

**858-256-4824**

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6299 Capri Dr,  
San Diego, CA 92120



# JFS College Ave. Center

Mon-Fri

10am-1pm

**CLOSED For Memorial Day, Monday, May 27th**

## MAY 2024

**TRIVIA -Mondays 10:30 to 11:45am-** Volunteer Luciano leads this fun, interactive group and engages participants with thought-provoking trivia questions. **\*Closed 5/27\***

**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 10:15-11:45am-** 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.

**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

**READING CIRCLE- Every other Friday (5/3, 5/17/5/31) 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

**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

**Friday 5/3 -Senior Planet: 10:30-11:45- Wearables Lecture**

**Friday 5/10-Senior Planet: 10:30-11:45- Intro to Sleep Technologies Lecture**

**Wednesday 5/15- Birthday Celebration- Join us at lunch to celebrate our May Birthdays with cake!**

**Thursday 5/16- Art with Cappie- Acrylic painting class, taught step-by-step**

**Friday 5/17 -Senior Planet: 10:30-11:45- Getting Started iwth Youtube(Web Browser) Workshop**

**Tuesday, 5/21 Lunch and Learn with Alana, JFS Nutritionist:12:00-12:30- Nutrition and Bone Health**

**Thursday 5/23- Alzheimer's San Diego Presentation: 10:15-11:45-Managing Resistnace**

**Friday 5/24 -Senior Planet: 10:30-11:45- Smartphones at a Glance Lecture**

**Thursday 5/30- Digital Inclusion Program-I-Pad distribution: 10:30-12:30-Ask Becca for more info if interested**

**Friday 5/31 -Senior Planet: 10:30-11:45- Everyday uses of 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


*BEEP! BEEP!*



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.

May 2024



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p><i>Note: Meal sodium total includes entrée, 1 cup of 1% milk and all sides</i></p> <p> = <i>higher-sodium meal</i></p>	<p>Foodmobile Office Hours 8:00 am –4:00 pm Mon-Fri Except holidays <b>(858) 637-3230</b></p>	<p>3 Bean Salad 1 <b>Chicken Pot Pie</b> Scandinavian Veggies Whole Wheat Roll Orange 750 mg sodium</p>	<p>Bell Pepper Salad 2 <b>Beef Tagine</b> Whole Wheat Couscous Roasted Carrots Apricots 320 mg sodium</p>	<p>Kale Salad 3 <b>Red Lentil Dal</b> Cilantro Brown Rice Green Beans Banana 430 mg sodium</p>
<p>Carrot Salad 6 <b>Fish Ragu</b> Whole Wheat Pasta Cauliflower Apple 340 mg sodium</p>	<p>Tabbouleh Salad 7 <b>Chicken Shawarma</b> Lemon Herb Couscous Roasted Zucchini Strawberries 320 mg sodium</p>	<p>Spinach Salad 8 <b>Beef Shepherd's Pie</b> Peas &amp; Carrots Whole Wheat Roll Cantaloupe 570 mg sodium</p>	<p>Arugula Salad 9 <b>Vegetarian Stuffed Pepper</b> Quinoa Roasted Asparagus Mango 480 mg sodium</p>	<p>Fresh Corn Salad 10 <b>Chicken Burrito Bowl</b> Spanish Rice Black Beans Kiwi 450 mg sodium</p>
<p>WW Macaroni Salad 13 <b>BBQ Chicken</b> Baked Potato Broccoli Fresh Peach 580 mg sodium</p>	<p>Broccoli Salad 14 <b>Citrus Ginger Cod</b> Brown Rice Edamame Tropical Fruit 300 mg sodium</p>	<p>Tomato Salad 15 <b>Spinach Quiche</b> California Mix Veggies Whole Wheat Roll Pear 850 mg sodium</p>	<p>Cucumber Salad 16 <b>Vietnamese Chicken Curry (Cà Ri Gà)</b> Brown Rice Bok Choy Mandarins 490 mg sodium</p>	<p>Beet Salad 17 <b>Beef Swedish Meatballs</b> WW Egg Noodles Scandinavian Veggies Cantaloupe 570 mg sodium</p>
<p>Red Cabbage Salad 20 <b>Chicken Paprikash</b> Kasha Varnishka Brussels Sprouts Banana 260 mg sodium</p>	<p>Spring Mix Salad 21 <b>Vegetarian Enchilada Casserole</b> Fiesta Corn Strawberries 620 mg sodium</p>	<p>Quinoa Salad 22 <b>Beef Brisket</b> Mashed Potatoes Peas &amp; Carrots Orange 420 mg sodium</p>	<p>Broccoli Salad 23 <b>Tuna Noodle Casserole</b> Parsley Carrots Peaches 590 mg sodium</p>	<p>Balela (Chickpea) Salad 24 <b>Turkey Cabbage Rolls</b> Lemon Herb Couscous California Mix Veggies Applesauce 420 mg sodium</p>
<p>27 <b>CLOSED (Memorial Day)</b></p>	<p>Carrot Salad 28 <b>Beef Fajitas</b> Cilantro Brown Rice Black Beans Kiwi 360 mg sodium</p>	<p>Spinach Salad 29 <b>Vegan West African Peanut Stew (Domoda)</b> Bulgur Green Beans Mango 430 mg sodium</p>	<p>Asian Slaw 30 <b>Sweet &amp; Sour Chicken</b> Brown Rice Stir Fry Veggies Tropical Fruit 460 mg sodium</p>	<p>Citrus Salad 31 <b>Baked Salmon</b> Quinoa, Kale, Edamame Steamed Kale Cantaloupe 440 mg sodium</p>