



# DALLAS JCC SENIOR SPOTLIGHT

SHARING A PAST, CREATING A FUTURE

## AUGUST 2018

UPDATES ONLINE AT [JCCDALLAS.ORG/SENIORS](http://JCCDALLAS.ORG/SENIORS)

**MONDAY, AUGUST 6, 13, 20 & 27  
10:00AM IN SENIOR LOUNGE**

SPANISH CLASS. Improve your brain function by learning a new language. With Rosie, learning is fun and easy.

**MONDAY, AUGUST 6, 13, 20 & 27  
1:00PM IN GROUP FITNESS STUDIO**

TAI CHI. Tai Chi relieves physical affects of stress, promotes deep breathing, improves lower body and leg strength, can help with arthritis pain, and reduces blood pressure. Judith takes us through an easy workout of Tai Chi.

**WEDNESDAY, AUGUST 1  
11:00AM IN SENIOR LOUNGE**

MEDICARE MADE CLEAR. Our friends from the Copeland Insurance Group lead this discussion.

**THURSDAY, AUGUST 2  
12:45PM BUS LEAVES THE J**

THEATER MATINEE: Off to the Music Hall to see *Love Never Dies* at Dallas Summer Musicals. This event is full.

**FRIDAY, AUGUST 3  
11:00AM IN SENIOR LOUNGE**

MEDICARE MAVEN. Our friend Renee Elsner of Renee Cares navigates the maze of Medicare.

**FRIDAY, AUGUST 3  
NOON IN ZALE AUDITORIUM**

SUPPORTING THE BLUE. Join us for lunch as we support the brave people from the police department.

**TUESDAY, AUGUST 7  
10:00AM IN SENIOR LOUNGE**

STOCK MARKET UPDATE. Prosperity Bank updates us on the current market and gives insights on how current macro situations affect the marketplace.

**FRIDAY, AUGUST 10  
10:00AM IN SENIOR LOUNGE**

DIALOGUES FROM THE DIASPORA. Our community center houses some folks who have extraordinary tales on how they reached Dallas. Each month we will explore a person's journey to our country and share their experiences. Today, Walter J. Levy shares his journey from Germany.

**WEDNESDAY, AUGUST 15  
10:30AM IN SENIOR LOUNGE**

SOCIAL LIGHTS' \$1 BINGO. Lots of laughs and prizes at our monthly bingo gathering. \$1 to play. Sponsored by our friends at The Legacy.

**THURSDAY, AUGUST 16  
12:45PM BUS LEAVES THE J**

THEATER MATINEE: Join us for the musical *School of Rock* at Dallas Summer Musicals. Tickets still available.

**FRIDAY, AUGUST 17  
10:00 AM IN SENIOR LOUNGE**

STAGE RIGHT TO STAGE LEFT TO SENIOR LIVING. Ruby Care Senior Living Advisors provide valuable advice on finding the appropriate living community for you.

**FRIDAY, AUGUST 24  
10:00AM IN SENIOR LOUNGE**

DIALOGUES FROM THE DIASPORA. Our community center houses some folks who have extraordinary tales on how they reached Dallas. Today, Anita Marx shares her arrival from England.

**MONDAY-FRIDAY, AUGUST 27-31  
ALL DAY IN LOBBY**

SENIOR ART SHOW. Weeklong show featuring works of our senior artists on display in the lobby. Artist reception for all 10am-Noon on Thursday, August 30.



### ATTENTION GAMERS

The JCC Senior Department manages room reservations for our bridge, canasta, mah jongg and poker games. However, the staff **does not** arrange these games. Individual participants arrange their own groupings. Also, all participants must be JCC members in good standing.

## SUNDAY FOOD & FIT

**SUNDAY, AUGUST 5 & 19  
11:30AM IN ZALE AUDITORIUM**

A freshly-prepared light brunch, followed by Tai Chi exercise class. Sponsored by Jewish Federation of Greater Dallas.

## GREETINGS

Help us spread sunshine. See Marge Karpel or Rozann Hermann to send greeting cards to family and friends.

## MATINEE SHOW

**THURSDAY, AUGUST 16**

Join us for the touring production of the hit Broadway show "School of Rock." Presented by Dallas Summer Musicals at Fair Park. Tickets on sale in Senior Dept.

## COOKBOOK

The Senior Department is reviving the cookbook we printed in 2002. We want to update the content, and involve YOU in this project. We are looking for delicious tried and tested recipes – preferably kosher/kosher style. If you would like to share a recipe with us, please bring it to the Senior Office by August 17 or email to: [scane@jccdallas.org](mailto:scane@jccdallas.org).

## UPCOMING

Orator Judy Washbon presents a presentation of the myth, mystery and legend of Sacajawea (Sept. 4); Our annual afternoon at the Texas State Fair (Oct. 4); Our annual Senior Expo here at The J (Oct. 16).

**PLEASE SEE THE BACK OF  
THIS NEWSLETTER FOR DAILY  
SCHEDULE OF REGULAR CLASSES  
AND SENIOR PROGRAMS.**



# SENIOR CALENDAR

Aaron Family JCC, 7900 Northaven Rd, Dallas TX 75230

# AUG 2018

jccdallas.org/seniors

**KATHARINE RUBENSTEIN**  
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Senior Dept. Office Manager  
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M T W T F

		<b>1</b> 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Hand Massages by The Legacy <b>10:30 Core 4 Life</b> <b>11 Medicare Made Clear!</b>  <b>Noon Kosher Lunch</b>  1-2 Chorus  1-4 Mah Jongg	<b>2</b> 9:30 Chair Pilates 10-12 Art Class 11 Therapy Dogs  <b>Noon Federation Kosher Lunch</b>  <b>12:45 Leave for Love Never Dies—DSM</b> 1-2:30 Line Dancing  1 Poker/ Bridge/ MahJ	<b>3</b> 9:15 On the Move! 9-12 Bridge Club <b>10 Medicare Maven! by Renee Cares</b>  <b>11 NIA</b>  <b>Special Police Luncheon</b> <b>Noon Hot Kosher Lunch</b>  1:15 A Need to Know
		<b>6</b> 9:15 On the Move! 9:30 Knitting Class & Sewing Group <b>10 Spanish</b> 11:15 Chair Yoga  <b>Noon Kosher Lunch</b>  <b>1 Tai Chi with Judith</b> 1 Poker/ Bridge/ Mahj	<b>7</b> 9-12 or 10-3 Bridge Club  <b>10 Stock Market Update</b>  <b>Noon Kosher Lunch</b>  1-3 Canasta	<b>8</b> 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Chair Tai Chi w/ Chinook  11 Larry the Philosopher  <b>Noon Kosher Lunch</b>  1-2 Chorus 1-4 Mah Jongg
<b>13</b> 9:15 On the Move! 9:30 Knitting Class & Sewing Group <b>10 Spanish</b> 11:15 Chair Yoga <b>Noon Kosher Lunch</b>  <b>1 Tai Chi with Judith</b> 1 Poker/ Bridge/ Mahj	<b>14</b> 9-12 or 10-3 Bridge Club  9:30 Tai Chi with Judith  <b>Noon Kosher Lunch</b>  1-3 Canasta	<b>15</b> 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 9:30 Circle of Support  10:30 \$1 Bingo by The Legacy  <b>Noon Kosher Lunch</b>  1-2 Chorus	<b>16</b> 9:30 Chair Pilates 10-12 Art Class  11 Therapy Dogs <b>Noon Federation Kosher Lunch</b> <b>12:45 Leave for School of Rock—DSM</b> 1-2:30 Line Dancing  1 Poker/ Bridge/ MahJ	<b>17</b> 9:15 On the Move! 9-12 Bridge Club <b>10 Stage Right to Stage Left to Senior Living</b> <b>11 NIA</b>  <b>Noon Kosher Lunch</b> <b>FEDERATION Frozen Food Distribution</b>  1:15 A Need to Know
<b>20</b> 9:15 On the Move! 9:30 Knitting Class & Sewing Group <b>10 Spanish</b> 11:15 Chair Yoga <b>Noon Kosher Lunch</b>  <b>1 Tai Chi with Judith</b> 1 Poker/ Bridge/ Mahj	<b>21</b> 9-12 or 10-3 Bridge Club 9:30 Tai Chi with Judith  10:30 Brain Games with Renee <b>Noon Kosher Lunch</b> 1-3 Canasta  <b>7 Garden Club—</b> Bromeliads by Gina Woods	<b>22</b> 9 Breakfast Grab 'N Go  9:15 On the Move Tai Chi  <b>Noon Kosher Lunch</b>  1-2 Chorus 1-4 Mah Jongg	<b>23</b> 9:30 Chair Pilates 10-12 Art Class  11 Therapy Dogs <b>Noon Federation Kosher Lunch</b>  1-2:30 Line Dancing  1 Poker/ Bridge/ MahJ	<b>24</b> 9:15 On the Move! 9-12 Bridge Club <b>10 Dialogues of the Diaspora</b> <b>11 NIA</b>  <b>Noon Kosher Lunch</b> <b>FEDERATION Frozen Food Distribution</b>  1:15 A Need to Know
<b>27 Art Exhibit</b> 9:15 On the Move! 9:30 Knitting Class & Sewing Group <b>10 Spanish</b> 11 Joel Batalsky 11:15 Chair Yoga <b>Noon Kosher Lunch</b>  <b>1 Tai Chi with Judith</b> 1 Poker/ Bridge/ Mahj	<b>28 Art Exhibit</b> 9-12 or 10-3 Bridge Club <b>10 Core 4 Life</b>  10:30 Stories with Harriet  <b>Noon Kosher Lunch</b>  1-3 Canasta	<b>29 Art Exhibit</b> 9 Breakfast Grab 'N Go 9:15 On the Move Tai Chi 10 Chair Tai Chi w/ Chinook  <b>Noon Kosher Lunch</b>  1-2 Chorus  1-4 Mah Jongg	<b>30 Art Exhibit</b> 9:30 Chair Pilates <b>10-12 Artist Reception</b> 11 Therapy Dogs 11 Rabbi Zell <b>Noon Bank of America Kosher Lunch with Nutrition Education</b>  1-2:30 Line Dancing  1 Poker/Bridge/MahJ	<b>31 Art Exhibit</b> 9:15 On the Move! 9-12 Bridge Club  <b>11 NIA</b>  <b>Noon Kosher Lunch</b> <b>FEDERATION Frozen Food Distribution</b>  1:15 A Need to Know

**Lunch is served at Noon for a \$3.50 suggested donation. Must be seated on time. Sorry, no take-out.**