new connections! Space is limited to keep the evening intimate, so reserve your seat today.

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

Sharon Cane

214-239-7183

scane@jccdallas.org

Val Donosky

214-239-7115

vdonosky@jccdallas.org

Kay Hale

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.