Welcome! We are so excited to have you here and are looking forward to all the wonderful things we will be able to do together. From attending classes and workshops to participating in fun activities and events, there are many opportunities to get involved and make new friends. We have a lot of exciting happenings in July! In addition to our tried and true programs, we will be launching a new technology opportunity. We are thrilled to bring Senior Planet programming to our community, including classes on technology basics, health and wellness, and socialization. Classes are always free and space is limited, registration info will be coming your way! We are here to help and support you, so please don’t hesitate to stop by the JFS office to say HELLO, or for assistance. Team CAC

July 2023

Mondays - Trivia 10:30 to 11:45am. Volunteer Luciano leads this fun, interactive group and engages participants with thought-provoking trivia questions.

Tuesdays - Current Events - 10:30-11:45am. Volunteer Joe leads the group and engages participants in discussions about recent national and worldwide events.

Tuesdays - Tai Chi - 10:15-11:15am. The course is designed for the student to learn the techniques, postures, and movements of Tai Chi, a Chinese exercise style that focuses on slow-paced coordinated movements that improve balance, reduce the risk of falling, coordination and breathing and improve circulation. The student will reduce his/her stress, increase self-awareness and enhance their health through this non-contact exercise program.

Wednesdays - CAC Fitness 10:30-11:45am, full-body seated workout that targets all major muscle groups with a variety of strength and conditioning exercises. Participants can expect a series of body-weight exercises targeting the shoulders, arms, core, and legs. These exercises are all functional in nature, and are intended to build and maintain strength to facilitate day-to-day motions, allow for greater control of the body, and to prevent falls.

Thursdays - Wellness day – 10:30-11:45am. Everything from health and wellness presentations, art, special events, etc. See below for the schedule of activities.

Fridays - Cantantes Latinos 10:15-11:45am - Start the weekend with volunteer Bea and music, singing, and fun! All abilities and languages are welcome.

Wellness and Technology Schedule

- 7/6 10:15-10:45: Town Hall with Antoinette and Becca - Bring your ideas and feedback! Afterwards, join us from 10:45-11:45: MIND Diet
  Registered Dietician Alana Olsen - Learn how you can keep your mind sharp through good food!

- 7/13 10:15: Senior Planet - Internet of Things - Hearing a lot about “smart” devices? We’ll explain how it’s all connected!

- 7/20 10:15: Senior Planet - Intro to Managing Your Privacy - Come learn about some essential internet privacy tips!

- 7/27 10:15: Art with Cappie! This month, Decoupage!

- 7/28 10:15 - Senior Planet - Messaging Apps - Still paying for texting? Use these free apps instead.

Staying for lunch?
Please reserve your meal in advance by calling (858) 637-3230

Do you need a ride to C.A.C?
Call On The Go (858) 637-7320

BEEP! BEEP!