

**858-256-4824**

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6299 Capri Dr,  
San Diego, CA 92120



# JFS College Ave. Center

**Mon-Fri**  
**10am-1pm**

**CLOSED Wed, August 14th for Staff Development Day**

## AUGUST

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

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

TAI CHI-Tuesdays 10:30-11:30am- Yang Style Tai Chi with Mike- All levels welcome

FITNESS-Wednesdays 10:30-11:30am- 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 **(No Fitness 8/7 and Center Closed 8/14)**

SENIOR PLANET COMPUTER ESSENTIALS 10 WEEK BEGINNER COURSE-Thursdays: 10:30-11:45- starting July 11th, Learn to use a PC fro email, web research, and more so you can stay connected online. Course covers the essentials oof how to use the basic functions of a personal computer, how to navigate the internet, and how to send and receive email. **\*Space is limited\*- please let CAC staff know if you are interested**

READING CIRCLE- Every other Friday (8/9, 8/23)- 10:30-11:30am- Volunteer Sue will be leading reading circle, in which she will be reading aloud different selections, please feel free to bring in reading that you would like to share.

TECH HOUR WITH FRANK AND ABE-Fridays 11:30-12:30 - Drop in and bring your devices and questions! We also have laptops available for use during this time

### ADDITIONAL ACTIVITIES SCHEDULE

Thursday 8/1- Bingo-10:30-11:30

Friday 8/2- Movie 10:15-12:00- Past Lives

Wednesday 8/7- Art With Cappie-Acrylic painting class, taught step-by-step. This Month's topic is ANIMALS!

Thursday 8/8-Bingo-10:30-11:30

Friday 8/16-Vehicle Technology Prestentation- Learn about what technology is in newer cars

Wednesday 8/21- Birthday Celebration- Join us at lunch to celebrate our August Birthdays with cake!

Thursday 8/22-Alzheimer's San Diego Presentation-Memory And Driving:10:15-11:45

Thursday 8/29- Bingo- 10:30-11:30

Friday 8/30- Tissue Paper Collage Art + Music-10:30-11:30

### 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



Congregate meals are sponsored by The Older American's Act Funds & awarded by the County of San Diego through Aging and Independence Services. Meals are provided by Jewish Family Service of San Diego.

August 2024



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p><b>Note: Meal sodium total includes entrée, 1 cup of 1% milk and all sides</b></p> <p> = <b>higher-sodium meal</b></p>	Foodmobile Office Hours 8:00 am –4:00 pm Mon-Fri Except holidays <b>(858) 637-3230</b>		Carrot Salad 1 <b>Beef Goulash</b> WW Egg Noodles Peas Orange 420 mg sodium	Broccoli Salad 2 <b>Citrus Ginger Cod</b> Cilantro Brown Rice Edamame Tropical Fruit 300 mg sodium
Coleslaw 5 <b>Turkey Chili</b> Cilantro Brown Rice Sweet Potato Pineapple 410 mg sodium	Kidney Bean Salad 6 <b>Tuna Noodle Casserole</b> Parsley Carrots Kiwi 600 mg sodium	Tabbouleh Salad 7 <b>Chicken Shawarma</b> Lemon Herb Couscous Roasted Zucchini Strawberries 320 mg sodium	Spinach Salad 8 <b>Vegan West African Peanut Stew (Domoda)</b> Bulgur Green Beans Mango 430 mg sodium	Citrus Salad 9 <b>Beef Swedish Meatballs</b> Mashed Potatoes Scandinavian Veggies Whole Wheat Roll Peaches 580 mg sodium
3 Bean Salad 12 <b>Pesto Tilapia</b> Farro Cauliflower Banana 560 mg sodium	Asian Cucumber Salad 13 <b>Vietnamese Chicken Curry (Cà Ri Gà)</b> Brown Rice Bok Choy Cantaloupe 590 mg sodium	14 <b>CLOSED</b> <b>(Staff Development Day)</b>	Quinoa Salad 15 <b>Roasted Turkey</b> Mashed Potatoes California Mix Veggies Pear 410 mg sodium	Beet Salad 16 <b>Spinach Quiche</b> Brussels Sprouts Whole Wheat Roll Watermelon 960 mg sodium 
Fresh Corn Salad 19 <b>Beef Fajitas</b> Cilantro Brown Rice Roasted Zucchini Kiwi 250 mg sodium	Tomato Salad 20 <b>Honey Dijon Salmon</b> Quinoa, Kale, Edamame Sweet Potato Honeydew 590 mg sodium	Arugula Salad 21 <b>Vegetarian Stuffed Pepper</b> Bulgur Capri Mix Veggies Summer Fruit Salad 490 mg sodium	WW Macaroni Salad 22 <b>Chicken Pot Pie</b> Broccoli Grapes 510 mg sodium	Balela (Chickpea) Salad 23 <b>Turkey Cabbage Rolls</b> Lemon Herb Couscous California Mix Veggies Applesauce 420 mg sodium
Kidney Bean Salad 26 <b>Chicken Paprikash</b> Kasha Varnishka Broccoli Orange 380 mg sodium	Kale Salad 27 <b>Red Lentil Dal</b> Cilantro Brown Rice Green Beans Banana 430 mg sodium	Carrot Salad 28 <b>Caribbean Cod</b> Quinoa Pilaf Baked Plantain Mango 330 mg sodium	Spinach Salad 29 <b>Beef Shepherd's Pie</b> Peas & Carrots Whole Wheat Roll Cantaloupe 570 mg sodium	Broccoli Slaw 30 <b>Cajun Chicken Breast</b> Whole Wheat Pasta Succotash Strawberries 360 mg sodium