CELEBRATE FRIENDSHIP
Thursday, February 13, 10:00p.m. to 2:00p.m.
Entertainment by Robert Hardaway

PRESIDENTS DAY
Monday, February 17, 10:00a.m. to 2:00p.m.
Entertainment by Mark Flores

PURIM CELEBRATION
Wednesday, March 11, 10:00a.m. to 2:00p.m.
Entertainment by Raymond

Purim is one of the most joyous and fun holidays on the Jewish Calendar. It commemorates a time when the Jewish people living in Persia were saved from extermination.

How do we celebrate: Participation in a Megillah reading from the Biblical Book of Esther, while making noise with groggers (noisemakers) and sharing Hamantashen cookies.

THE CENTER WILL BE CLOSED:
NO CLOSURES FOR FEBRUARY AND MARCH
Welcome to the BAOAC!

Balboa Avenue Older Adult Center

Our purpose: Jewish Family Service is an organization working to build a stronger, healthier, more resilient San Diego. Come enjoy a social, educational, and recreational program. At the Balboa Avenue Older Adult Center (BAOAC), we offer a fun-filled environment with a professional and caring staff. Come exercise your mind, body, and soul!

CENTER STAFF

Program Coordinator: Aviva Saad
Program Assistant: Kristina Simmala
Program Assistant: Ewa Knopf
Driver: Jim Anderer
Driver: Steven Davis

Transportation to BAOAC:

To arrange transportation, please call BAOAC one day in advance at (858) 550-5998

Distance: One Way: RT:
0-3 Miles $4.50 $9.00
3.1-6 Miles $5.50 $11.00
6.1-9 Miles $6.50 $13.00

Daily Program Fees:

Four (4) Hrs. of Activities, Lectures, Exercise, and Entertainment Fee: $20.00
Hot Kosher Lunch Fee: $.70
Total BAOAC Fee: $27.00
Caregiver Lunch Fee: $7.00
New Members One-Time Enrollment Fee: $30.00

LOCATION

Balboa Avenue Older Adult Center (BAOAC)
JFS Joan & Irwin Jacobs Campus
8788 Balboa Avenue, San Diego, CA 92123
(858) 550-5998

BAOAC is open Monday — Thursday from 10:00a.m. — 2:00p.m.

LUNCH

Kosher Lunch is served
Monday — Thursday at 12:00p.m.
To order lunch call (858) 550-5998 before 9:00a.m. on the day you are planning to attend.

OFFICE HOURS:

Monday — Thursday 8:00a.m. to 4:00p.m.
FEBRUARY ACTIVITIES

Monday, February 3
10:00am  BINGO
11:00am  Chair Exercise with Aviva
11:00am  Caregiver Support group with Lesley
12:00pm  Lunch
1:00pm  Entertainment by Lori & Chip

Tuesday, February 4
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Laura Flores

Wednesday, February 5
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment with Lesley & Cheryl

Thursday, February 6
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Russell Paihinui

Monday, February 10
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Lesley & Cheryl

Tuesday, February 11
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Musicstation

Wednesday, February 12
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Raymond

Thursday, February 13
10:00am  FRIENDSHIP CELEBRATION!
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Robert Hardaway

Monday, February 17
10:00am  PRESIDENTS BINGO!
11:00 am  Chair exercise with Aviva
11:00am  Caregiver Support Group with Lesley
12:00pm  Lunch
1:00pm  Entertainment with Mark Flores

Tuesday, February 18
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment with Lesley & Cheryl

Wednesday, February 19
10:00 am  BINGO
11:00 am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment with Peter Seltser

Thursday, February 20
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Cam & Dolly Vidal

Monday, February 24
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Zack David

Tuesday, February 25
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Cara Friedman

Wednesday, February 26
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by Lesley and Cheryl

Thursday, February 27
10:00am  BINGO
11:00am  Chair Exercise with Aviva
12:00pm  Lunch
1:00pm  Entertainment by The Sophisticats
MARCH ACTIVITIES

MARCH ACTIVITIES

Monday, March 2
10:00am   BINGO
11:00am   Chair Exercise with Aviva
11:00am  Caregiver Support Group with Lesley
12:00pm   Lunch
1:00pm   Entertainment by Lori & Chip

Tuesday, March 3
10:00am   BINGO
11:00am   Chair Exercise with Aviva
12:00pm   Lunch
1:00pm   Entertainment by Laura Flores

Wednesday, March 4
10:00am   BINGO
11:00am   Chair Exercise with Aviva
12:00pm   Lunch
1:00pm   Entertainment by Lesley and Cheryl

Thursday, March 5
10:00am   BINGO
11:00am   Chair exercise with Aviva
12:00pm   Lunch
1:00pm   Musical Entertainment by Russell Paihinui

Monday, March 9
10:00am   BINGO
11:00am   Chair Exercise with Aviva
12:00pm   Lunch
1:00pm   Entertainment by Lesley & Cheryl

Wednesday, March 11
10:00am   PURIM CELEBRATION!
11:00am   Chair Exercise with Aviva
12:00pm   Lunch
1:00pm   Music by Raymond

Thursday, March 12
10:00am   BINGO
11:00am   Chair Exercise with Aviva
12:00pm   Lunch
1:00pm   Entertainment by Robert Hardaway

Monday, March 16
10:00am   BINGO
11:00am   Chair Exercise with Aviva
11:00am  Caregiver support group with Lesley
12:00pm   Lunch
1:00pm   Entertainment by Mark Flores

Caregivers' Corner:

Support & Discussion Group:

Support and discussion groups can be one of the best sources of support for care givers as they provide a safe environment to discuss caregiving experiences, strategies for coping, and emotional support.

BAOAC Support Group:

Lesley Alexander, MSW
Care Manager
(858) 637-3224|leslya@jfssd.org

Address:
8804 Balboa Avenue
San Diego, CA 92123

Date and Time:
Every 1st & 3rd Monday
11:00a.m.—12:30p.m.

Alzheimer's San Diego Support Group:

Led by: Colleen Cook, MSW, ASW
JFS Aging Specialist
(858) 637-3022|colleenc@jfssd.org

Rebecca McDaniel, LCSW
(858) 966-3303|rdecampos@alzsd.org

Address:
Peninsula Shepherd Center
1475 Catalina Blvd
San Diego, 92107

Date and Time:
Every 1st & 3rd Thursday
10:00a.m.—11:30a.m.

For a full list of caregiver support and discussion groups across the county, go to alzsd.org/support.
### March Activities (Continued)

**Tuesday, March 31**
- 10:00am BINGO
- 11:00pm Chair Exercise with Aviva
- 12:00pm Lunch
- 1:00pm Entertainment by Michael Sinatra

**Wednesday, March 18**
- 10:00am BINGO
- 11:00am Chair Exercise with Aviva
- 12:00pm Lunch
- 1:00pm Entertainment by Peter Seltser

**Thursday, March 19**
- 10:00am BINGO
- 11:00am Chair Exercise with Aviva
- 12:00pm Lunch
- 1:00pm Entertainment by Lesley & Cheryl Vidal

**Monday, March 23**
- 10:00am BINGO
- 11:00am Chair Exercise with Aviva
- 12:00pm Lunch
- 1:00pm Entertainment by Zack David

**Tuesday, March 24**
- 10:00am BINGO
- 11:00am Chair Exercise with Aviva
- 12:00pm Lunch
- 1:00pm Entertainment by Cara Friedman

**Wednesday, March 25**
- 10:00am BINGO
- 11:00am Chair Exercise with Aviva
- 12:00pm Lunch
- 1:00pm Entertainment by Lesley & Cheryl Vidal

**Thursday, March 26**
- 10:00am BINGO
- 11:00am Chair Exercise with Aviva
- 12:00pm Lunch
- 1:00pm Entertainment by The Sophisticats

**Monday, March 30**
- 10:00am BINGO
- 11:00am Chair Exercise with Aviva
- 12:00pm Lunch
- 1:00pm Entertainment by Mark Flores

---

**Staff Profile:**

**Ewa and Kristina**

Kristina was born in Thailand and moved to the U.S. when she was 10 years old. She enjoys spending time with her family and friends. Her hobbies include: cooking, swimming, walking outdoors and she loves her job. She started working for the North County Inland JFS senior center in 2008 and got transferred to work with us right here at BAOAC in 2013.

Ewa moved from Poland to the United States with her family 25 years ago. Within a few years of arriving to this country, her late husband, Markus, was diagnosed with Parkinson’s disease. During his sickness, she went through indescribable emotional and caregiving challenges, similar to what many of our client’s families are facing. It was through Markus that Ewa learned about JFS, as he was a long-time client of JFS’s North County Inland Senior Center. After Markus passed away, Ewa wanted to give back to JFS and decided to volunteer at BAOAC. In 2013, she was hired to be a staff member. Ewa loves to travel, go to the movies, and spend time with her daughter.

Both Ewa and Kristina love their job, they care for the wellbeing of every single person who comes to BAOAC. They treat people with respect, dignity, compassion and love. They are always ready to sing, dance, chat, listen and bring the best out of every single person at the center. BAOAC is very lucky to have Ewa and Kristina.
“The new year stands before us, like a chapter in a book waiting to be written”
—Melody Beattie

As the new year begins so does a new decade, and we couldn’t be more excited! The BAOAC pulls out all the stops to show our eagerness celebrate to look forward. Another year reminds us to marinate in the joy and beauty of the moment.

Out & About
(858) 637-3388

O&A takes older adults with early stage Alzheimer’s and other related forms of Mild Cognitive Impairment (MCI) for weekly adventures. Let’s see what they are up to!

Above: Nate’s Garden Grill
Below: City Farmers

Above and Below: Museum of Making Music

Above: Chula Vista Elite Training Center
When it comes to navigating the effects of Alzheimer’s disease, every journey is different.

That’s why we’ve built a care network designed to wrap around the unique needs of individuals and caregivers impacted by Alzheimer’s disease and related dementias (ADRD). Whether you’re concerned about a loved one or coping with the symptoms of dementia on your own, we’re here for you and your family.

The JFS Alzheimer’s Disease Initiative
Delivered in partnership with Alzheimer’s San Diego

- Care Planning & Coordination
  One-time or ongoing support from our dementia care experts
- Balboa Avenue Older Adult Center
  Dementia-friendly day programming and respite care
- Out & About
  Weekly guided excursions and lunch at a favorite spot in San Diego
- Caregiver Support
  Bi-weekly support and discussion groups for family members and caregivers
- Music & Memory
  In-home music therapy program utilizing personalized playlists
- Community Education
  Learn how to spot early signs of dementia and support loved ones

Find help, connection, and support from our dementia care experts.
(858) 637-3388 | www.jfssd.org/alzheimers
How Does Personalized Music Make a Difference?

- Beloved music helps to reduce depression and anxiety.
- Personalized music can help to reduce reliance on anti-psychotics, anti-depressants, and pain medications.
- Participants are happier, more social and receptive to care.
- Taps into deep memories and can improve quality of life.

What is Music & Memory®?

Grounded in extensive research, Music & Memory® helps people living with a wide range of cognitive and physical challenges to find renewed joy in life through musical favorites. Our team is trained to develop personalized playlists delivered through iPods, a key element in the individual’s plan of care.

For more information about Music & Memory® or other programs regarding Alzheimer’s Disease or other related dementias, please contact 858-637-3388 or musicandmemory@jfssd.org.