

Save the Date! Sunday Lunch at the College Avenue Center

June 11: Lunch and then Musical Presentation by Eileen Wingard & Friends

June 25: Lunch and then Film Presentation by Dr. Lawrence Baron *Foreign Letters*

Lunch is a suggested donation of \$4 for people age 60 and up; \$7 fee for all others.

Presentations are free

All programs are subject to change without notice.

\$= A Fee may apply for this program.



Closed for Shavout

1 9:00 Health Ed: Aerobics **2**
 9:30 Crafts
 10:00 Russian Computer Lab
 10:30 Feeling Fit
 10:45 Yoga-\$
 11:00 Russian ESL
 12:30 **Tony DeTorre– Vocals**
 12:30 Nutrition Class
 12:30 Cyber Café Open Lab

9:00 Health Ed.: Aerobics **5**
 10:00 Brain HQ
 10:30 Feeling Fit
 11:15 Meditation
 1:00 Computer Class: MS Excel p.1
 1:00 Latin Singers
 1:00 Memories in the Making®
1:00 Film Forum: Salt of the Earth
 1:00 Social Studies with Judith

9:00 Tai Chi **6**
 10:30 Exercise with Niki
 10:30 Current Events Group
 11:00 Russian ESL
 12:30 Knitting Group
12:45 Presentation by Dr. Kurt Eisemann *Amazing Intelligence with a Deck of Cards*
 1:00 Fitness Fun w/ Sharon Emerson
 1:00 Russian ESL/Computer Lab

9:00 Health Ed.: Aerobics **7**
 10:00 Brain HQ
 10:30 Feeling Fit
 10:30 Drama Class
 12:30 Bingo-\$
 12:30 Painting
 1:00 Computer Class: MS Word p.1

9:00 Painting **8**
 10:00 Pet Therapy
 10:30 Exercise with Niki
 10:30 Laughter
 12:30 Cyber Café Open Lab
 12:30 Mah Jongg
12:45 Presentation with Meredith Morgenroth: JFS– Aging & Wellness Services Available to You
 1:30 Drawing Class

9:00 Health Ed: Aerobics **9**
 10:00 Russian Computer Lab
 10:30 Feeling Fit
 10:45 Yoga-\$
 11:00 Russian ESL
 12:30 **Sing Along with Andrea Ladmer**
 12:30 Cyber Café Open Lab

9:00 Health Ed.: Aerobics **12**
 10:00 Brain HQ
 10:30 Feeling Fit
 11:15 Meditation
12:30 SDG& E Presentation
 1:00 Computer Class: MS Excel p.2
 1:00 Latin Singers
 1:00 Memories in the Making®
1:00 Movie: Fences
 1:00 Social Studies with Judith

9:00 Tai Chi **13**
 10:30 Exercise with Niki
 10:30 Current Events Group
 11:00 Russian ESL
 12:20 Trivia Tuesday
 12:30 Knitting Group
 12:45 Smartphone Workshop: Cell phone/Smart phone info and help
 1:00 Fitness Fun w/ Sharon Emerson
 1:00 Russian ESL/Computer Lab

9:00 Health Ed.: Aerobics **14**
 9:00 Art Workshop 1
 10:00 Brain HQ
 10:30 Feeling Fit
 12:20 Fresh Market
 12:30 Bingo-\$
 12:30 Painting
 12:30 Sing-a-Long w/ Rachele
 1:00 Computer Class: MS Word p.2

9:00 Painting **15**
 10:30 Exercise with Niki
 10:30 Laughter
 12:30 Cyber Café Open Lab
 12:30 Mah Jongg
1:00 Aging Well Series pt.1 with Dr. Bruce Sachs of JFS: *Using our minds to add life to our years*
 1:30 Drawing Class

9:00 Health Ed: Aerobics **16**
 9:30 Crafts
 10:00 Russian Computer Lab
 10:30 Feeling Fit
 10:45 Yoga-\$
 11:00 Russian ESL
 12:30 **Father's Day Magic Show with Dana Law**
 12:30 Cyber Café Open Lab

9:00 Health Ed.: Aerobics **19**
 10:00 Brain HQ
 10:00 Take Charge Class w/ AlzSD
 10:30 Feeling Fit
 11:15 Meditation
 1:00 Computer Class: MS Excel p.3
12:45 David Amos Presents:
 The (Mis)Adventures of a Conductor
 1:00 Latin Singers
 1:00 Memories in the Making®

9:00 Tai Chi **20**
 10:30 Exercise with Niki
 10:30 Current Events Group
 11:00 Russian ESL
 11:30 Blood Pressure Checks
 12:30 Knitting Group
 12:45 Presentation w/ Lindsay Wagner
 1:00 Fitness Fun w/ Sharon Emerson
 1:00 Russian ESL/Computer Lab

9:00 Health Ed.: Aerobics **21**
 9:00 Art Workshop 2
 10:00 Brain HQ
 10:30 Feeling Fit
 10:30 Drama Class
 12:30 Bingo-\$
 12:30 Painting
 1:00 Computer Class: MS Word p.3

9:00 Painting **22**
 10:00 Pet Therapy
 10:30 Exercise with Niki
 10:30 Laughter
 12:30 Cyber Café Open Lab
 12:30 Mah Jongg
1:00 Aging Well Series pt.2 with Dr. Bruce Sachs of JFS: *Using our past to move forward in our lives*
 1:30 Drawing Class

9:00 Health Ed: Aerobics **23**
 10:00 Russian Computer Lab
 10:30 Feeling Fit
 10:45 Yoga-\$
 11:00 Russian ESL
 12:30 **Karaoke with Laura Jane**
 12:30 Cyber Café Open Lab

9:00 Health Ed.: Aerobics **26**
 10:00 Brain HQ
 10:00 Take Charge Class w/ AlzSD
 10:30 Feeling Fit
 11:15 Meditation
 1:00 Computer Class: MS Excel p.4
 1:00 Foodbank Distribution
 1:00 Latin Singers
 1:00 Memories in the Making®
1:00 Movie: Loving

9:00 Tai Chi **27**
 10:30 Exercise with Niki
 10:30 Current Events Group
 11:00 Russian ESL
 12:20 Trivia Tuesday
 12:30 Knitting Group
12:45 Jeopardy!
 1:00 Fitness Fun w/ Sharon Emerson
 1:00 Russian ESL/Computer Lab

9:00 Health Ed.: Aerobics **28**
 9:00 Art Workshop 3
 9:30 HICAP
 10:00 Brain HQ
 10:30 Feeling Fit
 12:30 Bingo-\$
 12:30 Painting
 12:30 Sing-a-Long w/ Rachele
 1:00 Computer Class: MS Word p.4

9:00 Painting **29**
 10:30 Exercise with Niki
 10:30 Laughter
 12:30 Cyber Café Open Lab
 12:30 Mah Jongg
1:00 Aging Well Series pt.3 with Dr. Bruce Sachs of JFS: *Keeping our spirits up and overcoming fear to grow*
 1:30 Drawing Class

9:00 Health Ed: Aerobics **30**
 10:00 Russian Computer Lab
 10:30 Feeling Fit
 10:45 Yoga-\$
 11:00 Russian ESL
 12:30 **The Sophisticats– Rock 'n' Roll**
 12:30 Cyber Café Open Lab

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


Menu is subject to change without notice.

JUNE 2017

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 				Lunch Cost: Seniors 60+ Years: \$4 Suggested Donation Under 60 yrs. Fee \$7.00		1 Closed for Shavout		Napa Salad 2 Teriyaki Chicken Linguini Pasta California Chef Vegetables Watermelon	
Bean Salad 5 Meatloaf Steamed Rice Garden Vegetables Honeydew	Tomato Salad 6 Bombay Chicken Brown Rice Peas Strawberries	Spring Mix Salad 7 Beef Pierogi Roasted Potato Mixed Vegetables Watermelon	Barley Soup 8 Mediterranean Quiche Baby Red Potato Broccoli Orange	Coleslaw 9 Brisket Kasha Varnishkas California Vegetables					
Cucumber Salad 12 Sweet & Sour Chicken Steamed Rice Peas & Carrots Fruit Cup	Greek Salad 13 Veal Cutlets Buttery Pasta Italian Mixed Vegetables Banana	Mixed Salad 14 Stuffed Pepper Mashed Potatoes Peas Cantaloupe	Lentil Soup 15 Baked Tilapia Brown Rice Broccoli Watermelon	Beet Salad 16 Roasted Turkey Corn Stuffing Green Beans/Peas Strawberries					
Coleslaw 19 Salisbury Steak Noodles Corn & Carrots Honeydew	Carrot Salad 20 Chicken Quiche Garlic Mashed Potatoes Green Peas Strawberries	Caesar Salad 21 Porcupine Meatballs Kasha Green Beans Banana	Split Pea Soup 22 Tuna Patties Couscous Carrots Cantaloupe	Summer Salad 23 Chicken Marsala Pasta Vegetables Fruit/Birthday Cake					
Asian Salad 26 Sweet & Sour Meatballs Steamed Rice Japanese Vegetables Cantaloupe	Cucumber Salad 27 Chicken Irina Mashed Potato California Mix Watermelon	Coleslaw 28 Shepherd's Pie Country Vegetables Strawberries	Vegetable Rice Soup 29 Lasagna w/ Mushrooms Zucchini Honeydew	Tomato Cucumber Salad 30 Breaded Chicken Sweet Potato Green Beans Fruit Cup					

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Health Ed.: Aerobics 3 10:00 Brain HQ 10:00 Take Charge Class w/ AlzSD 10:30 Feeling Fit 12:30 Independence Day Party with Emma's Gut Bucket Band— Bluegrass 12:45 Computer Class: MS Excel p.5 1:00 Latin Singers 1:00 Memories in the Making®	Closed for Independence Day	9:00 Health Ed.: Aerobics 5 10:00 Brain HQ 10:30 Feeling Fit 10:30 Drama Class 12:30 Bingo-\$ 12:30 Painting 1:00 Computer Class: MS Word p.5	9:00 Painting 6 10:30 Exercise with Niki 10:30 Laughter 12:30 Cyber Café Open Lab 12:30 Mah Jongg 12:45 Presentation with USDA— Food Safety 101 1:30 Drawing Class	9:00 Health Ed: Aerobics 7 9:30 Crafts Class 10:00 Russian Computer Lab 10:30 Feeling Fit 10:45 Yoga-\$ 11:00 Russian ESL 12:30 Tony Davis—Motown, R&B 12:30 Cyber Café Open Lab
9:00 Health Ed.: Aerobics 10 10:00 Brain HQ 10:00 Take Charge Class w/ AlzSD 10:30 Feeling Fit 11:15 Meditation 12:45 Computer Class: MS Excel p.6 1:00 Latin Singers 1:00 Memories in the Making® 1:00 Movie: <i>A Dog's Purpose</i>	9:00 Tai Chi 11 10:30 Exercise with Niki 10:30 Current Events Group 11:00 Russian ESL 12:20 Trivia Tuesday 12:30 Patrick Henry String Quartet 12:30 Knitting Group 1:00 Fitness Fun w/ Sharon Emerson 1:00 Russian ESL/Computer Lab	9:00 Health Ed.: Aerobics 12 10:00 Brain HQ 10:30 NEW— Creative Writing Class 10:30 Feeling Fit 12:20 Fresh Market 12:30 Bingo-\$ 12:30 Painting 12:30 Sing-a-Long w/ Rachele 1:00 Computer Class: MS Word p.6	9:00 Painting 13 10:00 Pet Therapy 10:30 Exercise with Niki 10:30 Laughter 12:30 Cyber Café Open Lab 12:30 Mah Jongg 12:45 Presentation w/ Lindsay Wagner— 1:30 Drawing Class	9:00 Health Ed: Aerobics 14 10:00 Russian Computer Lab 10:30 Feeling Fit 10:45 Yoga-\$ 11:00 Russian ESL 12:30 San Diego Civic Dance Arts—Dance Performance 12:30 Cyber Café Open Lab
9:00 Health Ed.: Aerobics 17 10:00 Brain HQ 10:00 Take Charge Class w/ AlzSD 10:30 Feeling Fit 11:15 Meditation 12:45 Handy Craft w/ Ruth Benjamin <i>Everything Old is New Again</i> 1:00 Latin Singers 1:00 Memories in the Making® 1:00 Film Forum: The Truman Show	9:00 Tai Chi 18 10:30 Exercise with Niki 10:30 Current Events Group 11:00 Russian ESL 11:30 Blood Pressure Checks 12:30 Knitting Group 1:00 Sharing Session: Summer Memories 1:00 Fitness Fun w/ Sharon Emerson 1:00 Russian ESL/Computer Lab	9:00 Health Ed.: Aerobics 19 10:00 Brain HQ 10:30 Feeling Fit 10:30 Drama Class 12:30 Bingo-\$ 12:30 Painting 1:00 Computer Class: MS Word p.7	9:00 Painting— <i>Last Class 'til Fall</i> 20 10:30 Exercise with Niki—Last Class 10:30 Laughter 12:30 Cyber Café Open Lab 12:30 Mah Jongg 12:45 Presentation by Dr. Zlatar, UCSD— <i>Exercise and the Brain</i> 1:30 Drawing Class	9:00 Health Ed: Aerobics 21 10:00 Russian Computer Lab 10:30 Feeling Fit 10:45 Yoga-\$ 11:00 Russian ESL 12:30 Entertainment: Laura Flores— music/vocals 12:30 Cyber Café Open Lab
9:00 Health Ed.: Aerobics 24 10:00 Brain HQ 10:00 Take Charge Class w/ AlzSD 10:30 Feeling Fit 11:15 Meditation 12:45 Presentation w/ Dr. Asher Allan — <i>Dreams: Why do we have them?</i> 12:45 iPhone Essentials, pt. 1 1:00 Foodbank Distribution 1:00 Latin Singers 1:00 Memories in the Making®	9:00 Tai Chi 25 10:30 Current Events Group 10:30 Exercise VIDEO 11:00 Russian ESL 12:20 Trivia Tuesday 12:30 Knitting Group 1:00 Fitness Fun w/ Sharon Emerson 1:00 Movie: 20th Century Women 1:00 Russian ESL/Computer Lab	9:00 Health Ed.: Aerobics 26 9:30 HICAP 10:00 Brain HQ 10:30 NEW— Creative Writing Class 10:30 Feeling Fit 12:30 Bingo-\$ 12:30 Sing-a-Long w/ Rachele 1:00 Cyber Café Open Lab	10:00 Pet Therapy 27 10:30 Laughter 10:30 Exercise VIDEO 12:30 Cyber Café Open Lab 12:30 Mah Jongg 12:45 Presentation: New Exhibits at Museum of Photographic Arts 1:30 Drawing Class	9:00 Health Ed: Aerobics 28 10:00 Russian Computer Lab 10:30 Feeling Fit 10:45 Yoga-\$ 11:00 Russian ESL 12:30 Entertainment: Tommy Gannon and Bernie Kaye: American Standards—music/ vocals 12:30 Cyber Café Open Lab
9:00 Health Ed.: Aerobics 31 10:00 Brain HQ 10:00 Take Charge Class w/ AlzSD 10:30 Feeling Fit 11:15 Meditation 12:45 iPhone Essentials, pt. 2 1:00 Latin Singers 1:00 Memories in the Making® 1:00 Movie: Rules Don't Apply				

All programs are subject to change without notice. \$= A Fee may apply for this program.

Save the Date! Annual Luau

Friday, August 4

Lunch at 12:00, Live luau entertainment at 12:30 p.m. Be sure to join us for this fun and festive day!

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

Menu is subject to change without notice.

JULY 2017

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
Cucumber Salad 3 BBQ Chicken Baked Beans Corn Watermelon	4 Closed for Independence Day	5 Coleslaw Chicken Cutlets Roasted Red Potatoes Mixed Vegetables Banana	6 Split Pea Soup Tuna Patties Quinoa Corn and Carrots Watermelon	7 Bean Salad Roast Beef Mashed Potato Mixed Vegetables Cantaloupe
10 Tomato Salad Veal Cutlets Brown Rice Zucchini Banana	11 Spring Mix Salad Stuffed Pepper Mashed Potatoes Green Beans Strawberries	12 Carrot Salad Salisbury Steak Kasha Varnishkas Peas Watermelon	13 Lentil Soup Breaded Flounder Rice Pilaf Spinach Cantaloupe	14 Cucumber Salad Oven Browned Chicken Brown Rice Baby Carrots Mandarin Oranges
17 Greek Salad Meatballs Spaghetti Italian Vegetables Honeydew	18 Asian Salad Chicken Quiche White Rice Japanese Vegetables Watermelon	19 Carrot Salad Roasted Turkey Corn Dressing French Style Green Beans Strawberries	20 Bean Soup Fish Ragu Scalloped Potato Zucchini Cantaloupe	21 Tomatoes & Cucumbers Roasted Chicken Baked Potato Peas Tropical Fruit
24 Mixed Salad Chicken Cacciatore Pasta Scandinavian Mix Cantaloupe	25 Coleslaw Stuffed Cabbage Mashed Potatoes Peas and Carrots Banana	26 Tomato Salad Mushroom Beef Asian Noodles Mixed Vegetables Fruit Cup	27 Vegetable Rice Soup Spinach Quiche Red Potatoes Broccoli Peaches	28 Napa Salad Teriyaki Chicken Steamed Rice Summer Blend Vegetables Pineapple/Birthday Cake
31 Beet Salad Swedish Meatballs Couscous Peas and Carrots Honeydew	Irina Kryuchkova Senior Nutrition Manager (858) 637-3278 Lunch Cost: Seniors 60+ Years: \$4 Suggested Donation; Under 60 yrs. Fee \$7.00			

