FROM OUR CEO: We are saddened to learn of the passing of Justice Ruth Bader Ginsburg. She was a true pioneer of women’s rights, human rights and was dedicated to equal justice for all. She was an incredible person on many levels.

JFS Website: www.jfssd.org

JEWISH FAMILY SERVICE - WWW.JFSSD.ORG

OCTOBER 2020

CAC’s 22nd Birthday is in October!

College Avenue Center is celebrating it’s 22nd year of operation this October and we couldn’t be prouder. It has been an honor serving you and we will continue to do so virtually! Thank you for letting us be a part of your lives. Sue, a CAC member, had a birthday recently and submitted her story to CAC’s email. If you would like the chance to be on the front page of our newsletter, send your picture, artwork, writings, musings, testimonials, etc., to our email: swcenters@jfssd.org

SUE’S STORY: My 85th birthday, on September 23, was a very busy day. In between fielding calls from our 3 children, their spouses, and 7 grandchildren from all over the country, I started the day with roses from our yard left by my husband at my place at the breakfast table, with an original creative card. After breakfast, I was on zoom with my friends at Tifereth Israel with our daily prayer service plus hijinks at 9:30, then Kara’s Feeling Fit class with my friends from the College Area JFS Center. Because my husband was working that day, I had the luxury of making something I never have for lunch; an almond butter and jelly sandwich! On Saturday, we met our daughter’s family at a lovely grassy park overlooking the ocean in the Dana Point. All of us were masked and at least six feet apart. We had a Shabbat lunch together at a secluded spot and wore party hats! Looking so festive, people walking by would yell Happy Birthday!

VOTE SAFER SAN DIEGO!

To ensure that voters can exercise their right to vote in a safe, secure, and accessible manner during the 2020 Presidential General Election, the San Diego County Registrar of Voters will be sending out mail-in ballots to registered voters nearly a month before Election Day, providing ample time to mark and return ballots by mail. Please visit the website below for more information on voter registration and voting by mail or in person. If you decide to vote in-person, be prepared to see long lines.


On the Go has resumed regular operations. For reservations please call: (858) 637-7320
**SPOTLIGHT: LIFE GROUP VOLUNTEERS**

If you have been to College Avenue Center for lunch, you might recognize these happy faces. They are our beloved LIFE group volunteers! LIFE is a community based organization where social and professional skills are taught intended help integrate individuals into the community to be productive members of society. Led by LIFE job coaches like Mike and Izzy, volunteers such as Joseph, Talia, Michael, Isaiah, Alvaro, and Crystal get experience and training in a fast-paced environment, such as the restaurant industry, by providing excellent food service to older adults. For the past 11 years at JFS, serving lunch, cleaning tables, and socializing with the seniors, Mike and Izzy’s team built meaningful relationships that will last a lifetime. As Mike says, “we have become a part of the seniors life as well as they have become a part of ours. Both sides take care of each other as if we were family.”

These incredibly gifted individuals are a true blessing to the JFS family.

Thank you for all you do Mike, Izzy and all the gang...Can’t wait to see you again!

**WE WANT TO WISH EVERYONE BORN IN OCTOBER A VERY HAPPY BIRTHDAY!**

**BRET’S WELLNESS CORNER**

With the fall season upon us please remember it is the beginning of the Flu Season. Today, we are all more vulnerable than in the past so make sure you are practicing overall “Wellness.” Wash your hands, do not touch your face, wear a mask when out, stay 6ft from others and get outdoors. If you have not gotten your flu shot and are not susceptible to it call your doctor and set it up. Stay safe and exercise outdoors. Be patient and this unprecedented time too shall pass.

**PAUSE FOR POETRY**

We’ve Got Your Bag
Sharia’s Closet’s got your bag
When you hit a snag
We offer a helping hand
Safe place to land
Together we stand

—Sara Appel-Lennon 09/19/20

Sharia’s closet provides free, emergency clothing to individuals and families who are experiencing financial hardship or crisis.

https://www.shariascloset.org/

**RBG: I DISSENT**

May Supreme Court Justice Ruth Bader Ginsberg rest in peace. Her legacy lives on as we heed her words:

“To make life a little better for people less fortunate than you, that’s what I think a meaningful life is. One lives not just for oneself but for one’s community.” —RGB

“Sometimes people say unkind or thoughtless things, and when they do, it is best to be a little hard of hearing – to tune out and not snap back in anger or impatience.” —RGB

“Age is no barrier. It’s a limitation you put on your mind.”

-Jackie Joyner-Kersee

On the Go has resumed Regular operations. For reservations please call: (858) 637-7320
Upcoming Events:

**AVIVA’S SUKKOT PROGRAM**
Tuesday October 6, at 2:00p.m.
Celebrate the Jewish Holiday of Sukkot
Feast of the Tabernacles.
Join us to learn about the Holiday of Sukkot
and spend time with friends.

Zoom Meeting:
https://jfssd.zoom.us/
/j/95328141594
Meeting ID: 953 2814 1594

**VIRTUAL TOUR OF THE TIMKEN MUSEUM**
WITH DOCENT, ELINOR
Thursday, October 22, from 2:00p.m.—3:00p.m.
Zoom Link: https://jfssd.zoom.us/j/99342270135?
pwd=aCtMRDh6cG9hbW9ncldmZGlSM1xxKZz09
Meeting ID: 993 4227 0135|PW: 211003

**COMPUTER CLASSES WITH ELLEN!**
Zoom is the way to connect with each other these days! Zoom into one or both of Ellen’s classes to learn more about Zoom.
No registration required.

Basic Zoom with Ellen Lorang
Wednesday, October 7, 2020,
from 1:00p.m. – 2:30p.m.

Zoom Tips & Tricks with Ellen Lorang
Wednesday, October 21, 2020
from 1:00p.m. – 2:30p.m.

Zoom link: https://us02web.zoom.us/
/j/9199996085
Zoom Meeting ID: 919-999-6085|No Password

**TRIVIA TUESDAYS**
AT 12:30P.M.
WITH LUCIANO EMANUELE
1. What movie has this line, “Greed is Good”?
2. In what country are square watermelons very popular?

Closed Captions provided for Lunch and Trivia
(Schedule and zoom information on pg. 4)

Answers: 1. Wall Street  2. Japan

**JOHN’S 104TH BIRTHDAY CELEBRATION!**
Let’s get 104 people to join us via Zoom on Monday, November 9 at 10:00a.m. to sing Happy Birthday to John!
Stay for friendly faces, bingo, and prizes!
Zoom Link: https://jfssd.zoom.us/j/92741086705?
pwd=R0JOajN5RmdZWWVrbi9paHBJRHN0dz09
Zoom Meeting ID: 927 4108 6705|PW: 599319
Feel free to send your regards via email to: swcenters@jfssd.org

**ATTENTION BRIDGE PLAYERS!**
Call for players to join virtually on Wednesdays, from 2:00p.m.—3:30p.m.
Beginner through advanced players welcome.
Website: trickstercards.com
Email your interest: swcenters@jfssd.org

On the Go has resumed regular operations. For reservations please call: (858) 637-7320
Current Resident or
PLACE LABEL HERE

<table>
<thead>
<tr>
<th>Weekly Event</th>
<th>Day</th>
<th>Time</th>
<th>Platform</th>
<th>Meeting Info</th>
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<tbody>
<tr>
<td>International Sing-Along</td>
<td>Mondays</td>
<td>1:00-2:00p.m.</td>
<td>Zoom or Dial-In</td>
<td>921 1438 9044</td>
<td>419691</td>
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<tr>
<td>Drawing Class (Waitlist only)</td>
<td>Mondays</td>
<td>1:00-2:30p.m.</td>
<td>Zoom</td>
<td>Email: <a href="mailto:swcenters@jfssd.org">swcenters@jfssd.org</a></td>
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<td>Beginner Spanish</td>
<td>Mondays</td>
<td>3:30p-4:30p.m.</td>
<td>Zoom or Dial-In</td>
<td>ID: 981 6288 0773</td>
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<td>Tuesdays</td>
<td>10:30-11:30a.m.</td>
<td>Zoom or Dial-In</td>
<td>ID: 971-0413-1672</td>
<td>728327</td>
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<td>Virtual Social Lunch</td>
<td>Tuesdays</td>
<td>12:00-12:30p.m.</td>
<td>Zoom or Dial-In</td>
<td>ID: 962-2647-4237</td>
<td>276645</td>
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<td>Trivia Tuesday</td>
<td>Tuesdays</td>
<td>12:30-1:00p.m.</td>
<td>Zoom or Dial-In</td>
<td>ID: 962-2647-4237</td>
<td>276645</td>
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<tr>
<td>Virtual Tech Lab &quot;Drop-In&quot;</td>
<td>Thursdays</td>
<td>12:30-1:30p.m.</td>
<td>Zoom or Dial-In</td>
<td>ID: 953-3425-2349</td>
<td>330101</td>
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<tr>
<td>Drive-thru SD Food Bank</td>
<td>Mondays</td>
<td>Oct. 26, Nov. 23, Dec. 28</td>
<td>1:00-3:00p.m.</td>
<td>To register email: <a href="mailto:IGuerrero@sandiegofoodbank.org">IGuerrero@sandiegofoodbank.org</a></td>
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<td>Distribution at CAC 6299</td>
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<td>Call (858) 637-3300 for more information. 60+ years Face Mask Required!</td>
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NOTE: All virtual programs may be enjoyed via telephone by dialing: (669) 900-6833; please have Meeting ID ready. If you require closed captioning, contact swcenters@jfssd.org
If you need technical help, email: jfs.techhelp@gmail.com  All links are clickable on the JFS website.