



THE VOICE

JEWISH FAMILY SERVICE - WWW.JFSSD.ORG

YOUR SOCIAL & WELLNESS NEWS

Three Fitness Exercises for Seniors

FEBRUARY/MARCH 2018

Seniors today are more active than ever. Persons over the age of 65 are traveling in record numbers, living longer than those in previous generations and staying healthier.

The American Heart Association (AHA) recommends older adults should aim to do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity a week, or an equivalent amount (75 minutes or 1 hour and 15 minutes) of vigorous-intensity activity.

The following three fitness activities offer strength and cardiovascular training to keep seniors citizens healthy, active and their intensity levels high.

Light weight-lifting

In addition to physical activity, the AHA recommends adults strength train two days per week. When performing muscle-strengthening exercises with weights, try a series of different exercises to work the whole body. Start with three- to five-pound dumbbells and do a few sets of arm curls and squats holding weights, and arm rows with weights above the head.

Muscle-strengthening exercises should be performed to the point until it feels difficult to do another repetition without help. Looking for a way to start weight lifting? Join the College Avenue Center's Beginner Strength Training class on Thursday mornings

Yoga

While yoga doesn't count toward the weekly 150 minutes of AHA-recommended physical activity, it has been shown to have positive impacts on the mind, body and spirit for persons of all ages. According to the AHA, yoga can help heart health when performed a few times per week by helping lower blood pressure, increasing blood circulation, boosting muscle tone and lung capacity, and improving flexibility and respiratory function.

Not sure where to find a yoga class in your area? Join us on Fridays at the College Avenue Center for yoga at 10:45 a.m. or check out YogaFinder.com for listings in cities across the country.

Water aerobics

Swimming is the fourth most popular physical activity in the U.S., according to the Centers for Disease Control and Prevention. While swimming can be a great workout for seniors, many enjoy organized water aerobics classes. Traditionally water aerobics classes are taught in community pools and membership-based health clubs, and include guided weight lifting while treading water (weights are light and become heavier when put under water) and synchronized aerobic movements.

As an extra bonus, those exercising in a pool feel only about 10 percent of their body weight while doing so, according to the American Council on Exercise, which helps to reduce stress on joints and muscles.

Check out your local YMCA for water aerobics classes. If you don't care for swimming, join our regular aerobics class at the College Avenue Center on Monday, Wednesday and Friday mornings, or Chair Exercise at the Balboa Avenue Older Adult Center.

EMBRACE LIBERTY

Liberty Station Art and Entertainment

JOHN A. DAVIS FAMILY YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN US ON FRIDAY, MARCH 2ND FOR A CULTURAL EXPLORATION!

- Many local artisans with their art on display.
- Live entertainment!
- Happy Hour discounts from vendors at Liberty Public Market with many eateries and gift shops
- Explore all Liberty Station has to offer

WHO:

Everyone all ages is welcome!

WHEN:

Friday, March 2nd

4:30-9:00pm

WHERE:

Bus pick up from THE JOHN A. DAVIS FAMILY YMCA

8881 Dallas Street, La Mesa, CA 91942

TBD Windmill or Grossmont

COST:

\$10.00 each

Activity Level:

Easy, wheelchair bus access available upon request

MORE INFORMATION:

For more information, please contact Jo Kessler by calling (858) 637-7325 or email mkessler@jfssd.org

Contact
On the Go
to register



WWW.JFSSD.ORG

WWW.YMCA.ORG/DAVIS

OUR MISSION:
The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind, and body.

COLLEGE AVENUE CENTER

Located at Temple Emanu-El • 6299 Capri Drive • San Diego, CA 92120 • (858) 637-3270 | www.jfssd.org/cac

Dr. Karl Steinberg: The Link between, Diabetes, Dementia, and Depression

Thursday, February 1 • 12:45 p.m.

Science and Medicine have studied dementia and there are key components to staying healthy: exercising your mind and body to have a happier and healthier life both physically and mentally.

Dr. Steinberg works with Scripps Health, specializing in health issues relating to families and older adults, and Palliative Care. He is part of the Champions of Health, educating the public about important health issues.

Women Heart Presents: Women and Heart Health

Tuesday, February 20 • 12:45 p.m.

Women Heart is an organization that educates the public about women's heart health by providing personal accounts of their speaker's journeys from heart attack victims to empowered women living better lives through healthy living, diet and exercise.

The Political Divide with Professor Zev Bar Lev, Professor Emeritus from SDSU

Monday, March 5 • 12:45 p.m.

We will analyze the logic of the two dominant political worldviews, Conservative vs. Progressive. We begin by first peeling away the demonizations used by each group, and then defining the axioms of each, and their implications.

Passover Luncheon and Model Seder with Rabbi Devorah Marcus from Temple Emanu-El

Friday, March 30 • Luncheon at 12:00 p.m. • Model Seder at 12:30 p.m.

Please join us for our special Passover-inspired lunch and be sure to stay for our Model Seder, led by Rabbi Devorah. At the Model Seder we participate in the annual tradition of retelling the Passover story through food and song. Everyone is invited to attend and participate in this symbolic meal.

No reservations are required. See lunch pricing below. The Model Seder is free. For more information call (858) 637-3270.

WELCOME

Welcome!

In my years as Program Manager, our Center has grown significantly. Our growth is due in part to our activities, but it is successful because of *you*, and the friendships we share together.

Join us at our location in Temple Emanu-El, where we create a wonderful new partnership, new memories and share special times together.

We can't wait to see you here!
Elissa Landsman, Program Manager

LUNCH

A Kosher salad bar is available at 11:30 a.m. A hot Kosher lunch is served at 12:00 p.m.

Lunch is a suggested donation of \$4 for adults 60 years and older. All others, \$7 fee.

Group transportation serves a limited area: San Carlos, College Area and part of La Mesa.

There is a suggested donation of \$4.00 each way. For more information and current availability, call **Lyn at (858) 637-7320**.

PHONE NUMBERS

Activities and Programming
(858) 637-3270

Cyber Café: (858) 637-3217
*Brain Fitness Workshops,
Cellphone/Smartphone/Tablet help,
and Open Lab Time*

Foodmobile: (858) 637-3230
Home Delivered Kosher Meals

Nutrition Services: (858) 637-3278
Kosher Lunch Program

JFS Information & Assistance
(858) 637-3210

Center Announcements and Services

2018 VIP Members

Grace Ames
James Baker
Marilyn & Vern Boyce
Priscilla Bramlette
Gizella Buchinger
Tim Collins
Luciano Emanuele
Lillian B Herzberg
Rose Hofman
Bernie & Elaine Kaye
John Kernoski
Peggy Millward
Elvira Moon
Harry Rosen
Elliot Schubert
Jeanne Shenkman
Kristine & Steve Six
Jean Szewczyk
Deborah Tov
Sandra Turnipseed

Birthdays

Bernie K.	Miriam L.
Betty R.	Norman V.
Diane B.	Priscilla B.
Herbert B.	Ruth B.
Julie E.	Steve S.
Junko H.	Sunny B.
Martha J.	Tim C.

NEW! Hearing Aid Checks

Wednesday, February 28
Wednesday, March 28
11:15 a.m. - 12:30 p.m.
Hearing Aid Checks are offered by Clear Choice Hearing Aid, Inc.

Recruiting now for the College Avenue Center Talent Show!

Friday, April 20 at 12:30 p.m.

Last year was a smashing success, so we are doing it again! Please bring your talent to share with your friends.

Contact Sara Diaz at sarad@jfssd.org or at (858) 637-3217 to sign up.

Free Legal Consultations

Friday, February 23
Friday, March 23

Attorney Bob Martin from Elder Law and Advocacy provides counsel and advice to adults over the age of 60.

For appointments call (858) 565 -1392 ext. 208.

Blood Pressure Checks

Tuesday, February 20
Tuesday, March 20
11:30 a.m. - 12:30 p.m.

Provided by Sharp Grossmont Senior Resource Center

Health Insurance Counseling Advocacy Program (HICAP)

Wednesday, February 14
Wednesday, March 14
9:30 a.m.- 12:00 p.m.

Free health insurance and Medicare counseling.
For an appointment call (800) 434-0222.

Interested in forming/being a part of a Computer Club ?

Call (858) 637-3217
email sarad@jfssd.org

The College Avenue Center will be CLOSED on the following dates:

Friday, April 6
Passover

Temple Emanu-El Programs—come join us!

Weight Watchers Group
Wednesday mornings at 8:30

Coffee with the Rabbi
with Rabbi Marcus & Rabbi Benj
Select Wednesdays in February and March
11:00 a.m. - 12:00 p.m.

Call (619) 286-2555 for more information on any of the Temple Emanu-El Programs.

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Weekly and Monthly Class Schedule

MONDAY

9:00 Health Education: Aerobics *
10:00 Brain Fitness (Brain HQ) *
10:30 Feeling Fit *
11:15 Meditation
12:45/1:00 Presentation/Movie
1:00 Latin Singers

TUESDAY

9:00 Tai Chi *
10:30 Current Events Class
10:30 Exercise with Niki*
11:00 ESL Russian Speakers
12:20 Trivia Tuesday
12:30 Knitting Group
12:45/ 1:00 Presentation or Movie
1:00 Fitness Fun with Sharon*
1:00 ESL/Computer Lab for Russian Speakers

WEDNESDAY

9:00 Health Education: Aerobics*
9:30 Poker
10:00 Brain Fitness (Brain HQ)*
10:30 Feeling Fit*
12:30 Bingo
12:30 Painting *

THURSDAY

9:00 Painting *
9:00 Strength Training \$5 members/ \$7 non-members
10:30 Exercise with Niki *
10:30 Laughter Yoga
12:30 Cyber Café Open Lab
12:30 Mah Jongg
12:45/1:00 Guest Speaker/Lecture
1:30 Drawing Class

FRIDAY

9:00 Health Education: Aerobics*
9:30 Poker
10:30 Feeling Fit*
10:00 Computer Lab for Russian Speakers
10:45 Yoga: \$5 members/ \$7 non-members
11:00 ESL for Russian Speakers
12:30 Cyber Café Open Lab
12:30 Friday Entertainment
12:30 Nutrition Class*

***Community College Classes.** Community College classes will be on vacation from March 26—March 30.

PURIM PARTY! Thursday, March 1
11:15 Singing with Preschoolers
12:00 Lunch • 12:45 Purim Schpiel

Join us for costumes, lunch and laughter for Purim!

We start with a costume parade and singing with the Temple Emanu-El preschoolers at 11:15 a.m.

After that we'll have a delicious lunch, complete with hamentashen.

At 12:45 p.m., the fun continues with our Purim Schpiel performed by our very own CAC Drama Group!

Monthly & Semi-Monthly Activities

Crafts Class: 9:30 a.m. Twice monthly on Fridays. February 9 & 23, March 9 & 23

Drama Class: 10:30 a.m. Twice monthly on Wednesdays. February 7 & 21; March 7 & 21

Fresh Market: 12:20 p.m. Twice monthly on Wednesdays. February 14 & 28; March 14 & 28

Memories in the Making® and Open Art Lab
1:00 p.m. Twice monthly on Mondays.
February 5 & 19; March 5 & 19

NEW Men's Group: 12:30 p.m. Twice monthly on Thursdays. February 1 & 15; March 1 & 15

Pet Therapy: 10:00 a.m. Twice monthly on Thursdays. February 8 & 22; March 8 & 22

NEW Project Care & Resource Information
12:30 p.m. Once monthly on Mondays w/ Lillian, JFS Case Aide, February 12; March 12

San Diego Foodbank Distribution: 1:00 p.m. Once monthly on Monday. February 26; March 26

Sing-Along with Rachelle: 12:30 p.m. Twice monthly on Wednesdays. February 14 & 28; March 14 & 28

Lectures and Guest Speakers: February/March 2018

NEW! A Men's Group

First and Third Thursdays at 12:30p.m.

Led by JFS Senior Clinician Rafael "Rafi" James LCSW, the Men's Group will be exploring the changing roles for men as we age, and navigating the transitions in our lives. Gentlemen will share their experiences, learn from each other and have guided conversations and support.

A Men's Group will meet on February 1 and 15; March 1 and 15.

Thursday, February 8 at 12:45 p.m.

Managing Transitions —Health and Vibrancy

With Lindsay Wagner

We will explore ways to become better witnesses to our body and learn simple poses to help boost our energy even when we face health challenges .

Thursday, February 15 at 12:45 p.m.

The Real Story of Purim

With Rabbi Benj of Temple Emanu-El

Rabbi Benj will share with us what *really* happened while explaining its significance in the Jewish calendar.

Thursday, February 22 at 12:45 p.m.

And the Winner Is....

With Dr. Lawrence Baron, Prof. Emeritus, SDSU

Join us for a bit of pre-Oscars fun with predictions and speculation about the upcoming Academy Award nominations.

Monday, February 26 at 12:45 p.m.

Why Vietnam Still Matters

With Dr. Pierre Asselin, SDSU Stanford Chair on U.S. Foreign Relations

This talk will explore the more crucial aspects and enduring legacies of the American military intervention in the tiny Southeast Asian country.

Tuesday, March 6 at 12:45 p.m.

Celebrating Aging

With Dr. Joaquin Anguera, Prof. Gerontology SDSU

How does society view older persons and old age? We could agree that there's room for improvement. The experts talk about "reframing" aging. The lecture will explain what's involved in this movement.

Thursday, March 8 at 12:45 p.m.

Managing Transitions—Companions & Friends

With Lindsay Wagner

In the "winter of our lives," we often lose the people we love and enjoy. We will look at tools to help face these transitions and remain positive.

Monday, March 12 at 12:45 p.m.

The Chocolate Trail— Presentation and Dessert

With Rabbi Debbie Prinz

Rabbi Debbie Prinz takes us through her journey and what she discovered while writing a book connecting Jews to the long history of chocolate making. Refreshments served afterwards.

Tuesday, March 13 at 12:30 p.m.

A Series on Mindfulness and Stress Reduction New Class Pre-screening and Orientation

With Dr. Ron Lech

In this upcoming class, Dr. Ron Lech will teach us how to manage stress in our lives through mindfulness techniques. Qualifying students will learn how to develop mindfulness using a variety of techniques. Orientation and pre-screening is **required** before attending this series.

Thursday, March 15 at 12:45 p.m.

77 Miles of Jewish Stories

With Don Harrison of JewishWorld.com

Don Harrison, local San Diego Jewish Historian, shares the fascinating story about the journey along Route 8 in San Diego, and the Jewish connections —including our Center!

Thursday, March 22 at 12:45 p.m.

Maximizing Brain Health

With Amy Abrams of Alzheimer's San Diego

Join the memory care experts at Alzheimer's San Diego to learn what the latest research on brain health tells us about the lifestyle changes that may reduce your risk of dementia: diet, exercise, cognitive stimulation, and more.

Thursday, March 29 at 12:45 p.m.

Current Exhibits at Museum of Photographic Arts

Get a preview of the current and upcoming exhibits at the Museum of Photographic Arts during this slideshow presentation.

Movies and Entertainment: February/March 2018

Movies start at 1:00 p.m. Free for supporting CAC Members; \$2 all others.

FEBRUARY MOVIES

MONDAY, FEBRUARY 12
Film Forum with Ralph DeLauro
I Confess

A priest (Montgomery Clift) finds himself at a moral crossroads when he hears a German refugee's confession of murder. Co-stars Anne Baxter and Karl Malden. 1953. 95 minutes.

MONDAY, FEBRUARY 19
Movies with Judith Levine
Moguls and Movie Stars:
Attack of the Small Screen

After Congress said that the studios couldn't own their own theaters, the moguls ran into more trouble when TV came into play. For many, there wasn't a need to go out to the movies when you could stay home and watch this box for free. So the studios had to come up with something to get these folks back into the theaters.

LIVE ENTERTAINMENT - FEBRUARY
Every week at 12:30 p.m.

Friday, February 2:
Karaoke with Laura Jane

Monday, February 5:
Latin Singers Concert
Latin Music

Monday, February 9:
Tony Del Torre
Vocals

Friday, February 16:
Gil Alcantar
Musical variety Show

Friday, February 23:
Joana Dzik
Violin and Singing

MARCH MOVIES

MONDAY, MARCH 19
Film Forum with Ralph DeLauro
Take Me Home

This clever and comic meditation on marriage features Sam Jaeger as a unemployed photographer moonlighting illegally as a NYC cab driver. When he picks up a distraught woman with her marriage in shambles, the two strangers set off on a cross-country odyssey to leave their problems behind.
2012. 97 minutes.

MONDAY, MARCH 26
Film Discussion with Judith Levine
On The Town

In honor of Leonard Bernstein's 100th 'birthday, Judith will be showing *On the Town*. A 1949 Technicolor musical film with music by Leonard Bernstein and Roger Edens, it is a story about three sailors on a day of shore leave in New York City. They are out looking for fun and romance before their twenty-four hours are up. Starring Gene Kelly, Frank Sinatra, and Betty Garrett.

LIVE ENTERTAINMENT - MARCH
Every week at 12:30 p.m.

Friday, March 2:
High Society Jazz Band
New Orleans and Gypsy Jazz

Friday, March 9
The Sophisticats
Music and Cover Songs

Friday, March 16:
The Noteables
Choral Music

Friday, March 23:
Gemini Junction
Bluegrass and Americana Music

New Programs and Computer Classes

Tuesday, February 6 at 12:30p.m.
Digital Photography Class Begins
With Museum of Photographic Arts

Learn new techniques in digital photography. No experience necessary, equipment is provided. All levels are welcome – beginners to advanced.

This is a four-part class.
Class meets at 12:30 p.m. on Tuesdays,
February 6 through February 27.

New Online Classes offered through San Diego Community College Emerati Program:
Our Stories are Wise and *Managing Chronic Health Conditions*. **Led by Instructor Donna Eckstein**

Come learn about these new online offerings at the class orientations at the College Avenue Center:

Friday, February 2 at 12:30—Our Stories Are Wise
Monday, February 5 at 12:30—Managing Chronic Health Conditions

Computer Classes and Tech Help

Computer and Tech Help Drop-In (formerly Open Lab) • **NEW! Mondays at 11:00 a.m.–12:00 p.m.**
Thursday and Friday: 12:30 – 2:30 p.m.

Join us for tech help every Thursday and Friday from 12:30 p.m. – 2:30 p.m. Computers are available with computer Tech Tutors and Techxperts to help and assist you. All levels of computer users are encouraged to use the computer lab. Wi-Fi is available for portable devices. Fees: Free for members; \$1 for non-members. Printing: 10¢ for members; 15¢ for non-members

Get a BenefitsCheckUp[®] with our Techxperts!

Stop by our Tech Help Drop-in Thursday and Friday afternoons and check out BenefitsCheckUp[®]. BenefitsCheckUp[®] is a comprehensive, free online tool that connects older adults with benefits they may qualify for. Find out if you're eligible for help with your Medicare premiums, electric bills, even groceries. Click on the checkmark icon on any of our Cyber Café laptops. It's free and confidential.

Interested in forming/being a part of a Computer Club?
Call (858) 637-3217 or email sarad@jfssd.org

Brain Fitness Spring 2018 • Mondays and Wednesdays • 9:30 a.m.

Train your brain using the Posit Science, BrainHQ, Brain Fitness Program in our computer lab and at home. The Brain Fitness Program is a multifaceted workout for the brain that features six computer-based categories of exercises for cross-training your brain. The exercises target key roots of cognitive function that improve processing speed, memory, and sound discrimination. This program sharpens and strengthens cognitive abilities in adults.

Word Processing • Wednesday, February 7—February 28 • 12:45 p.m.

Review the basics for copy and paste, learn how easy it is to change margins, add page numbers and headings, add pictures to you documents, use predefined templates to write letters, and the many other ways to enhance your document.

Basic Computer Skills for Seniors with Ellen Lorang • Mondays • March 5—April 23 • 12:45 p.m.

In this fun, hands-on course you will learn all the basic computer skills including using the mouse and keyboard, working in Microsoft Windows, using Microsoft Word, surfing the Internet and using Email. Conquer your fear and learn how to make it work for you!. You must register for class in order to attend.

Technology and Your Cell Phone with Alan Faberov, GreatCall • Wednesday, March 21 • 12:45 p.m.

An informal discussion with hands-on tech help. Open to all levels of experience. Bring all your smartphone questions!

Online Shopping: Amazon with Kjersten Langill • Tuesday, March 27 • 12:45 p.m.

Learn the benefit of online shopping using Amazon. Covers Amazon Prime memberships, Prime now, basic online shopping safety tips and more.

On the Go®

Transportation solutions for older adults

To make reservations or to enroll, contact us.
Monday - Friday 8:00 a.m. - 4:00 p.m.
(858) 637-7320

On the Go is closed on the following days:

Friday, April 6
Passover

On the Go is more than a ride - it's independence, community connection, mobility and dignity. On the Go consists of six components:

On the Go Excursions – Exciting, organized outings to locations throughout San Diego County and surrounding areas.

On the Go Shuttles – Group transportation to JFS Social & Wellness Centers, religious events, shopping centers, lunch destinations, and other cultural outings and events.

Rides & Smiles® – Volunteer drivers provide individual transportation to medical and personal appointments. Interested in volunteering? Give us a call!

On the Go Silver – Accommodates individual riders for personal errands and large groups for customized outings.

On the Go Navigator – An on-demand, individual transportation anywhere in San Diego County in partnership with Lyft.

Taxi Scrip – For transportation requests that cannot be fulfilled with *On the Go* drivers/vehicles.

On the Go Excursions

Collage 2018 - Be Bold! Casa del Prado Theatre in Balboa Park

Sunday, February 11, 2018 ♦ Depart 1:00 p.m., Return 4:00 p.m. Pay by February 2. \$25

San Diego Civic Dance Company invites you to their critically acclaimed dance show in the beautiful and historic Casa del Prado Theatre in Balboa Park. Breathtaking costumes, imaginative set pieces, gorgeous theatrical lighting, and 75 professionally trained dancers performing in various dance styles such as tap, jazz, hip hop, lyrical, modern, musical theater and Bollywood. Also featuring "Beethoven Sextet" from internationally recognized dance educator Daniel Lewis and new work from Broadway veterans Kirby Ward and Danny Gardner, L.A. Tap artist Kenji Igus, and Bollywood Dance artist Shweta Damkondwar. Come experience the power and joy of dance at its finest!

Tracking Edith, SD Jewish Film Festival, Edwards Mira Mesa,

Wednesday, February 14, 2018 ♦ Depart 12:30 p.m., Return 4:00 p.m. Pay by February 3. \$29

A woman with a troubled life who was a Montessori teacher and antique dealer with an interest in photography, were all that Edith's family knew about her. Peter Stephan Jungk tells the story of the family's discovery of her identity as a Soviet spy. Illustrated seamlessly by both animation and Edith's own beautifully composed Rolleiflex photos, this documentary reveals her secret life.

The Importance Of Being Earnest, Old Globe Theatre

Sunday, February 18, 2018 ♦ Depart 1:00 p.m., Return 4:30 p.m. Pay by February 5. \$75

Oscar Wilde's wildly entertaining comedy sparkles with dazzling wordplay and hilariously unlikely situations. This "trivial comedy for serious people" features two carefree bachelors, Jack and Algernon, each with a carefully hidden double life. Silliness ensues with whimsical ingénues, jealous fiancées, indomitable dowagers, and the most famous handbag in theatre history. The Globe's lavish production of this timeless classic offers the unmissable opportunity to see what the London *Telegraph* calls "the most perfect comedy in the English language."

Beauty and the Beast, J*Company, JCC La Jolla

Sunday, March 11, 2018 ♦ Depart 12:00 p.m., Return 3:30 p.m. Pay by February 23. \$38

"Be Our Guest!" The Academy Award-winning film comes to life in this romantic and beloved take on the classic fairytale.

A Little Night Music, Cygnet Theatre, Old Town

Sunday, March 18, 2018 ♦ Depart 1:00 p.m., Return 4:30 p.m. Pay by March 6. \$60

Desirée Armfeldt has always captured the hearts of men. When both of her lovers and their wives show up for a weekend in the country, a tangled web of love and desire leads to humorous and heartbreaking revelations. Sophisticated, literate and stylish, but also disarmingly warm, funny, charming and very human.

The Flower Fields, Carlsbad, CA

Sunday, April 15, 2018 ♦ Depart 11:00 a.m., Return 3:00 p.m. Pay by April 5. \$36

Come and celebrate the beauty of The Flower Fields® at a macro photography workshop. Canon professionals will be there loaning out equipment and answering questions.

Art Alive 2018 Floral Exhibition, San Diego Museum of Art

Sunday, April 29, 2018 ♦ Depart 10:45 a.m., Return 3:30 p.m. Pay by April 20. \$36

A blaze of color, bright blossoms, and lush foliage are a garden of earthly delights as the Museum blooms again. With 100+ floral interpretations of masterworks of art—and flower filled days of events, Art Alive returns for its 38th year at the San Diego Museum of Art.

To register for an excursion:

You may pay by phone with a credit card, or by mailing a check. Checks should be made payable to JFS and sent to Attn: *On the Go*, 8804 Balboa Ave., San Diego, CA 92123. If you have not received confirmation that payment was received, **please call us within a week of sending your payment.** Reservations cancelled prior to the "pay by" date will receive a refund or a credit.

Reservations involving a ticket purchase on your behalf may not be refundable. Please consider donating your cancelled excursion payment. Refunds are not given for cancellations after the "pay by" date.

Departure and Return times are approximate. Specific times are provided at least one day prior. Excursions depart from the College Avenue Center, 6299 Capri Dr., San Diego. Home Pick-Ups are available for \$8.00.Limited Service Area

Excursions may be cancelled and refunded or rescheduled at *On the Go's* discretion due to inclement weather, unforeseen events or lack of attendance.

Grossmont Center Area Shopping and Lunch Shuttle

Our new fleet is lift-equipped so bring your upright carts or small rolling luggage and shop till you drop!

Shuttle runs every Tuesday

With access to: Trader Joe's, Macys, Walmart, Target, Costco, Ross Dress for Less, Dollar Tree, World Market, CVS, Casa de Pico, Olive Garden, Fuddruckers and Reading Cinemas.

- \$4 One way
- \$8 Round trip
- \$4 for extra stops (\$12 max)

Reserve your spot early! Schedule trips from 3 to 30 days in advance.

Call *On the Go* (858) 637-7320. Limited service areas - call for more information.

Help at Home.

Seacrest at Home is the trusted not-for-profit Jewish home care agency when you or a loved one requires additional help at home.



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seacrestathome.org
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SEACREST VILLAGE
RETIREMENT COMMUNITIES
AT ENCINITAS AND RANCHO BERNARDO

From the beautiful rolling hills of Rancho Bernardo to the stunning coastal views of Encinitas, Seacrest Village welcomes you! Our vibrant retirement communities offer senior living, independent, assisted, memory support and healthcare, all in the warmth and friendliness of a Jewish environment. Visit us to see how you can enhance your retirement experience at Seacrest Village Retirement Communities!



211 Saxony Road, Encinitas | 760.632.0081

12730 Monte Vista Road, Poway | 858.485.0700

Senior Living in the Jewish tradition

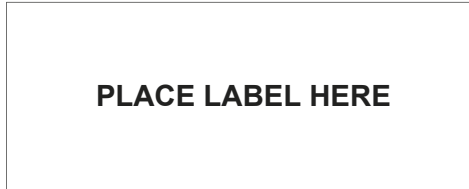
seacrestvillage.org



Jewish Family Service of San Diego
Turk Family Center
8804 Balboa Avenue
San Diego, CA 92123-1506

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Organization
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Paid
Permit No. 386
San Diego, CA

Current Resident or



On the Go[®]

Transportation solutions for older adults



Let us take care of the driving, so you can sit back and enjoy the ride.

**Introducing Navigator:
On-demand transportation,
anywhere in San Diego.**

We coordinate the details with our network of drivers and monitor your ride from pick-up to destination.

**Book your next ride with On the Go
(858) 637-3210 | www.jfssd.org/otg**

Welcoming all San Diegans



On the Go is a program of Charitable Adult Rides and Services (CARS) and is operated by Jewish Family Service

