

858-256-4824

SWCenters@jfssd.org

6299 Capri Dr,
San Diego, CA 92120



JFS College Ave. Center

Mon-Fri

10am-1pm **CLOSED For Passover-Tuesday 4/23 and Monday 4/29**

APRIL 2024

TRIVIA -Mondays 10:30 to 11:45am- Volunteer Luciano leads this fun, interactive group and engages participants with thought-provoking trivia questions. ***Closed 4/29***

CURRENT EVENTS-Tuesdays 10:30-11:45am- Volunteer Joe leads the group and engages participants in discussions about recent national and worldwide events. ***Closed 4/23***

TAI CHI-Tuesdays 10:15-11:45am- Yang Style Tai Chi Moving for Better Balance is a 10 step form that does not require memorization and can be performed seated. This class emphasizes improving breath, mind, and body co-ordination /function to prevent falls while increasing safety in activities of daily living. ***Closed 4/23***

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

MUSIC APPRECIATION-Thursdays 10:15-11:45am- ****Journey Through the Eras**** We will dive headfirst into the historical eras of music and learn what makes each time period unique by studying the vocal and instrumental music from famous composers. We will also discuss major musical innovations that changed music forever!

CANTANTES LATINOS- Fridays 10:30-11:45am- Start the weekend with volunteer Bea and music, singing, and fun! All abilities and languages are welcome

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

WELLNESS DAYS-Thursdays or Fridays 10:30-11:45am- Everything from health and wellness presentations, senior planet, art, special events, etc. See below for the schedule of activities

WELLNESS AND TECHNOLOGY SCHEDULE

Thursday 4/4- Digital Inclusion Program-I-Pad distribution: 10:30-12:30- Ask Becca for more info if interested

Thursday 4/11- Lunch and Learn with Alana, JFS Nutritionist:12:00-12:30- Tips for Maintaining a Healthy Weight

Friday 4/12-Senior Planet: 10:30-11:45- Intro to Translation Tools Lecture

Tuesday 4/16-Passover Program with Rabbi Susan: 12:00-12:30: Learn about Passover and take home goodies

Wednesday 4/17- Birthday Celebration- Join us at lunch to celebrate our April Birthdays with cake!

Thursday 4/18-Senior Planet: 10:30-11:45- Getting to know your Smartphone Workshop

Friday 4/19- Spring Musial Performace-Join us for singing and dancing, with Passover melodies in multiple languages

Monday 4/22- JFS Fix-It Program:10:30-12:30- Learn how JFS can help make your home more safe for you

Friday 4/26-Senior Planet: 10:30-11:45- Intro to AI

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.

April 2024



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Coleslaw 1 Beef Chili (Chili con Carne) Cilantro Brown Rice Sweet Potato Pineapple 350 mg sodium	Citrus Salad 2 Spring Bean Minestrone Whole Wheat Pasta Roasted Asparagus Pear 470 mg sodium	Carrot Salad 3 Cod with Lemon Sauce Quinoa, Kale, Edamame Peas Kiwi 590 mg sodium	3 Bean Salad 4 Adobo Chicken Brown Rice Bok Choy Mango 690 mg sodium	Spring Mix Salad 5 Turkey Stuffed Pepper Bulgur California Mix Veggies Apricots 410 mg sodium
Beet Salad 8 Lentil Pasta with Pesto Whole Wheat Roll Broccoli Banana 560 mg sodium	Bok Choy Salad 9 Beef Bulgogi Brown Rice Stir Fry Veggies Tropical Fruit 590 mg sodium	WW Macaroni Salad 10 Chicken Cholent Roasted Potatoes Sauteed Kale Peaches 600 mg sodium	Cucumber Salad 11 Veracruz Tilapia Quinoa Sweet Potato Kiwi 410 mg sodium	Kidney Bean Salad 12 Cajun Chicken Breast Whole Wheat Pasta Green Beans Orange 400 mg sodium
Asian Slaw 15 Cashew Chicken Brown Rice Stir Fry Veggies Apple 540 mg sodium	Arugula Salad 16 Turkey Italian Meatballs Whole Wheat Pasta California Mix Veggies Banana 290 mg sodium	Spinach Salad 17 Black Bean Hash Quinoa Roasted Carrots Strawberries 510 mg sodium	Bell Pepper Salad 18 Beef Goulash WW Egg Noodles Peas Fresh Pear 390 mg sodium	Balela (Chickpea) Salad 19 Tuna Patty with Dill Sauce Whole Wheat Couscous Brussels Sprouts Pineapple 590 mg sodium
Red Cabbage Salad 22 Oven Baked Chicken Potato Kugel Broccoli Whole Wheat Matzo Applesauce 420 mg sodium	CLOSED (Passover) 23	Carrot Salad 24 Honey Dijon Salmon Quinoa Santa Barbara Veggies Kiwi 400 mg sodium	Broccoli Salad 25 Vegetarian Matzo Brei Roasted Asparagus Pears 370 mg sodium	Quinoa Salad 26 Roast Beef Mashed Potatoes Peas & Carrots Orange 590 mg sodium
CLOSED (Passover) 29	Fresh Corn Salad 30 Chimichurri Tilapia Amaranth Butternut Squash Mango 230 mg sodium	<i>Note: Meal sodium total includes entrée, 1 cup of 1% milk and all sides</i>  = higher-sodium meal	Foodmobile Office Hours 8:00 am –4:00 pm Mon-Fri Except holidays (858) 637-3230	