



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Programs with an asterisk incur an additional fee.	1 10:00 Yiddish 11 Line Dancing 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Chair Volleyball	2 9:30 Rummikub 10:30 Therapy Dogs 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	3 10 Art Technique 11 Balance Fitness 12 Lunch 1 Global Jews with Beri Schwitzer	4 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 Honest Conversations about Falls w/ Thomas Ziperovich, BSN, RN
7 CLOSED FOR LABOR DAY	8 9:30 Senior Board Meeting 10 Spanish 11 Line Dancing 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Chair Volleyball	9 9:30 Rummikub 10 SENIOR LOUNGE GRAND OPENING 10:30 Therapy Dogs 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	10 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Global Jews with Beri Schwitzer	11 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 Medicare Update w/ Renee
14 9:30 Sewing/Knitting 10 Art Technique 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	15 10 Yiddish 11 Line Dancing 11 Exercise with Ernesto 12 Lunch 1 Rabbi Wolk 2 Chair Volleyball	16 9:30 Rummikub 10:30 Therapy Dogs 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	17 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Global Jews with Beri Schwitzer	18 9 Bridge 9:30 Book Club- "Little Wartime Library" 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 Field of Dreams Movie Showing
21 CLOSED FOR YOM KIPPUR	22 10 Spanish 11 Line Dancing 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Chair Volleyball	23 9:30 Rummikub 10:30 Therapy Dogs 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	24 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Global Jews with Beri Schwitzer	25 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 Karaoke
28 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Bingo w/ Renee	29 10:00 Yiddish 11 Line Dancing 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Chair Volleyball	30 9:30 Rummikub 10:30 Therapy Dogs 11 Strength and Stretch 12 Lunch 1 Canasta 1 Torah with Laura	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.	



Program Descriptions

An Honest Conversation About Falls- September 4 at 1 PM

The bad news: 1 in 4 older adults fall every year, and most go completely unreported! The good news: most falls are predictable and preventable when your healthcare team has the right information. Join Thomas Ziporovich, BSN, RN, for a candid, practical talk on falls. Learn why near-misses count just as much as falls themselves, what your body is telling you before it happens, and simple steps to stay independent—open discussion and Q&A to follow.

Senior Lounge Grand Opening- September 9 at 10 AM

We are thrilled to announce the grand opening of our “NEW” Senior Lounge. We thank everyone concerned for providing us with new paint, flooring, and beautiful furniture and accessories. Already this room is used by many of our Seniors playing various games, watching a video, listening to music and just “shmoozing”. Very soon there will be coffee and tea available all day long.

Jews from Far-Flung Places: Exploring Global Judaism- Thursdays at 1 PM

Discover the rich diversity of Jewish life worldwide. 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.

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.

Membership Reminder

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Contact Information

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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.