

SENIORS • OCTOBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Programs with an asterisk incur an additional fee.	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.		1 10 Art Technique 11 Balance Fitness 12 Lunch	2 9 Bridge 9:30 Book Club- "Little Wartime Library" 9:30 Rummikub 10 Vaccinations 11 Chair Yoga 12 Lunch 1 Benefits by Kaela
5 9:30 Sewing/Knitting 10 Art Technique 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	6 10 Spanish 11 Line Dancing 11 NIA 12 Lunch 1 Rabbi Wolk 2 Chair Volleyball	7 9:30 Rummikub 10:30 Therapy Dogs 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Torah with Laura	8 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Jews in the South with Beri Schwitzer	9 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch and Senior Follies performance
12 9:30 Sewing/Knitting 10 Trip to Downtown McKinney* 10 Art Technique 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	13 9:30 Senior Board Meeting 10 Yiddish 11 Line Dancing 11 NIA 12 Lunch 1 Canasta 1 Chair Volleyball	14 9:30 Rummikub 10:30 Therapy Dogs 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Torah with Laura	15 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Jews in the South with Beri Schwitzer	16 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch
19 9:30 Sewing/Knitting 10 Art Technique 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong	20 10 Spanish 11 Line Dancing 11 NIA 12 Lunch 1 Canasta 1 Chair Volleyball	21 9:30 Rummikub 10:30 Therapy Dogs 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Torah with Laura	22 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Jews in the South with Beri Schwitzer	23 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 Karaoke
26 9:30 Sewing/Knitting 10 Art Technique* 11 Silver Fit 12 Lunch 1 Kaluki/Mahjong 1 Bingo w/ Renee	27 10:00 Yiddish 11 Line Dancing 11 NIA 12 Lunch 1 Canasta 1 Chair Volleyball	28 9:30 Rummikub 10:30 Therapy Dogs 11 Exercise with Ernesto 12 Lunch 1 Canasta 1 Torah with Laura	29 10 Art Technique* 11 Balance Fitness 12 Lunch 1 Jews in the South with Beri Schwitzer 1:15 Arboretum Trip*	30 9 Bridge 9:30 Rummikub 11 Chair Yoga 12 Lunch 1 Annual Enrollment with Renee



Program Descriptions

Jews in the South with Beri Shwitzer- Thursdays at 1 PM

Southern Jewish History- Explore the history of Southern Jewish people: their origin stories and immigration, the impact of the Civil War and influential Jewish Southerners, assimilation, and civil rights.

Downtown McKinney Outing- Monday, October 12th at 10 AM

Enjoy the charm of historic downtown McKinney, with its unique boutiques, local shops, restaurants, and more. Take your time strolling the square, shopping, and enjoying lunch at a restaurant of your choice. \$15 includes transportation, but lunch and shopping are on your own. Contact Sharon or Val to sign up!

Dallas Arboretum Outing - Thursday, October 29, from 1:15 to 4:30/5 PM

Enjoy Fall at the Arboretum with the JCC Seniors! The Pumpkin Village embraces the theme Harvest Hues, reimagined through the lens of modern and contemporary artists including Basquiat, Rothko, Bourgeois, Mondrian, Escher, and Pollock. Bring your own lunch, or buy lunch at the Arboretum. \$30 for entry and transportation. Contact Sharon or Val to sign up!

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

NIA - dance fitness for mind, body, and soul

Line Dance - learn new and classic line dances! All levels welcome.

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

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.