



# THE VOICE

JEWISH FAMILY SERVICE - WWW.JFSSD.ORG

YOUR SOCIAL & WELLNESS NEWS

**2018- A Year of Enrichment, Exploration and Engagement      DECEMBER 2017/JANUARY 2018**

There are many exciting things about beginning a new calendar year. Joining your local aging and wellness center in 2018 will bring activities and benefits designed to enhance your life. Here at Jewish Family Service we believe in fostering community and helping people age with dignity. The programs offered through our Social & Wellness Centers are designed to support the whole person by providing community, opportunities to learn, and access to supportive services.

Come January, the College Avenue Center will be increasing your access to fresh produce by hosting two fresh markets per month, on the second and fourth Wednesdays, doubling your opportunity to glean fresh ingredients for your health-conscious lifestyle. Fresh fruits and vegetables are loaded with vitamins, minerals, fiber, and disease-fighting phytochemicals. Consuming a rainbow of colors daily provides the body with nutrients to stay fit, healthy and energized, feeling your best self.

We are excited to announce an increase in frequency of intergenerational programs. Several events are scheduled with the adorable Temple Emanu-El Preschoolers throughout the year. You will also be able to hit the dance floor with the UCSD students twice this year, which is always a fan favorite. The benefits of intergenerational programming flow both ways, providing a beautiful sense of community for everyone.

The new year will ring in a new lineup of provocative presentation topics, beginning with the use of Medical Marijuana for seniors. You will want to keep an eye on the program calendar and look forward to being informed and challenged throughout the year.

2018 will also see Listening Groups back in the program rotation. It is important to us that you feel heard and understood. JFS management will conduct listening open forums and other specialized programs on a regular basis. Whatever the calendar year, our best ideas come from you and we are listening.

We have partnered with Alzheimer's San Diego to increase our ability and effectiveness in serving those with dementia. The result has been the addition of programs such as *Memories in the Making*, and you will see more special programs in 2017, such as the 8-week session *Take Charge*. Importantly, there will be a continuation of the ongoing Out & About weekly excursion program aimed at those who live with Alzheimer's and dementia-related limitations. At College Avenue enter everyone matters, and we offer classes, outings and support resources for those with cognitive decline, their caregivers, and their families.

We're here to help you stay on top of ever-changing technology. Many of you may be familiar with personal technology and common applications such as Facebook, Google Search and Skype. For those of you who are not, we offer beginner computer classes to help with those applications. From classes that focus on the basics to programs that grow with you, we've got it all.

These are just a few of the benefits and resources available to you at the College Avenue Center. We look forward to seeing you here!

Stay connected to your community, find activities and resources at your local center:  
Balboa Avenue Older Adult Center • College Avenue Center

### It's Membership Renewal Time at the College Avenue Center

Join us this year for our inaugural Membership Cafe!

JFS staff will be on hand to sign you up as a College Avenue Member for 2018 at our Membership Cafe. No more filling out forms, or waiting for your membership card! When you sign up through a Membership Café you work directly with us. We'll be there to answer questions you have, process payments and issue you a membership card that same day.

**Membership Cafes will be open Friday, December 8, through Thursday, December 14, from 10:30 a.m. until 1:30 p.m.** We will also have Membership Cafes on January 11 and January 12. Cash, check and credit/debit cards will all be accepted.

Membership dues: \$48/\$80 for a Single membership; \$60/\$100 for a couple\*

For every person who signs up through the Membership Café, we offer the choice of either a voucher good for an Adventure Shuttle or an entry into a raffle—you pick! So come on in, sign up and you'll be good to go through the end of December 2018. Never been a Member before? Consider joining! To learn more about membership benefits come visit our Membership Café. You'll be glad you did! *\*Prices subject to change without notice.*

### College Avenue Center Listening Session—We Want To Hear From You!

Tuesday, December 12 • 12:45 p.m.

*With Chris Maeoka, Social & Wellness Supervisor and Brenda Bothel-Hammond, Aging and Wellness Senior Director, JFS*

Join a conversational talk with Chris Maeoka and Brenda Bothel-Hammond about the Center. Share your thoughts and insights about how things are going at the Center, and what you'd like to see in the future.

### Take a Trip Down Memory Lane with Two Special Events Offered at the JCC in January

Lawrence Family Jewish Community Center  
JACOBS FAMILY CAMPUS  
4126 Executive Dr., La Jolla/UTC area



Monday, January 15 - Introduction to Writing Life Stories: A one-time workshop with Barbara Field

Monday, January 29- *It Happened One January* - historic events that happened in the month of January of various years, presented by "The History Lady".

For more details or to sign up for these events, refer to the JCC's Shofar newsletter or call the JCC Senior Dept. at (858) 362-1141.

# COLLEGE AVENUE CENTER

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

## Hanukkah at the College Avenue Center

Friday, December 15 • Hanukkah Lunch at 12:00p.m. • Hanukkah Party at 12:30 p.m.

On Friday, December 15, join us for a noontime Hanukkah luncheon. We will have latkes and sufganyot (jelly donuts), and light our Hanukkiot (Menorahs). After lunch, the festivities continue with an energetic musical concert by Debra Davis and several members of Second Avenue Klezmer, where we will enjoy Yiddish, Hebrew and popular songs.

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## New Year's Luncheon and Party!

Friday, December 29

Luncheon at 12:00 p.m. • Entertainment at 12:30 p.m.

Join us for our New Year's luncheon and stay afterwards for music and dancing with Bob Constantine and his band. Dress up if you like, and dance the New Year in with us!



### 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

### 2016 VIP Members

Grace Ames  
 James Baker  
 Marilyn & Vern Boyce  
 Gizella Buchinger  
 Helen Buzzella  
 Tim Collins  
 Bette Commans  
 Lillian B Herzberg  
 Rose Hofman  
 Marilyn Katz  
 Bernie & Elaine Kaye  
 John Kernoski  
 Peggy Millward  
 Elvira Moon  
 Ed & Mary Post  
 Gloria Rimland  
 Anna Ritter  
 Harry Rosen  
 Steve Six  
 Rosemary Small  
 Jean Szewczyk  
 Enid Texler  
 Ray and Roberta Thiesen  
 Katie Thomas  
 Deborah Tov  
 Stella Trojanowski  
 Hal Walba

### Birthdays

Anna R.	Marilyn N.
Aurora P.	Marilyn K.
Barbara R.	Mary C.
David O.	Mary P.
Debbie Q.	Mary P.
Diane S.	Mary Lynn F.
Doris N.	Moti S.
Eleanor M.	Pauline F.
Jane R.	Rebecca D.
Jean S.	Renee G.
Jeanne S.	Roberta F.
June A.	Rose L.
Karyn M.	Rose R.
Katie T.	Sophia D.
Larry F.	Suzanne B.
Marilyn B.	Theresa B.

### Sunday Lunch on January 14 Lunch at 12:00 p.m. Music at 12:30

Join us for a delicious luncheon followed by music performed by the Patrick Henry String Quartet.

### Mah Jongg Players Wanted! Thursdays at 12:30 p.m.

Must know how to play the game. If interested, contact Elissa Landsman at (858) 637-3273.

### Free Legal Consultations Friday, December 22 Friday, January 26

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, December 19 Tuesday, January 19 11:30 a.m. - 12:30 p.m.

Provided by the Sharp Grossmont Senior Resource Center

### Health Insurance Counseling Advocacy Program (HICAP)

Tuesday, December 5  
 Wednesday, January 10  
 9:30 a.m.- 12:00 p.m.

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

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

**Monday, December 25  
 Christmas**

**Monday, January 1  
 New Year's Day**

### Temple Emanu-El Programs—come join us!

**Weight Watchers Group**  
 Wednesday mornings at 8:30

**Coffee with the Rabbi**  
 with Rabbi Marcus and Rabbi Benj  
 Select Wednesdays in December and January  
 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  
12:30 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  
1:00 Music Appreciation \*  
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 December 18 thru January 1. Classes will resume on January 2.

Tuesday, January 23 at 12:45 p.m.  
**Medical Cannabis 101: An Introduction to Cannabis as Medicine for Seniors**  
*With Canna Republic Senior Advocacy*

Learn about the basics of medical cannabis. The program is designed to familiarize seniors with the therapeutic benefits of medical cannabis. Topics covered include:

- introduction to medical cannabis
- how does it work to treat illness
- what to expect during cannabis treatment
- how to choose the best consumption methods
- talking with family, friends and your physician about medical cannabis
- how to legally obtain medical cannabis

### Monthly & Semi-Monthly Activities

**Crafts Class:** 9:30 a.m. Twice monthly on Fridays. December 1 & 15; January 5 & 19

**Drama Class:** 10:30 a.m. Twice monthly on Wednesdays. December 6 & 20; January 3 & 17

**Fresh Market:** 12:20 p.m. Monthly on the second Wednesday. December 13; January 10

**Memories in the Making® and Open Art Lab**  
1:00 p.m. Twice monthly on Mondays. December 11; January 8 and 22

**Pet Therapy:** 10:00 a.m. Twice monthly on Thursdays. December 14; January 11 & 25

**San Diego Foodbank Distribution:** 1:00 p.m. Once monthly on Monday. December 4; January 29

**Sing-Along with Rachelle:** 12:30 p.m. Twice monthly on Wednesdays. December 13 & 27; January 10 & 24

**Trivia Tuesdays:** 12:20 p.m. Twice monthly on Tuesdays. December 12 & 26, January 9 & 23

## Lectures and Guest Speakers: December 2017/January 2018

### DECEMBER PRESENTATIONS

Monday, December 4 at 12:30 p.m.  
**College Avenue Center Drama Group  
Presents: Short Plays and Skits**

Our own home-grown drama group will delight us with original plays, skits, and dramatic readings.

Tuesday, December 5, at 12:45 p.m.  
**Winter Food Safety**  
*Presented by the USDA*

Learn how to safely prepare, store holiday foods.

Thursday, December 7 at 12:45 p.m.  
**Deciphering Food Labels**  
*With San Diego Foodbank*

The San Diego Foodbank will be here to show you how to de-code and decipher these important informational labels.

Tuesday, December 12 at 11:15 p.m.  
**Hanukkah Candle Lighting with TEE Preschool**

Join us for a special candle lighting of the Hanukkah Menorah and singing with the preschool children.

Thursday, December 14, at 12:45 p.m.  
**Contemporary Mexican Photography**  
*With Kevin Linde, Museum of Photographic Arts*

Explore the work of contemporary Mexican photographers investigating changes over the past 15 years in society, culture and the arts in Mexico.

Tuesday, December 19 at 12:45 p.m.  
**Travel Through Jordan**  
*With Paul and Yvonne Wultz*

Follow along as Paul and Yvonne travel through the ancient land of Jordan, sharing their stories and photos of this country rich in history and culture.

Monday, December 18 at 12:30 p.m.  
**JFS Resources: Project Care and Care Management**  
*With Lillian Kellison, JFS Care Manager*

Come learn about JFS's Project Care program from Lillian Kellison, a Care Manager at JFS. Lillian will also cover other Care Management resources available through JFS.

Thursday, December 21 at 12:45 p.m.  
**Script in Hand Players: Short Plays and Skits**

The Script in Hand Players is a senior acting troupe that performs humorous and sentimental skits. From their variety of scripts, they choose selections that model a variety of human situations from years gone by as well as themes from today.

Tuesday, December 26 at 12:45 p.m.  
**Jeopardy!**

Everyone's favorite game show comes to the College Avenue Center. Join us for a fun afternoon of game show-style trivia.

Thursday, December 28 at 12:45 p.m.  
**The Prophets' Guide to Turbulent Times**  
*With Rabbi Devorah Marcus*

We turn to the Old Testament and the Prophets to give us insight and comfort as we live in an increasingly chaotic world.

### JANUARY PRESENTATIONS

Thursday, January 11 at 12:45 p.m.  
**Managing Transitions**  
*With Lindsay Wagner*

In the Managing Transitions series, we will use a model that highlights three stages of transition that people go through when they experience change:

1. Identify the ending – acknowledge the losses – let go completely
2. Witness the stillness—pause to integrate
3. Embrace the new experience

We will explore various types of transitions, including health transitions, aging transitions, and relationship transitions to name a few.

Friday, January 12 at 12:30 p.m.  
**Winter Formal: An Intergenerational Dance and Health Event with music by The Vidals**

The wonderful students from UCSD Skaggs School of Pharmacy are back to host the annual Senior Prom. The students display their medical knowledge while we enjoy refreshments, dancing and live music. This event is always a fun time, and not one to be missed! Mark your calendars and save the date for this fun-filled afternoon.

## ***Movies and Entertainment: December/January 2017***

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

### **DECEMBER MOVIES**

**MONDAY, DECEMBER 4**

***The Big Sick***

Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings.

**MONDAY, DECEMBER 16**

**Movies with Judith Levine**

***The Halifax Explosion***

In 1917 a French-owned freighter containing TNT collides with a Belgian ship, killing and injuring thousands of people. Judith will also share her family's personal experiences with this event.

**MONDAY, DECEMBER 23**

**Film Forum with Ralph DeLauro**

***The Other Son***

Director Lorraine Levy tackles thorny Israeli-Palestinian tensions via this emotionally charged tale of two Middle Eastern teens--- one raised in Israel and the other as a Palestinian--- who discover they were switched at birth.

### **LIVE ENTERTAINMENT - DECEMBER**

Every week at 12:30 p.m.

Friday, December 1:

**Gemini Junction**

*Bluegrass*

Friday, December 8:

**Robert Hardaway**

*Guitar and vocals*

Monday, December 11: **Al Jacobs Sing Along**

*Vocals and piano*

Friday, December 15:

**Hanukkah with Deborah Davis**

*Hebrew, Klezmer and Yiddish music*

Friday, December 22:

**Richard James**

*Vocals and piano*

Friday, December 29

**New Year's Celebration with Bob Constantine Band**

*Big Band and Popular Music*

### **JANUARY MOVIES**

**MONDAY, JANUARY 8**

***Learning To Drive***

As her marriage dissolves, a Manhattan writer takes driving lessons from a Sikh instructor with marriage troubles of his own. In each other's company they find the courage to get back on the road and the strength to take the wheel.

**MONDAY, JANUARY 15**

**Film Forum with Ralph DeLauro**

***Fill the Void***

When the older sister of Shira, an 18-year-old Hasidic Israeli, dies suddenly in childbirth, Shira must decide if she can and should marry her widowed brother-in-law, which also generates tensions within her extended family.

**MONDAY, JANUARY 22**

**Movies with Judith Levine**

***Scarlet Street***

Classic Noir with themes of greed, obsession, lust, fatalism and guilt. In short, everything that makes life worthwhile.

**MONDAY, JANUARY 29**

***Battle of the Sexes***

The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.

### **LIVE ENTERTAINMENT - JANUARY**

Every week at 12:30 p.m.

Friday, January 5:

**Tony Davis Trio**

*Motown*

Friday, January 12

**Intergenerational Dance and Health Event  
with UCSD Students**

*music performed by The Vidals*

Sunday, January 14

**Patrick Henry High School String Quartet**

*Classical Music and Music History*

Friday, January 19:

**Eileen Wingard's String Trio**

*Classical Music*

Friday, January 26:

**Al Jacobs Sing Along**

*Piano and Sing Along*

### Computer Classes and Tech Help

#### **Computer and Tech Help Drop-In** (formerly Open Lab) • Thursday and Friday: 12:30 – 2:30 p.m.

Need help with your smartphone? Tablet? Portable device? Or computer? Join us for tech help every Thursday and Friday from 12:30 p.m. – 2:30 p.m. The College Avenue Center Cyber Café has drop-in hours, where our 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<sup>®</sup> with our Techxperts!**

Stop by our Tech Help Drop-in Thursday and Friday afternoons and check out BenefitsCheckUp<sup>®</sup>, which is a free service of the National Council on Aging. BenefitsCheckUp<sup>®</sup> is a comprehensive, free online tool that connects older adults with benefits they may qualify for. If you're on Medicare and have a fixed income, there are benefit programs that can help you make ends meet. 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.

#### **Internet Safety • Wednesday, December 6 • 12:45 p.m.**

Learn how to safely browse the web and protect yourself from online scams.

Topics Covered: General Questions, Passwords, User Accounts, Parental Controls, Web Browser, Viruses, Malware, Ransomware, Spoofing, Social Networks. Registration is required.

#### **The Internet • December 13 • 12:45 p.m.**

This class will cover what the internet actually is, how to access it and how to work within it.

**Registration is required.**

#### **Basic Computer Skills for Seniors • Mondays • January 8—February 26 • 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. Get up to speed on your computer. Conquer your fear and learn how to make it work for you! Learn how to get around on the internet, send email, stay in touch with friends and family using Skype and Facebook. You must register for class in order to attend.

#### **Brain Fitness Orientation • January 24 • 9:30 a.m.**

Orientation and registration. Free through the San Diego Community College. Classes will meet Mondays and Wednesdays from 10:00 a.m. - 11:30 a.m., for the spring 2018 semester. The class is free. Seats are limited. **Please sign up early to ensure a space.** To register, please call the College Avenue Center at (858) 637-3217 or stop by the office.

#### **Brain Fitness Spring 2018 Begins • January 31 • 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.



# 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:

Monday, December 25, 2017  
Christmas Day

Monday, January 1, 2018  
New Year's Day

# On the Go Excursions

## **Salute to Vienna, SD Symphony Hall**

**Saturday, December 30, 2017 ♦ Depart 1:30 p.m., Return 5:00 p.m. Pay by December 8. \$45**

Celebrate the ageless beauty of Viennese music with San Diego's 19th annual New Year's Concert. Strauss waltzes and sweeping melodies from operettas are performed by handpicked European singers and full orchestra, featuring Members of the San Diego Symphony. Beautifully costumed dancers present romantic vignettes. You'll fall for the *Blue Danube Waltz* all over again!

## **Les Misérables, J\*Company, JCC La Jolla**

**Sunday, January 14, 2018 ♦ Depart 12:00 p.m., Return 3:30 p.m. Pay by January 4. \$38**

The epic tale of broken dreams, passion, and redemption is set against a nation in the throes of revolution. Epic and uplifting, *Les Misérables* packs an emotional wallop that has thrilled audiences all over the world. This show brings you one of the most memorable scores of all time, and some of the most memorable characters to ever grace a stage, from one of the greatest musicals ever written. With all the songs that touch your heart: "I Dreamed a Dream," "On My Own," "One Day More," "Little People," "Do You Hear The People Sing?" and many more.

## **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!.

**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.

### ***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 lead to humorous and heartbreaking revelations. Sophisticated, literate and stylish, but also disarmingly warm, funny, charming and very human.

#### **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.



Personal Care • Meal Preparation • Light Housekeeping • RN Care Management  
Escort to Appointments • Errands • Medication Reminders • Companionship

[seacrestathome.org](http://seacrestathome.org)  
760-942-2695



We accept most Long-Term Care Insurance  
Home Care Organization license #374700096

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SEACREST VILLAGE  
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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

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Senior Living in the Jewish tradition

[seacrestvillage.org](http://seacrestvillage.org)

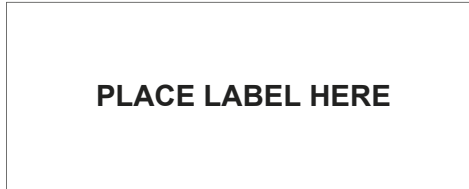




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*Welcoming all San Diegans*



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

