


Monday	Tuesday	Wednesday	Thursday	Friday
<p>More Information: ESL/Computer Lab for Russian Speakers: Tuesdays and Fridays Free Legal Consultations: Friday, June 22 call for appointments at (858) 565-1392 x 208 HICAP Health Insurance Counseling: Call for appointments at (858) 565-8772 Blood Pressure Checks Tuesday, June 19 @ 11:30 a.m. Sunday Lunches: June 10 and 24 @ 12:00 p.m. San Diego Foodbank Distribution: Monday, June 25 @ 1:00 p.m.</p>			 <p>Jewish Family Service 100 YEARS <i>Moving Forward Together</i></p>	<p>9:00 Health Ed: Aerobics 1 9:00 Poker 9:30 Craft Class 10:30 Feeling Fit 10:45 Yoga \$ 12:30 Cyber Cafe Open Lab 12:30 Nutrition Class 12:30 Entertainment: Talent Show</p>
<p>9:00 Health Education: Aerobics 4 9:30 Brain Fitness (Brain HQ) 10:00 Drawing Class 10:30 Feeling Fit 11:15 Meditation 12:30 Latin Singers 12:45 Scott Stewart : Five Essential Documents 1:00 Movie - Coco 2018 Disney/Pixar</p>	<p>9:00 Tai Chi 5 10:30 Current Events Class 10:30 Exercise with Niki 11:00 Presentation by Vicki Fox Session 1 Eye Disease 11:00 ESL for Russian Speakers 12:20 Trivia Tuesday 12:30 Knitting Group 1:00 Fitness with Sharon</p>	<p>9:00 Health Ed: Aerobics 6 9:00 Poker 9:30 Brain Fitness (Brain HQ) 10:30 Drama Class 10:30 Feeling Fit 12:30 Bingo 12:30 Painting</p>	<p>9:00 Painting 7 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Cyber Cafe Open Lab 12:30 Mah Jongg 12:45 Sandy Lieberman: Retirement Community Series Part 1</p>	<p>*No Fitness Classes Today 8 9:00 Poker 12:30 Cyber Cafe Open Lab 12:30 Nutrition Class 12:30 Entertainment: Tremble Clefs- Choral Group</p>
<p>9:00 Health Education: Aerobics 11 9:00 Bridge 9:30 Orientation 9:30 Brain Fitness (Brain HQ) 10:00 Drawing Class 10:30 Feeling Fit 11:15 Meditation 12:30 Latin Singers 1:00 Like Father, Like Son Music</p>	<p>9:00 Tai Chi 12 10:30 Current Events Class 10:30 Exercise with Niki 11:00 Presentation by Vicki Fox Session 2 Easier Way to Read 11:00 ESL for Russian Speakers 12:20 Trivia Tuesday 12:30 Knitting Group 1:00 Fitness with Sharon</p>	<p>9:00 Health Ed: Aerobics 13 9:00 Poker 9:30 Brain Fitness (Brain HQ) 10:30 Feeling Fit 12:20 Fresh Market 12:30 Bingo 12:30 Painting 12:30 Sing-Along with Rachelle</p>	<p>9:00 Painting 14 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Cyber Cafe Open Lab 12:30 Mah Jongg 12:45 Lindsay Wagner: Energy, Sleep, and Activity Changes</p>	<p>9:00 Health Ed: Aerobics 15 9:00 Poker 9:30 Craft Class 10:30 Feeling Fit 10:45 Yoga \$ 12:30 Cyber Cafe Open Lab 12:30 Nutrition Class 12:30 Father's Day Celebration - Script in Hand</p>
<p>9:00 Health Education: Aerobics 18 9:00 Bridge 9:30 Brain Fitness (Brain HQ) 10:00 Drawing Class 10:30 Feeling Fit 11:15 Meditation 12:30 Latin Singers 1:00 Movie: The Women's Balcony : Ralph de Lauro Film discussion</p>	<p>9:00 Tai Chi 19 10:30 Current Events Class 10:30 Exercise with Niki 11:00 Presentation by Vicki Fox Session 3 Dining with Confidence 11:00 ESL for Russian Speakers 12:20 Trivia Tuesday 12:30 Knitting Group 1:00 Fitness with Sharon</p>	<p>9:00 Health Ed: Aerobics 20 9:00 Poker 9:30 Brain Fitness (Brain HQ) 10:30 Feeling Fit 10:30 Drama Class 12:30 Bingo 12:30 Painting</p>	<p>9:00 Painting 21 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Cyber Cafe Open Lab 12:30 Mah Jongg 12:45 Marilynn Nemeroff: Travel Program: Iceland</p>	<p>9:00 Health Ed: Aerobics 22 9:00 Poker 10:00 Pet Therapy 10:30 Feeling Fit 10:45 Yoga \$ 12:30 Cyber Cafe Open Lab 12:30 Nutrition Class 12:30 Entertainment: Choral Group, Encore</p>
<p>9:00 Health Education: Aerobics 25 9:00 Bridge 9:30 Brain Fitness (Brain HQ) 10:00 Drawing Class 10:30 Feeling Fit 11:15 Meditation 12:30 Project Care & Resource Information with Lillian 12:30 Latin Singers 1:00 Movie: The Darkest Hour</p>	<p>9:00 Tai Chi 26 10:30 Current Events Class 10:30 Exercise with Niki 11:00 ESL for Russian Speakers 12:20 Trivia Tuesday 12:30 Knitting Group 1:00 Fitness with Sharon</p>	<p>9:00 Health Ed: Aerobics 27 9:00 Poker 9:30 Brain Fitness (Brain HQ) 10:30 Feeling Fit 11:15 Hearing Aid Checks 12:20 Fresh Market 12:30 Bingo 12:30 Painting 12:30 Sing-Along with Rachelle</p>	<p>9:00 Painting 28 10:00 Pet Therapy 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Computer Open Lab 12:30 Mah Jongg 12:45 Coach Joe Chandler: Self-Defense for Seniors</p>	<p>9:00 Health Ed: Aerobics 29 9:00 Poker 10:30 Feeling Fit 10:45 Yoga \$ 12:30 Cyber Cafe Open Lab 12:30 Nutrition Class 12:30 Entertainment: Mike Chamberlin - Music</p>

All programs subject to change without notice



Congregate meals are sponsored by The Older American's Act Funds & 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 • 92120

JUNE 2018

Meals are subject to change without notice.
Suggested donation - \$4 for senior meals.
\$7 fee for non-seniors.

<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>Irina Kryuchkova Senior Nutrition Manager (858) 637-3278</p>				<p>Napa Salad 1 Teriyaki Chicken Brown Rice California Chef Vegetables Watermelon</p>
<p>3-Bean Salad 4 Meatloaf Quinoa Garden Mixed Vegetables Honeydew</p>	<p>Tomato Salad 5 Bombay Chicken Brown Rice Sautéed Spinach Strawberries</p>	<p>Spring Mix Salad 6 Beef Pierogi Roasted Potato Mixed Vegetables Watermelon</p>	<p>Barley Soup 7 Mediterranean Quiche Couscous Sautéed Spinach Orange</p>	<p>Mixed Salad 8 Brisket Kasha Varnishkas California Mixed Vegetables Cantaloupe</p>
<p>Cucumber Salad 11 Sweet & Sour Chicken Sautéed Mushroom w/Rice Peas & Carrots Mixed Fresh Fruit</p>	<p>Greek Salad 12 Italian Sausage Buttery Pasta Italian Mixed Vegetables Banana</p>	<p>Beet Salad 13 Stuffed Pepper Mashed Potatoes Green Beans Cantaloupe</p>	<p>Lentil Soup 14 Baked Tilapia Brown Rice Sautéed Spinach & Peppers Watermelon</p>	<p>Beet Salad 15 Roasted Turkey Corn Stuffing Peas Strawberries</p>
<p>Coleslaw 18 Salisbury Steak Linguini Garlic Spinach Honeydew</p>	<p>Carrot Salad 19 Chicken Quiche Garlic Mashed Potatoes Spinach & Mushrooms Strawberries</p>	<p>Caesar Salad 20 Zharkoe Beef Stew Kasha Confetti Corn Banana</p>	<p>Split Pea Soup 21 Tuna Empanada Roasted Baby Potatoes Parsley Carrots Cantaloupe</p>	<p>Broccoli Salad 22 Chicken Marsala Pasta Mixed Vegetables Fruit/Birthday Cake</p>
<p>Asian Salad 25 Sweet & Sour Meatballs Fried Rice Japanese Mixed Vegetables Cantaloupe</p>	<p>Cucumber Salad 26 Chicken Irina Potato Medley California Mixed Vegetables Watermelon</p>	<p>3-Bean Salad 27 Salmon Brown Rice Country Mixed Vegetables Strawberries</p>	<p>Vegetable Rice Soup 28 Lasagna with Mushroom Roasted Zucchini Honeydew</p>	<p>Tomato and Cucumber Salad 29 Breaded Chicken Sweet Potato Green Beans Fresh Fruit Cup</p>

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Health Ed: Aerobics 2 9:00 Bridge 9:30 Brain Fitness (Brain HQ) 10:00 Drawing 10:30 Feeling Fit 11:15 Meditation 12:30 Latin Singers 12:45 Basic Computer Class 1:00 Movie: Greater	9:00 Tai Chi 3 10:30 Current Events Class 10:30 Exercise with Niki* 11:00 ESL for Russian Speakers 12:20 Trivia Tuesday 12:30 Knitting Group 12:30 Independence Day Party: Sophisticats 1:00 Fitness Fun with Sharon	Closed for Independence Day	9:00 Painting 5 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Cyber Cafe Open Lab 12:30 Mah Jongg 12:45 Sharp Healthcare: Healthy Eating in a Fast Food World	9:00 Health Ed: Aerobics 6 9:00 Poker 9:30 Craft Class 10:30 Feeling Fit 10:45 Yoga: \$ 12:30 Cyber Cafe Open Lab 12:30 Nutrition Class 12:30 Andrea Ladmer- Sing along
9:00 Health Ed: Aerobics 9 9:00 Bridge 9:30 Brain Fitness (Brain HQ) 10:00 Drawing 10:30 Feeling Fit 11:15 Meditation 12:30 Latin Singers 12:45 Professor Bar Lev: From Russia with Insight	9:00 Tai Chi 10 10:30 Current Events Class 10:30 Exercise with Niki 11:00 ESL for Russian Speakers 12:20 Trivia Tuesday 12:30 Knitting Group 1:00 Fitness Fun w/ Sharon	9:00 Health Ed: Aerobics 11 9:00 Poker 9:30 Brain Fitness (Brain HQ) 10:30 Feeling Fit 12:20 Fresh Market 12:30 Bingo 12:30 Painting 12:30 Sing-Along with Rachelle	9:00 Painting 12 10:00 Pet Therapy 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Cyber Cafe Open Lab 12:30 Mah Jongg 12:45 Lindsay Wagner: Transitions	9:00 Health Ed: Aerobics 13 9:00 Poker 10:30 Feeling Fit 10:45 Yoga: \$ 12:30 Cyber Cafe Open Lab 12:30 Nutrition Class 12:45 Civic Dance Arts Program
9:00 Health Ed: Aerobics 16 9:00 Bridge 9:30 Brain Fitness (Brain HQ) 10:00 Drawing 10:30 Feeling Fit 11:15 Meditation 12:30 Latin Singers 12:45 Basic Computer Class 12:45 David Amos: Beethoven, His Time	9:00 Tai Chi 17 10:30 Current Events Class 10:30 Exercise with Niki 11:00 ESL for Russian Speakers 12:20 Trivia Tuesday 12:30 Knitting Group 1:00 Fitness Fun w/ Sharon	9:00 Health Ed: Aerobics 18 9:00 Poker 9:30 Brain Fitness (Brain HQ) 10:30 Feeling Fit 10:30 Drama Class 12:30 Bingo 12:30 Painting 12:45 Streaming Class	9:00 Painting 19 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Cyber Cafe Open Lab 12:30 Mah Jongg 12:45 Jeanine Lortscher: Myths and Facts About Hospice	9:00 Health Ed: Aerobics 20 9:00 Poker 10:30 Feeling Fit 10:45 Yoga: \$ 12:30 Cyber Cafe Open Lab 12:30 Nutrition Class 12:30 Mark and Laura Flores Guitars and Vocals
9:00 Health Ed: Aerobics 23 9:00 Bridge 9:30 Brain Fitness (Brain HQ) 10:00 Drawing 10:30 Feeling Fit 11:15 Meditation 12:30 Project Care & Resource Info 12:30 Latin Singers 12:45 Basic Computer Class 1:00 Movie: My Words, My Lies, My Love: Ralph de Lauro Film discussion	9:00 Tai Chi 24 10:30 Current Events Class 10:30 Exercise with Niki 11:00 ESL for Russian Speakers 12:20 Trivia Tuesday 12:30 Knitting Group 1:00 Fitness Fun w/ Sharon	9:00 Health Ed: Aerobics 25 9:00 Poker 9:30 Brain Fitness (Brain HQ) 10:30 Feeling Fit 11:15 Hearing Aid Checks 12:20 Fresh Market 12:30 Bingo 12:30 Painting 12:30 Sing-Along with Rachelle	9:00 Painting 26 10:00 Pet Therapy 10:30 Exercise with Niki 10:30 Laughter Yoga 12:30 Cyber Cafe Open Lab 12:30 Mah Jongg 12:45 Alzheimer's San Diego: Memory Loss 101	9:00 Health Ed: Aerobics 27 9:00 Poker 10:30 Feeling Fit 10:45 Yoga: \$ 12:30 Cyber Cafe Open Lab 12:30 Nutrition Class 12:30 Tony de Torre - music
9:00 Health Ed: Aerobics 30 9:00 Bridge 9:30 Brain Fitness (Brain HQ) 10:00 Drawing 10:30 Feeling Fit 11:15 Meditation 12:30 Latin Singers 12:45 Basic Computer Class 1:00 Movie: A Wrinkle in Time	9:00 Tai Chi 31 10:30 Current Events Class 10:30 Exercise with Niki 11:00 ESL for Russian Speakers 12:20 Trivia Tuesday 12:30 Knitting Group 12:45 Meredith Morgenroth: JFS Resources 1:00 Fitness Fun w/ Sharon	More Information: ESL/Computer Lab for Russian Speakers: Tuesdays and Fridays Free Legal Consultations: Friday, July 27 call for appointments at (858) 565-1392 x 208 HICAP Health Insurance Counseling: Call for appointments at (858) 565-8772 Blood Pressure Checks Tuesday, July 17 @ 11:30 a.m. San Diego Foodbank Distribution: Monday, July 23 @ 1:00 p.m. Field Trip to Retirement Community: Monday, July 2 @ 10:00 a.m. Adventure Shuttle: Monday, July 2 @ 10:00 a.m.		

All programs subject to change without notice




Congregate meals are sponsored by The Older American's Act Funds & 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 • 92120

JULY 2018

Meals are subject to change without notice.
Suggested donation - \$4 for senior meals.
\$7 fee for non-seniors.

<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 Cucumber Salad Picadillo White Rice Spinach and Red Peppers Honeydew	3 Coleslaw BBQ Chicken Corn on the Cob Baked Beans Watermelon	4 CLOSED FOR 4TH OF JULY	5 Barley Soup Baked Tilapia Red Potatoes Sautéed Spinach & Mushrooms Strawberries	6 3-Bean Salad Chicken Fajita Spanish Rice Confetti Corn Pineapple
9 Napa Salad Chicken Quiche Quinoa California Mixed Vegetables Fresh Fruit cup	10 Savory Carrot Salad Stuffed Cabbage Mashed Potatoes Green Beans Strawberries	11 3-Bean Salad Veal Roast Kasha Varnishkas Peas Watermelon	12 Split Pea Soup BBQ Tilapia Rice Pilaf Sautéed Spinach Cantaloupe	13 Cucumber Salad Manicotti Roasted Zucchini Honeydew
16 Greek Salad Meatballs Spaghetti Italian Mixed Vegetables Watermelon	17 Tropical Carrot Salad Roasted Turkey Corn Dressing French Green Beans Strawberries	18 Italian Chop Salad Chicken Cacciatore Linguini Italian Vegetables Fresh Fruit cup	19 Bean Soup Mediterranean Fish Scalloped Potato Zucchini Cantaloupe	20 Tomatoes & Cucumbers Brisket Kasha Summer Blend Vegetables Tropical Fruit
23 Caesar Salad Stuffed Shells Roasted Vegetable Medley Cantaloupe	24 Asian Salad Lemon Chicken White Rice Japanese Mixed Vegetables Banana	25 Beet Salad Mushroom Beef Garlic Mashed Potatoes Sautéed Spinach Fresh Fruit	26 Lentil Soup Spinach Quiche Brown Rice Broccoli Watermelon	27 Broccoli Salad Salmon Fried Rice Peas Pineapple/Birthday Cake
30 Beet Salad Swedish Meatballs Mashed Potatoes w/Gravy Peas & Carrots Honeydew	31 Mixed Salad Chicken Ratatouille Couscous Sautéed Spinach Cantaloupe	COUNTY OF SAN DIEGO  HHSA HEALTH AND HUMAN SERVICES AGENCY Aging & Independence Services	Irina Kryuchkova Senior Nutrition Manager (858) 637-3278	