

858-256-4824

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6299 Capri Dr,  
San Diego, CA 92120



# JFS College Ave. Center

Mon-Fri  
10am-1pm

Closed Friday, March 22



## MARCH 2024

**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 10:15-11:45am-** 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 \* Closed 3/22\*

**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 3/1-Senior Planet: 10:30-11:45- Affordabile Connectivity Program Workshop

**Friday 3/8- RESOURCE FAIR: 10:00-12:00-** Focusing on Dental and Nutrition

**Wednesday 3/13- Birthday Celebration-** Join us at lunch to celebrate our March Birthdays with cake!

Friday 3/15-Senior Planet: 10:30-11:45- Free Streaming with Tubi Workshop

Thursday 3/14- Empowered Aging Presentation: a Discussion on Mental Health: 10:15-11:45

Tuesday 3/19-Lunch and Learn with Alana: 11:45-12:30- Heart Disease Prevention and Control

Thursday 3/28-Art With Cappie:10:30-11:45- Acrylic painting class, taught step-by-step

**Friday 3/22: CLOSED FOR TEMPLE EVENT**

### 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.

## March 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>	<p>Foodmobile Office Hours 8:00 am –4:00 pm Mon-Fri Except holidays <b>(858) 637-3230</b></p>			<p>Tomato-Cucumber Salad 1 <b>Puerto Rican Chicken Stew (Pollo Guisado)</b> Cilantro Brown Rice Black Beans Kiwi <span style="float: right;">600 mg sodium</span></p>
<p>Fresh Corn Salad 4 <b>Sweet Potato Chili</b> Quinoa Broccoli Applesauce <span style="float: right;">590 mg sodium</span></p>	<p>Spinach Salad 5 <b>Beef Stroganoff</b> WW Egg Noodles Peas Orange <span style="float: right;">390 mg sodium</span></p>	<p>Carrot Salad 6 <b>Caribbean Baked Cod</b> Brown Rice &amp; Beans Caribbean Veggies Mango <span style="float: right;">390 mg sodium</span></p>	<p>Tabbouleh Salad 7 <b>Chicken Shawarma</b> Lemon Herb Couscous California Mix Veggies Apricots <span style="float: right;">300 mg sodium</span></p>	<p>Kidney Bean Salad 8 <b>Turkey &amp; Veggie Skillet</b> WW Pasta Roasted Carrots Tangerine <span style="float: right;">400 mg sodium</span></p>
<p>Asian Slaw 11 <b>Broccoli Beef Stir Fry</b> Brown Rice Edamame Kiwi <span style="float: right;">570 mg sodium</span></p>	<p>Broccoli Salad 12 <b>Grilled Vegetable Frittata</b> Couscous Roasted Asparagus Tropical Fruit <span style="float: right;">550 mg sodium</span></p>	<p>Spinach Salad 13 <b>Turkey Patty</b> Mashed Potatoes Scandinavian Veggies Whole Wheat Roll Orange <span style="float: right;">600 mg sodium</span></p>	<p>Spring Mix Salad 14 <b>Pineapple Tilapia</b> Cilantro Brown Rice Sweet Potato Strawberries <span style="float: right;">330 mg sodium</span></p>	<p>Beet Salad 15 <b>Chicken Cacciatore</b> Whole Wheat Pasta Brussels Sprouts Apple <span style="float: right;">600 mg sodium</span></p>
<p>Carrot Salad 18 <b>Turkey Chili</b> Quinoa Roasted Cauliflower Peaches <span style="float: right;">510 mg sodium</span></p>	<p>Cucumber Salad 19 <b>Vietnamese Chicken Curry (Cà Ri Gà)</b> Brown Rice Bok Choy Mandarins <span style="float: right;">490 mg sodium</span></p>	<p>3 Bean Salad 20 <b>Mushroom Ravioli</b> California Mix Veggies Whole Wheat Roll Fresh Pear <span style="float: right;">880 mg sodium</span></p>	<p>Coleslaw 21 <b>Beef Fajitas</b> Spanish Brown Rice Corn Kiwi <span style="float: right;">360 mg sodium</span></p>	<p style="text-align: center; color: green; font-size: 2em;"><b>CLOSED</b></p> <p style="text-align: right;"><span style="float: right;">230 mg sodium</span></p>
<p>Asian Slaw 25 <b>Kung Pao Chicken</b> Brown Rice Stir Fry Mix Veggies Tropical Fruit <span style="float: right;">480 mg sodium</span></p>	<p>Arugula Salad 26 <b>Coconut Crusted Tilapia</b> Quinoa, Kale, Edamame Sweet Potato Mango <span style="float: right;">520 mg sodium</span></p>	<p>Quinoa Salad 27 <b>Beef Brisket</b> Mashed Potatoes Peas &amp; Carrots Orange <span style="float: right;">420 mg sodium</span></p>	<p>Beet Salad 28 <b>Curried Chickpeas (Chana Saag)</b> Brown &amp; White Rice California Mix Veggies Apple <span style="float: right;">540 mg sodium</span></p>	<p>Balela (Chickpea) Salad 29 <b>Herb Chicken</b> Whole Wheat Couscous Broccoli Apricots <span style="float: right;">480 mg sodium</span></p>