


February 2018 College Avenue Center

6299 Capri Drive, San Diego, CA 92120 (858) 637-3270

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Foodbank Distribution: Monday, February 26 @ 1:00 p.m. Knitting Group: Tuesdays @ 12:30p.m. Memories in the Making: Monday February 5 & 19 @1:00p.m. Russian ESL: Tuesdays and Fridays @ 11:00 a.m.</p>				<p>9:00 Painting 1 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Computer Open Lab 12:30 Mah Jongg 12:30 Men's Group 12:45 Presentation by Dr. Steinberg: Diabetes, Dementia, and Depression</p>	<p>9:00 Health Ed: Aerobics 2 10:30 Feeling Fit 12:30 Writing Class Orientation 12:30 Entertainment: Karaoke with Laura Jane 12:30 Computer Open Lab 12:30 Nutrition Class</p>
<p>9:00 Health Ed: Aerobics 5 9:30 Brain HQ– R 10:30 Feeling Fit 11:15 Meditation 12:30 Strength Training—\$ 12:30 Performance by Latin Singers 12:30 Chronic Illness Class Ori-</p>	<p>9:00 Tai Chi 6 10:30 Exercise with Niki 10:30 Current Events Group 12:20 Trivia Tuesday 12:30 MOPA Class p.1 1:00 Fitness Fun w/ Sharon</p>	<p>9:00 Health Ed: Aerobics 7 9:30 Brain HQ– R 10:30 Drama Class 10:30 Feeling Fit 11:00 Coffee with the Rabbi 12:30 Bingo-\$ 12:30 Painting 12:45 Comp. Class: Word Pro-</p>		<p>9:00 Painting 8 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Computer Open Lab 12:30 Mah Jongg 12:30 Men's Group 12:45 Lindsay: -Health & Vibrancy</p>	<p>9:00 Health Ed: Aerobics 9 9:30 Crafts Class 10:30 Feeling Fit 10:45 Yoga-\$ 12:30 Entertainment: Tony DeTorre—vocals 12:30 Computer Open Lab 12:30 Nutrition Class</p>
<p>9:00 Health Ed: Aerobics 12 9:30 Brain HQ– R 10:30 Feeling Fit 11:15 Meditation 12:30 Strength Training—\$ 12:30 Project Care & Resource Info 1:00 Ralph De Lauro: I Confess 1:00 Latin Singers</p>	<p>9:00 Tai Chi 13 10:30 Exercise with Niki 10:30 Current Events Group 12:20 Trivia Tuesday 12:30 MOPA Class p.2 1:00 Fitness Fun w/ Sharon</p>	<p>9:00 Health Ed: Aerobics 14 9:30 Brain HQ– R 9:30 HICAP—Appointments Only 10:30 Feeling Fit 12:20 Fresh Market 12:30 Bingo-\$ 12:30 Painting 12:30 Seniors Sing</p>		<p>9:00 Painting 15 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Computer Open Lab 12:30 Mah Jongg 12:45 Story of Purim– Rabbi Benj 1:30 Drawing Class</p>	<p>10:00/11:00 Russian Lab/ESL 16 10:30 Feeling Fit—Video 10:45 Yoga-\$ 12:30 Entertainment: Gil Alcantar– Music 12:30 Cyber Café Open Lab-\$</p>
<p>9:30 Brain HQ– R 19 10:30 Feeling Fit—Video 11:15 Meditation 12:30 Strength Training—\$ 1:00 Films w/ Judith: Moguls and Movie Stars: Attack of the Small Screen 1:00 Latin Singers</p>	<p>9:00 Tai Chi 20 10:30 Exercise with Niki 10:30 Current Events Group 11:30 Blood Pressure Check 12:20 Trivia Tuesday 12:30 MOPA Class p.3 12:45 Women and Heart Health 1:00 Fitness Fun w/ Sharon</p>	<p>9:00 Health Ed: Aerobics 21 9:30 Brain HQ– R 10:30 Drama Class 10:30 Feeling Fit 11:00 Coffee with the Rabbi 12:30 Bingo-\$ 12:30 Painting 12:45 Comp. Class: Word Pro-</p>		<p>9:00 Painting 22 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Computer Open Lab 12:30 Mah Jongg 12:45 Presentation with Dr. Baron And The Winner Is...Academy Awards</p>	<p>9:00 Health Ed: Aerobics 23 9:30 Crafts Class 10:30 Feeling Fit 10:45 Yoga-\$ 12:30 Entertainment: Joana Dzik– Violin and Singing 12:30 Computer Open Lab 12:30 Nutrition Class</p>
<p>9:00 Health Ed: Aerobics 26 9:30 Brain HQ– R 10:30 Feeling Fit 11:15 Meditation 12:30 Strength Training—\$ 12:30 Why Vietnam Still Matters-Talk 1:00 Latin Singers</p>	<p>9:00 Tai Chi 27 10:30 Exercise with Niki 10:30 Current Events Group 12:20 Trivia Tuesday 12:30 MOPA Class p.4 1:00 Fitness Fun w/ Sharon</p>	<p>9:00 Health Ed: Aerobics 28 9:30 Brain HQ– R 10:30 Feeling Fit 11:15 Hearing Aid Checks 12:20 Fresh Market 12:30 Bingo-\$ 12:30 Painting 12:30 Seniors Sing 12:45 Comp. Class: Word Pro-</p>			



Congregate meals are sponsored by the Older American's Act Funds and awarded by the County of San Diego through Aging and Independence Services. Meals are provided by Jewish Family Service of San Diego.

COLLEGE AVENUE CENTER
6299 Capri Drive, San Diego, CA 92120
FEBRUARY 2018

Menu is subject to change without notice.

Meals are served at noon. Reservations are **not** required.

We now offer more meal options! When you order the hot lunch you will be given the option of choosing the Daily Lunch (published here), Chef's Daily Special, or our fresh salad bar. The Chef's Special is available on a first come, first served basis, and changes on a daily basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Irina Kryuchkova Senior Nutrition Manager (858) 637-3278 		Lentil Soup 1 Baked Tilapia Brown Rice Italian Mixed Vegetables Tropical Fruit	Beet Salad 2 Beef Stew Mashed Potatoes Carrots Peaches
Mixed Salad 5 Salisbury Steak Sweet Potato Parsley Carrots Orange	Mexican Fiesta Salad 6 Chicken Fajita Spanish Rice Peas Cantaloupe	Romaine Salad 7 Stuffed Pepper Mashed Potatoes Green Beans Banana	Potao Soup 8 Lasagna Brussels Sprouts Pear	Greek Salad 9 Chicken Carbonara Pasta Mixed Vegetables Applesauce
Chinese Coleslaw 12 Teriyaki Chicken Asian Noodles Broccoli Apricots	Spring Salad 13 Beef Pirogue Roasted Potatoes Green Beans Banana	Tomato Salad 14 Roasted Turkey Cornbread Stuffing Peas and Carrots Cantaloupe	Split Pea Soup 15 Tilapia w/ Parsley & Lemon Au Gratin Potatoes Spinach Pineapple	Cucumber Salad 16 Brisket w/Gravy Kasha Varnishka Peas and Carrots Grapes/Birthday Cake
Greek Salad 19 Pasta Bolognese Roasted Zucchini Orange	Cucumber Salad 20 Chicken Cutlets Buttery Noodles Winter Vegetables Tropical Fruit	Italian Mix Salad 21 Cabbage Roll Garlic Mashed Potatoes Confetti Corn Banana	Lenitl Soup 22 Spinach Quiche Quinoa California Vegetables Fresh Orange	Beet Salad 23 Herb Roasted Chicken Sweet Potato Carrots Applesauce
Caesar Salad 26 Veal Cutlets Potato Medley Brussels Sprouts Pear	Coleslaw 27 Burgundy Beef Kasha Broccoli Peaches	Beet Salad 28 Breaded Chicken Couscous California Vegetables Mandarin Oranges		

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Foodbank Distribution: Monday, March 26 @ 1:00 p.m.
Knitting Group: Tuesdays @ 12:30p.m.
Memories in the Making: Monday March 5 & 19 @1:00p.m.
Russian ESL: Tuesdays and Fridays @ 11:00 a.m.



<p>9:00 Health Ed: Aerobics 5</p> <p>9:30 Brain HQ– R</p> <p>10:30 Feeling Fit</p> <p>11:00 NEW! Computer Open Lab</p> <p>11:15 Meditation</p> <p>12:30 Strength Training—\$</p> <p>1:00 The Political Divide—Talk</p> <p>12:45 Comp. Class: Basic Skills</p>	<p>9:00 Tai Chi 6</p> <p>10:30 Exercise with Niki</p> <p>10:30 Current Events Group</p> <p>12:20 Trivia Tuesday</p> <p>12:45 Presentation: Celebrating Aging</p> <p>1:00 Fitness Fun w/ Sharon</p>	<p>9:00 Health Ed: Aerobics 7</p> <p>9:30 Brain HQ– R</p> <p>10:30 Drama Class</p> <p>10:30 Feeling Fit</p> <p>11:00 Coffee with the Rabbi</p> <p>12:30 Bingo-\$</p> <p>12:30 Painting</p>	<p>9:00 Painting 1</p> <p>10:30 Exercise with Niki</p> <p>10:30 Laughter Yoga</p> <p>11:15 Purim Celebration w/ TEE</p> <p>12:30 Computer Open Lab</p> <p>12:30 Mah Jongg</p> <p>12:30 Men’s Group</p> <p>12:45 Purim Schpiel—Play</p> <p>1:30 Drawing Class</p>	<p>9:00 Health Ed: Aerobics 2</p> <p>10:30 Feeling Fit</p> <p>12:30 Music: High Society Jazz Band—New Orleans Jazz</p> <p>12:30 Computer Open Lab</p> <p>12:30 Nutrition Class</p>
<p>9:00 Health Ed: Aerobics 12</p> <p>9:30 Brain HQ– R</p> <p>10:30 Feeling Fit</p> <p>11:00 NEW! Computer Open Lab</p> <p>11:15 Meditation</p> <p>12:30 Project Care & Resource Info</p> <p>12:30 Strength Training—\$</p> <p>12:45 Comp. Class: Basic Skills</p> <p>p.2</p> <p>12:45 The Chocolate Trail—Talk</p>	<p>9:00 Tai Chi 13</p> <p>10:30 Exercise with Niki</p> <p>10:30 Current Events Group</p> <p>12:20 Trivia Tuesday</p> <p>12:45 New Class Orientation: Mindfulness and Stress Reduction</p> <p>1:00 Fitness Fun w/ Sharon</p>	<p>9:00 Health Ed: Aerobics 14</p> <p>9:30 Brain HQ– R</p> <p>9:30 HICAP—Appointments Only</p> <p>10:30 Feeling Fit</p> <p>12:20 Fresh Market</p> <p>12:30 Bingo-\$</p> <p>12:30 Painting</p> <p>12:30 Seniors Sing</p>	<p>9:00 Painting 15</p> <p>10:30 Exercise with Niki</p> <p>10:30 Laughter Yoga</p> <p>12:30 Computer Open Lab</p> <p>12:30 Mah Jongg</p> <p>12:30 Men’s Group</p> <p>12:45 77 Miles of Jewish Stories -Talk</p> <p>1:30 Drawing Class</p>	<p>9:00 Health Ed: Aerobics 16</p> <p>10:30 Feeling Fit</p> <p>10:45 Yoga-\$</p> <p>12:30 Music– The Noteables</p> <p>Choral Music</p> <p>12:30 Computer Open Lab</p> <p>12:30 Nutrition Class</p>
<p>9:00 Health Ed: Aerobics 19</p> <p>9:30 Brain HQ– R</p> <p>10:30 Feeling Fit</p> <p>11:00 NEW! Computer Open Lab</p> <p>11:15 Meditation</p> <p>12:30 Strength Training—\$</p> <p>12:45 Comp. Class: Basic Skills</p> <p>p.3</p> <p>1:00 Ralph De Lauro: Take Me</p>	<p>9:00 Tai Chi 20</p> <p>10:30 Exercise with Niki</p> <p>10:30 Current Events Group</p> <p>11:30 Blood Pressure Check</p> <p>12:20 Trivia Tuesday</p> <p>12:45 New Class: Mindfulness</p> <p>1:00 Fitness Fun w/ Sharon</p>	<p>9:00 Health Ed: Aerobics 21</p> <p>9:30 Brain HQ– R</p> <p>10:30 Drama Class</p> <p>10:30 Feeling Fit</p> <p>11:00 Coffee with the Rabbi</p> <p>12:30 Bingo-\$</p> <p>12:30 Painting</p> <p>12:45 Technology & Your Cell Phone</p>	<p>9:00 Painting 22</p> <p>10:30 Exercise with Niki</p> <p>10:30 Laughter Yoga</p> <p>12:30 Computer Open Lab</p> <p>12:30 Mah Jongg</p> <p>12:45 Maximizing Brain Health-Talk</p> <p>1:30 Drawing Class</p>	<p>9:00 Health Ed: Aerobics 23</p> <p>9:30 Crafts Class</p> <p>10:30 Feeling Fit</p> <p>10:45 Yoga-\$</p> <p>12:30 Entertainment: Gemini Junction– Bluegrass</p> <p>12:30 Computer Open Lab</p> <p>12:30 Nutrition Class</p>
<p>9:30 Brain HQ– R 26</p> <p>10:30 Feeling Fit—VIDEO</p> <p>11:00 NEW! Computer Open Lab</p> <p>11:15 Meditation</p> <p>12:30 Strength Training—\$</p> <p>12:45 Comp. Class: Basic Skills</p> <p>p.4</p> <p>1:00 Films w/ Judith: On the Town</p>	<p>10:30 Exercise –VIDEO 27</p> <p>10:30 Current Events Group</p> <p>12:20 Trivia Tuesday</p> <p>12:45 New Class: Mindfulness</p> <p>12:45 Comp. Class: Shop on Amazon</p>	<p>9:30 Brain HQ– R 28</p> <p>10:30 Feeling Fit– Video</p> <p>11:15 Hearing Aid Checks</p> <p>12:20 Fresh Market</p> <p>12:30 Bingo-\$</p> <p>12:30 Seniors Sing</p>	<p>10:30 Exercise –Video 29</p> <p>10:30 Laughter Yoga</p> <p>12:30 Computer Open Lab</p> <p>12:30 Mah Jongg</p> <p>12:45 Current Exhibits at MOPA</p> <p>1:30 Drawing Class</p>	<p>10:00/11:00 Russian Lab/ESL 30</p> <p>10:30 Feeling Fit– Video</p> <p>10:45 Yoga-\$</p> <p>12:00 Passover Luncheon</p> <p>12:30 Model Seder with Rabbi Devorah</p>



Congregate meals are sponsored by the Older American's Act Funds and awarded by the County of San Diego through Aging and Independence Services. Meals are provided by Jewish Family Service of San Diego.

COLLEGE AVENUE CENTER
6299 Capri Drive, San Diego, CA 92120
MARCH 2018

Menu is subject to change without notice.

Meals are served at noon. Reservations are **not** required.

We now offer more meal options! When you order the hot lunch you will be given the option of choosing the Daily Lunch (published here), Chef's Daily Special, or our fresh salad bar. The Chef's Special is available on a first come, first served basis, and changes on a daily basis.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		Irina Kryuchkova Senior Nutrition Manager (858) 637-3278 				Vegetable Soup 1 Fish Ragu Brown Rice Green Beans Tropical Fruit		Tomato—Cucumber Salad 2 Brisket Kasha Varnishka Mixed Vegetables Mandarin Orange	
Three Bean Salad 5 Stuffed Shells Winter Vegetables Peaches		Cucumbers & Tomatoes 6 Meatloaf Baked Yam Spinach Pear		Mexican Salad 7 Chicken Enchilada Spanish Rice Corn Fiesta Pineapple		Barley Soup 8 Sweet and Sour Fish Couscous Green Beans Cantaloupe		Coleslaw 9 Roasted Turkey Cornbread Stuffing Peas and Carrots Orange	
Cucumber Salad 12 Porcupine Meatballs Noodles Brussels Sprouts Apricot		Romaine Salad 13 Chicken Marsala Linguine Pasta Steamed Broccoli Banana		Spring Salad 14 Cabbage Roll Mashed Potatoes Country Vegetables Fruit Cocktail		Bean Soup 15 Salmon w lemon Scalloped Potatoes Brussels Sprouts Peaches		Cucumber Salad 16 Hungarian Goulash Parsley Noodles Baby Carrots Applesauce/Birthday Cake	
Beet Salad 19 Turkey Loaf Red Potatoes Peas & Carrots Pineapple		Italian Salad 20 Lasagna w/ Mushroom Zucchini Banana		Three Bean Salad 21 Salisbury Steak Pasta Mixed Vegetables Orange		Split Pea Soup 22 Mushroom Quiche Roasted Potatoes Broccoli Fruit Cup		Tomato Salad 23 Breaded Chicken Sweet Potato Peas Peaches	
Cucumber Salad 26 Veal Patties Brown Rice California Vegetables Mandarin Oranges		Coleslaw 27 Oven Fried Chicken Mashed Potatoes Corn and Green beans Cantaloupe		Carrot Salad 28 Swedish Meatballs Noodles Winter Vegetables Pear		Green Salad 29 Egg Salad Potato Salad Tomato Rolls ORanges		Coleslaw 30 Orange Glazed Chicken Matzoh Kugel Zucchini Macaroons/Fruit	