Love Yourself, Love Your Heart

February is a great month to remind ourselves to be mindful of our hearts, both figuratively and literally. We have heard it all before: get exercise, drink less, quit smoking, eat healthy, etc. So how do we put these words into action? The key is not to be overwhelmed by the bombardment of well-meaning advice. Baby steps are vital in moving towards your goals. **Here are a few simple ways to start:**

1. **Drink a glass of water first thing in the morning.** The power of water is often overlooked and underrated. Yet, hydration is essential to your health; it rejuvenates and energizes. Wake-up to a cool glass of water and have an exceptional start to your day!

2. **A daily walk around the room.** This a fantastic way to start being active without leaving your house! Take a deliberate stroll around your rooms, just enough to wake up your body and get the blood pumping. Once you have built some stamina, our CAC walking group is eager to have you join.

3. **Eat at home.** Going out to eat can be very pricey and counter-productive when trying to keep your heart pumped. If you are unsure on how to start cooking healthy, the class below might be right for you!

February is **National Women’s Heart Month.** Celebrate by wearing red on February 1, 2019, to raise awareness about women and heart disease. Everyone is encouraged to participate. Let’s paint the town red!

“Give a person a fish, they'll eat for a day. Teach them to cook it and they'll eat healthy for a lifetime.”

“**Cooking From the Heart**”

Thursday, February 28, at 12:00p.m.

Let this cooking class teach you techniques to keep your heart happy.

*Open to pg.11 for more information.*
MOPA Presents: The Topic of Love in Photography.

Thursday, February 7, at 12:45p.m. (more info on pg. 11)

President’s Day Trivia! By Luciano Emanuele
Match the nickname to the correct President

1. Ike, for his campaign slogan “I like Ike”  A. Theodore Roosevelt
2. The Little Magician  B. Gerald Ford
3. The Accidental President  C. Abraham Lincoln
4. The Rail Splitter  D. Martin Van Buren
5. Old Hickory  E. Ulysses S. Grant
6. Secret Service code for him was “Raw Hide”  F. Thomas Jefferson
7. The Rough Rider  G. Woodrow Wilson
8. The Professor  H. Dwight D. Eisenhower
9. The American Caesar  I. Ronald Reagan
10. The Apostle of the Constitution  J. Andrew Jackson


JCC Community Events:

San Diego International Jewish Film Festival February 7-17 at four venues. For more information or tickets call: (858) 457-3030

Lives Well Lived, Wednesday, March 27, 10:00 A.M. at the Lawrence Family JCC’s Garfield Theatre. This documentary film celebrates the incredible wit and wisdom of adults 75 to 100 years old who are living their lives to the fullest. Encompassing over 3000 years of experience, forty people share their secrets and insights to living a meaningful life, with intimate memories and inspiring personal histories that will make you laugh, perhaps cry, but mostly be inspired. Winner of San Diego Jewish Film Festival 2018 Audience Choice Award: Documentary Feature.

FREE! RSVP by March 20, at www.ljfjc.org/seniors or call the JCC Senior Dept. (858) 362-1141. A special thank you to our generous underwriter, Seacrest Village Retirement Communities.
Welcome Everyone!

In my years as Program Manager, our center has grown significantly. Our growth is due in part to our activities, but it is successful because of you, and the friendships we share together.

Join us at our location in Temple Emanu-El, where we create a wonderful new partnership, new memories and share special times together.

We can’t wait to see you here!

Elissa Landsman, Program Manager

Eating Well Never Gets Old

Lunch Served Monday-Friday 11:30 a.m.-12:30 p.m.
Soup & Salad Bar 11:30 a.m.-12:00 p.m.
Hot Kosher Lunch 11:45 a.m.-12:00 p.m.
For adults ages 60+: Suggested donation of $4
Others welcome for $7

With two hot entrée choices, vegetarian options, and our popular soup & salad bar, we have a delicious meal for everyone!

View our monthly menu online www.jfssd.org/cac

TRANSPORTATION

Looking for a ride to the Center? Transportation is available through JFS On The Go!

Group transportation serves a limited area: San Carlos, College Area and part of La Mesa. There is a suggested donation of $4.00 each way.

For more information and current availability call;
On The Go at (858) 637-7320

Lyn Rieckhoff
OTG Driver

PHONE NUMBERS

Activities and Programming: (858) 637-7320
Cyber Café: (858) 637-3217
Brain Fitness Workshops,
Cellphone/Smartphone/Tablet help
Foodmobile: (858) 637-3230
Home Delivered Kosher Meals
Nutrition Services: (858) 637-3278
Kosher Lunch Program
JFS Information & Assistance:
(858) 637-3210

MEMBERSHIP INFORMATION

Community Price: single $48/couple $60
VIP Price: single $80/couple $100
Cash, credit cards, or checks accepted.
All folks ages 60 or older are invited!
2019 VIP Members
Bernie and Elaine Kaye
Bonnie Sattler
Deborah Tov
Elliot Schubert
Elvira Moon
Enid Texler
Eric Daniels
Gizella Buchinger
Glen Spencer
Grace Ames
Harry Rosen
James Baker
Jean Szewczyk
Jeanne Shenkman
John Kernoski
Juanita Shallow
Kristine and Steve Six
Larry Frankel
Lillian B. Herzberg
Luciano Emanuele
Mirna Lopez
Peggy Millward
Phillip and Ellen Lorang
Priscilla Bramlette
Raymond and Roberta Thiesen
Rose Hofman
Sandra Turnipseed
Sydney Buffet
Timothy Collins
Verne and Marilyn Boyce

HAPPY BIRTHDAY!

Bernie K        Betty R.
Bertha P.       Connie N.
Beverly B.      Danette K
Diane B         Elaine K.
Herbert B.      Gail K.
Junko H.        Jaime R.
Kimiko K.       Julie E.
Miriam L.       Martha J.
Naomi T.        Millie M.
Norman V.       Mollie M.
Phyllis S.      Priscilla B.
Rita H.         Ruth B.
Timothy C.      Steve S.
Winnie C.       Sunny B.

Upcoming Class Series:

- Basic Senior Digital Literacy: 4-Week Beginning Computer Course
  February 11, 18, 25, and March 4
  12:30p.m.-2:30p.m.  (More info on pg. 12)

- Healthier Living with Diabetes Workshop, Thursdays, February 21—March 28
  12:30p.m.-3:00p.m.  (More info on pg. 12)

- Tuesdays, March 5, 12, 19 and 26, at 12:45p.m.
  MOPA 4-Week course: Creative Ways to Edit Your Digital Photos.  (More info on pg. 13)

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The College Avenue Center has no closures in February or March

Community College Classes are off:
President’s Day
February 15 & 18
Spring Break
(vacation) from March 25-29

Temple Emanu-El Programs - Come see what’s going on!
6299 Capri Dr., San Diego, CA | Phone: (619) 286-2555
Weight Watchers Group: Wednesdays at 8:30a.m.
Coffee with the Rabbi: February 13 & 27 and March 13 & 27
# Weekly and Monthly Class Schedule

## MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Health Ed: Aerobics</td>
</tr>
<tr>
<td>9:30</td>
<td>Brain Fitness</td>
</tr>
<tr>
<td>10:30</td>
<td>Feeling Fit</td>
</tr>
<tr>
<td>11:15</td>
<td>Meditation</td>
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<tr>
<td>1:00</td>
<td>Latin Singers</td>
</tr>
<tr>
<td>1:00</td>
<td>Movies or Presentations</td>
</tr>
</tbody>
</table>

- **San Diego Foodbank Distribution**: Feb. 25 and Mar. 25 at 1:00p.m. - 3:00p.m.
- **Project Care & Resource Information**: Feb. 18 and Mar. 18 at 12:30p.m. with Lillian Kellison, Care Manager with JFS
- **Book Club**: Feb. 25 & Mar. 25

## TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>9:00</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>10:30</td>
<td>Current Events</td>
</tr>
<tr>
<td>10:30</td>
<td>Exercise with Niki</td>
</tr>
<tr>
<td>10:30</td>
<td>Bridge Group</td>
</tr>
<tr>
<td>11:00</td>
<td>ESL Russian Speakers</td>
</tr>
<tr>
<td>12:20</td>
<td>Trivia Tuesday</td>
</tr>
<tr>
<td>12:30</td>
<td>Knitting Group</td>
</tr>
<tr>
<td>1:00</td>
<td>Fitness Fun w/ Sharon</td>
</tr>
</tbody>
</table>

- **Blood Pressure Checks**: Feb. 19 and Mar. 19 at 11:30a.m. - 12:30p.m. Provided by Sharp Grossmont Senior Resource Center

## WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Health Ed: Aerobics</td>
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<tr>
<td>9:30</td>
<td>Brain Fitness</td>
</tr>
<tr>
<td>10:30</td>
<td>Feeling Fit</td>
</tr>
<tr>
<td>12:30</td>
<td>Bingo</td>
</tr>
<tr>
<td>12:30</td>
<td>Painting</td>
</tr>
</tbody>
</table>

- **Drama Class**: 10:30a.m. Feb. 6 & 20 and Mar. 6 & 20
- **Fresh Market**: 12:20p.m. Feb. 13 & 27 and Mar. 13 & 27
- **Senior Sing-Along**: 12:30p.m. Feb. 13 & 27 and Mar. 13 & 27
- **HICAP** Health Insurance Counseling Feb. 13 and Mar. 13 from 9:30a.m. - 12:00p.m. Call (858) 565-8772 for appointment.
- **My Favorite Things with Renika**: 12:30p.m. Feb. 13 & 27
- **Coffee with the Rabbi**: 11:15a.m. Feb. 13 & 27 and Mar. 13 & 27

## THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00</td>
<td>Painting</td>
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<tr>
<td>9:30</td>
<td>Walking Group</td>
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<tr>
<td>10:30</td>
<td>Exercise with Niki</td>
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<tr>
<td>10:30</td>
<td>Laughter Yoga</td>
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<tr>
<td>12:30</td>
<td>Computer and Tech Help Drop-In</td>
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<tr>
<td>12:30</td>
<td>Mah Jongg</td>
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<tr>
<td>12:45</td>
<td>Lecture/ Re-discover San Diego</td>
</tr>
</tbody>
</table>

- **Pet Therapy-Love on a Leash**: 10:00a.m. Feb. 14 & 28 and Mar. 14 & 28

## FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00</td>
<td>Health Ed: Aerobics</td>
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<tr>
<td>10:30</td>
<td>Feeling Fit</td>
</tr>
<tr>
<td>10:45</td>
<td>Yoga: $5 members/ $7 non-members</td>
</tr>
<tr>
<td>11:00</td>
<td>ESL for Russian Speakers</td>
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<tr>
<td>12:30</td>
<td>Computer and Tech Help Drop-In</td>
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<tr>
<td>12:30</td>
<td>Friday Entertainment</td>
</tr>
<tr>
<td>12:30</td>
<td>Nutrition Class</td>
</tr>
</tbody>
</table>

- **Crafts Class**: 9:30a.m. Feb. 8 and Mar. 8
- **Free Legal Consultations** with Attorney Bob Martin. Feb. 22 and Mar. 22 Must call Elder Law and Advocacy for an appointment at (858) 565-1392 ext. 208


February 18, *Gifted*. A single man raising a child prodigy in a coastal town in Florida plans for a normal school life for his seven-year-old but is foiled by his mother when she sees her granddaughter’s mathematical abilities and threatens to separate them.


March 4, *Charade* with Audrey Hepburn and Cary Grant. After Regina Lampert falls for Peter Joshua on a skiing holiday, she discovers upon her return to Paris that her husband has been murdered. Soon, she and Peter are giving chase to three of her late husband's World War II cronies, who are after a fortune the quartet stole while behind enemy lines. But why does Peter keep changing his name?

March 11, *A Star is Born*. Musician Jackson Maine discovers and falls in love with a struggling artist who has just about given up on her dream to make it big as a singer - until Jack coaxes her into the spotlight.

March 18, *First Man*. American biographical drama film based on the book *First Man: The Life of Neil Armstrong*, the astronaut that made history by being the first man to walk on the moon.

March 25, *Green Book*. Dr. Don Shirley is an African-American pianist who's about to go on tour in the Deep South in 1962. Shirley recruits Tony Lip, a tough-talking bouncer from the Bronx to protect him. Despite their differences, they soon develop a bond while confronting racism and danger in an era of segregation.

**LIVE ENTERTAINMENT - EVERY FRIDAY AT 12:30P.M. AND SPECIAL DATES**

**February 1** – Robert Parker, piano; music from The American Songbook.
**February 8** – 50’s Fun Day!, dress up Sock Hop style; lunch and music with the Sophisticats.
**February 15** – Jeff and Beatriz Pekarek, folk music and sea shanties.
**February 22** – Craig and Grant, guitar, vocals, and flute; soft Rock music of the 60’s and 70’s.
**March 1** – Mike Chamberlin, guitar and vocals; popular music.
**March 8** – Dean Ratzman, vocals, piano, sax and more; music from the 50’s-70’s.
**March 15** – San Diego Bluegrass Society, Emma’s Gutbucket Band; bluegrass and folk music.
**March 22** – Lesley Alexander, guitar and vocals; music of the 60’s and 70’s.
**March 29** – Mark Flores, keyboard and vocals; soft rock and popular music.

**SUNDAY LUNCHES: LUNCH AT 12:00P.M. AND PRESENTATION AT 12:30P.M.**

*Our Sunday lunches are a great way to have a day out during the weekend, meet with friends, and enjoy some entertainment.*

**February 17**, *The Joys and Oys of Language*. Union-Tribune language columnist Richard Lederer will reveal the influence of Yiddish words, and word order in the English language. Dr. Lederer will perform the best Jewish jokes and you don't have to be Jewish to enjoy them!

**March 24**, *Celtic Notes* played by Many Strings. This dynamic duo will perform on dulcimer and guitar. This program will present an educational and entertaining program tracing the history and evolution of Celtic music from Ireland.
<table>
<thead>
<tr>
<th>Time</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>9:00</td>
<td>Health Ed: Aerobics</td>
<td>6:00</td>
<td>9:00</td>
<td>9:00</td>
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<td>9:30</td>
<td>Health Ed: Aerobics</td>
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<td>9:30</td>
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<td>10:00</td>
<td>Health Ed: Aerobics</td>
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<td>10:00</td>
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<tr>
<td>10:30</td>
<td>Health Ed: Aerobics</td>
<td>7:30</td>
<td>10:30</td>
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<tr>
<td>11:00</td>
<td>Health Ed: Aerobics</td>
<td>8:00</td>
<td>11:00</td>
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<tr>
<td>11:30</td>
<td>Health Ed: Aerobics</td>
<td>8:30</td>
<td>11:30</td>
<td>11:30</td>
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<tr>
<td>12:00</td>
<td>Health Ed: Aerobics</td>
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<td>12:00</td>
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<tr>
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<td>Health Ed: Aerobics</td>
<td>9:30</td>
<td>12:30</td>
<td>12:30</td>
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<tr>
<td>12:45</td>
<td>Fitness Fun w/Sharon</td>
<td>10:15</td>
<td>12:45</td>
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<tr>
<td>1:00</td>
<td>Fitness Fun w/Sharon</td>
<td>10:45</td>
<td>1:00</td>
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<tr>
<td>1:30</td>
<td>Fitness Fun w/Sharon</td>
<td>11:15</td>
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<td>2:00</td>
<td>Fitness Fun w/Sharon</td>
<td>11:45</td>
<td>2:00</td>
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<tr>
<td>2:30</td>
<td>Fitness Fun w/Sharon</td>
<td>12:15</td>
<td>2:30</td>
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<tr>
<td>3:00</td>
<td>Fitness Fun w/Sharon</td>
<td>12:45</td>
<td>3:00</td>
<td>3:00</td>
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<tr>
<td>4:00</td>
<td>Fitness Fun w/Sharon</td>
<td>13:15</td>
<td>4:00</td>
<td>4:00</td>
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<tr>
<td>5:00</td>
<td>Fitness Fun w/Sharon</td>
<td>13:45</td>
<td>5:00</td>
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</table>

All programs subject to change.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><em>Congregate meals are sponsored by the Older Americans Act Funds &amp; awarded by the County of San Diego through Aging &amp; Independence Services. Meals are provided by Jewish Family Service of San Diego.</em></td>
<td><em>Regular meals are awarded by the County of San Diego through Aging &amp; Independence Services.</em></td>
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<td><strong>College Avenue Center</strong>6299 Capri Drive • 92120</td>
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**Features, Produce From:**

**Cesar Salad**

**Turkey Ragu Spaghetti**

**Broccoli**

**Fresh Apple**

**Bean Salad**

**Spinach Salad**

**Winter Mixed Vegetables**

**Peaches**

**Italian Salad**

**Manicotti**

**Roasted Zucchini**

**Fruit Cocktail**

**Italian Mixed Vegetables**

**Birthday Cake and Fruit Cup**

**Club Sandwich**

**Chicken Quiche**

**Sweet Potato**

**Winter Blend Vegetable Soup**

**Tropical Fruit**

**Peas & Carrots**

**Brown Rice**

**Arrange Quiche**

**Green Beans**

**Beef Soup**

**Lentil Soup**

**Coleslaw**

**Beet Salad**

**Baked Chicken Roll**

**Parsley Carrots**

**Fresh Pears**

**3 Bean Salad**

**Chicken Quiche**

**Sweet Potato**

**Winter Blend Vegetable Soup**

**Tropical Fruit**

$4 for non-seniors

$7 for seniors & meals

Suggested donation: $4 for senior meals

Congregate meals are sponsored by Jewish Family Service of San Diego.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Health Ed: Aerobics</td>
</tr>
<tr>
<td>10:00</td>
<td>Exercise with Niki</td>
</tr>
<tr>
<td>10:30</td>
<td>Feeling Fit (video)</td>
</tr>
<tr>
<td>10:45</td>
<td>Yoga</td>
</tr>
<tr>
<td>11:00</td>
<td>ESL Russian Speakers</td>
</tr>
<tr>
<td>11:15</td>
<td>Meditation</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch/Refreshments</td>
</tr>
<tr>
<td>12:00</td>
<td>Coffee with the Rabbi</td>
</tr>
<tr>
<td>12:30</td>
<td>Living with Diabetes Workshop #3</td>
</tr>
<tr>
<td>12:45</td>
<td>Fall Prevention Presentation</td>
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<tr>
<td>1:00</td>
<td>Fitness Fun with Sharon</td>
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<td>2:00</td>
<td>Lunch/Refreshments</td>
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<tr>
<td>2:30</td>
<td>Exercise (video)</td>
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<tr>
<td>3:00</td>
<td>More Fun with Sharon</td>
</tr>
<tr>
<td>4:00</td>
<td>More Fun with Sharon</td>
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</table>

**General Notes:**
- All programs are subject to change without notice.
- The history and evolution of Celtic music from Ireland will be presented in an educational and entertaining program performed by Many Strings. This dynamic duo will play both traditional and contemporary tunes.
- Sunday Lunch: March 24, at 12:00 p.m.

**Contact Information:**
- 6299 Capri Drive, San Diego, CA 92120 (858) 637-3270
- www.jfssd.org/cac

**March 2019 College Avenue Center**
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Pear</td>
<td>Fresh Pear</td>
<td>Orange</td>
<td>Grilled Vegetables</td>
<td>Roasted Broccoli</td>
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<tr>
<td>16.</td>
<td>17.</td>
<td>18.</td>
<td>19.</td>
<td>20.</td>
</tr>
<tr>
<td>Cucumber Soup</td>
<td>Lentil Soup</td>
<td>Bean Soup</td>
<td>Spaghetti</td>
<td>Beef Stroganoff</td>
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<td>21.</td>
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<tr>
<td>Spinach Salad</td>
<td>Spaghetti</td>
<td>Green Salad</td>
<td>Spaghetti</td>
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<td>26.</td>
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<td>Napa Cabbage Salad</td>
<td>Vegetable Soup</td>
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<td>31.</td>
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<td>Grilled Vegetables</td>
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<td>36.</td>
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<td>Pineapple</td>
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<td>41.</td>
<td>42.</td>
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<td>Roasted Broccoli</td>
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Suggested donation: $7 for seniors/$4 for non-seniors

Produce from: Local Produce Farming Program

Congregate meals are sponsored by the Older Americans Act funds and administered by the Jewish Family Service of San Diego through Aging and Independence Services of the County of San Diego, and are awarded by the Older American’s Act Funds.

March 2019
College Avenue Center
6299 Capri Drive • 92120

Senior Nutrition
Manager
Irina Kryuchkova

Senior Nutrition Manager
Irina Kryuchkova
(858) 637-3278

Congregate meals are sponsored by Jewish Family Service of San Diego, with additional support from the Older Americans Act. Meals are provided by the County of San Diego through Aging and Independence Services of the County of San Diego, and are awarded by the Older American’s Act Funds.

Irina Kryuchkova
Senior Nutrition Manager
(858) 637-3278
Thursday, February 7, at 12:45p.m. MOPA Presentation: The Topic of Love in Photography. This presentation will examine MOPA’s permanent collection of photographers who have explored the theme of love throughout history. We will see how they were able to capture the essence of love in images.

Friday, February 8, at 9:30a.m. Special Craft Class: Upcycle and Share the Love Making Valentine’s Gift Bags with guest instructor Gwen Smalls. Have fun making unique gift bags from mostly recycled materials. Learn how to decorate and personalize gently used boutique bags. Walk out of class with at least one unique gift bag and tag ready to use, plus the knowledge to share the process with family and friends. All necessary materials are included, but you’re welcome to bring favorite scissors, gift wrap, ribbon, colored calendar pages, photos of loved ones, or bags to recycle.

Monday, February 11, at 12:45p.m. SDG&E presentation with Arnie discussing the new billing information on special pricing for those who might qualify.

Wednesday, February 12, 12:30-1:30p.m. and 1:30-2:30p.m. Brain Health Assessment Workshop. Cogniciti is providing a free Brain Health Assessment, which provides older adults who are 50+ a brain health report, as well as tips on how to stay brain healthy! It is offered by a subsidiary of Baycrest Health Sciences, which is the largest geriatric hospital and educational training institute for geriatric doctors and nurses in North America, as well as the Rotman Research Institute for the study of human brain functionality. Let’s start the conversation on brain health and memory changes. (www.baycrest.org) Register in the office or by calling (858) 637-7325.

Thursday, February 14, 10:00a.m.-1:00p.m. Love Your Heart; a community-wide program to check your Blood Pressure. This program is sponsored by the County of San Diego, to bring awareness to the importance of blood pressure on one’s overall health. Blood pressure readings will be conducted by volunteers from the Sharp/Grossmont.

Thursday, February 14, at 12:30p.m. The Gift of Music: The Crooner Era with Gary Burk, a Frank Sinatra style entertainer, storyteller, and educator. Enjoy as our docent, Gary Burk, entertains us with his ‘Tribute to the Icons of the Crooner Era’. Gary’s diverse repertoire of historical information, humorous storytelling, and musical talent will include some of Frank Sinatra’s songs from the Crooner Era.

Thursday, February 21, 12:45p.m. The Richie Boys, book discussion with Lillian Herzberg. Many American people are still unaware of a group of American Soldiers called the Richie Boys, America’s secret weapon. They were young soldiers made up of German refugees whose families escaped the Nazis in their own country only to return with the American army to fight Hitler. Their mastery of the German language and their knowledge of the German mindset enabled them to interrogate those who became American prisoners of war.

Thursday, February 28, at 12:45p.m. Healthy Cooking Class and Demo: Cooking from the Heart. In this class, we will understand the inflammatory effect of the foods we eat and how inflammation can impact chronic diseases such as: cardiovascular disease, strokes, Type 2 Diabetes, Alzheimer’s disease and dementia.
Lectures and Guest Speakers: March 2019

Thursday, March 21, at 12:00 p.m. Purim Spiel (play) and Celebration. Luncheon with hamentaschen cookies and then a Purim Show at 12:30 p.m. This year, we welcome young students from the Temple Torah School as they present Megillah Mia (a take on Mamma Mia!). We will get a chance to use our noise makers and cheer for the heroes and heroine, and boo for the villain. We’ll enjoy the gratifying sounds of our favorite traditional Jewish music!

Thursday, March 28, at 12:45 p.m. Stand Up to Prevent Falls: What You Can Do to Reduce Your Risk? with Kindra French
One in three adults over the age of 65 will fall this year. These falls can result in life changing Injuries. However, most falls can be prevented with just a few easy steps. Join us for a special fall prevention workshop, presented by Kindra French, CAPS, SHSS.

Healthier Living with Diabetes Workshop
Thursdays, for 6 weeks from February 21—March 28; 12:30 p.m.-3:00 p.m.
This program, managed by the Self-Management Resource Center, is designed for people with Type 2 Diabetes, their family members, and caregivers. It has been proven to achieve positive health outcomes and reduce health care expenditures. The workshop meets once a week, for 2 ½ hours, over six weeks, led by two trained peer educators, who may also have diabetes.

Topics include:
• Techniques to deal with the symptoms of diabetes: fatigue, pain, hyper/hypoglycemia, stress, and emotional manifestations such as; depression, anger, fear, and frustration
• Appropriate exercise for maintaining strength and endurance
• Healthy eating
• Appropriate use of medication
• Working effectively with healthcare providers

Participants will make weekly action plans, share experiences, and help each other solve problems in creating and carrying a self-management program.

Tuesdays, March 5, 12, 19 and 26, at 12:45 p.m. MOPA 4-Week Course: Creative Ways to Edit Your Digital Photos. This month we will find creative ways to edit your digital photographs. Each week we’ll take a look at modern photographic artists from MOPA’s collection and discuss how to use editing to better communicate ideas, messages, or moods through a photograph. Topics will include cropping, filters, effects, black and white versus color, and an overview on editing.

Thursday, March 7, at 12:45 p.m. LGBTQ+ SAN DIEGO: Stories of Struggles & Triumphs with Walter Myers. San Diego’s LGBTQ+ community has struggled against persecution, battled HIV/AIDS, and stood strong while facing bullying and intolerance to forge a new era of community engagement and activism. Learn about the triumphs and tragedies in the fight for equality that continues to this day.

Thursday, March 14, at 12:45 p.m. Where Does Coffee Come From: A Journey of the Bean with Klif Borja of Café Moto. How do the terms “organics” and “sustainability” apply to our first cup of coffee in the morning? Our presenter Klif Borja, has worked at Café Moto in sales and training since 2002, and will be teaching us about organic coffee from “roots to retail” or from “crops to cups”. His professional experience has included a wide range of positions in the coffee industry such as Research and Development, Quality Control, and Trainer to General Manager and Sales Manager. Bring your favorite mug so you can enjoy some of their sample brews.
**College Ave Computer/tech**

**Sign-up required for all computer/tech classes. Call (858) 637-3217 or email at Marilynk@jfssd.org**

**Mondays, February 11, 18, 25, and March 4, from 12:30 p.m. - 2:30 p.m. Basic Senior Digital Literacy: 4-week Beginning Computer Course. Instructor: Ellen Lorang.** Designed by the San Diego Future’s Foundation, this program helps teach seniors basic computer skills to stay connected in the digital age.

**Wednesday, February 20, at 12:45 p.m. Streaming on Your Computer. Instructor: Joan Kushinoff.** Streaming: What is it and how does it work? Find out how to bring the world of entertainment to your computer or TV through streaming. Find ways to rent, buy, subscribe, or watch for free.

**Wednesday, March 6, at 12:45 p.m. Getting to Know Your Tablet. Instructor: Joan Kushinoff.** Have an android tablet and not sure how to use it? Learn how to change settings, set up email accounts, download apps and customize it.

**Wednesday, March 20, at 12:45 p.m. Electronic Devices and Smartphone Basics with Allen Faberov.** In this class you will learn to use voice commands for Siri, Google Home, Alexa, etc. You will also learn about mobile apps and smart watches and wearables.

**Monday, March 25, at 12:30 p.m. Podcasts: What are they and how to listen in? Instructor: Ellen Lorang.** The dictionary definition of a podcast is: A digital audio file made available on the Internet for downloading to a computer or mobile device, typically available as a series, new installments of which can be received by subscribers automatically.

**Computer and Tech Help Drop-In: Thursdays and Fridays from 12:30 p.m. – 2:30 p.m.** Join us for tech help. Computers are available with computer tech tutors and Techxperts to help and assist you. All levels of computer users are encouraged to use the computer lab. Wi-Fi is available for portable devices.

Fees: Free for members; $1 for non-members. Call (858) 637-3217 or email at Marilynk@jfssd.org

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**New! Well Connected: A Virtual Senior Center**

Well Connected is an organization that allows you to partake in classes, lectures, and presentations via the telephone or your computer. Our very own Chris Maeoka will present a 15-minute overview on what it is and how it works! Afterwards, you will be able to participate in the following Museum at Home programs:

- **February 27, at 10:45 a.m. Animals in Art.** Art Institute of Chicago exhibit animals in a variety of media.
- **March 20, at 10:45 a.m. Show Me as I Want to be Seen.** Explore artworks by French Jewish artist Claude Cahun and several others, representing an unfixed self and layered look into identity.

To make reservations or enroll, for On the Go contact us at (858) 637-7320

Mondays-Fridays from 8:00 a.m. - 4:00 p.m.

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**What is On the Go?**

**On the Go** is more than a ride - it’s independence, community connection, mobility and dignity.

**On the Go consists of five components:**

- **On the Go Excursions** – Exciting, organized outings to locations throughout San Diego County and surrounding areas.
- **On the Go Shuttles** – Group transportation to JFS Social & Wellness Centers, religious events, shopping centers, lunch destinations, and other cultural outings and events.

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**Rides & Smiles®** – Volunteer drivers provide individual transportation to medical and personal appointments.

**On the Go Silver** – Accommodates individual riders for personal errands and large groups for customized outings.

**On the Go Navigator** – Individual, on-demand transportation provided by Lyft. Navigator is perfect for those appointments that don’t provide seven days notice. Monday-Friday, 7 a.m. - 7 p.m.

Rider is responsible for the ride plus $4 service charge each way. Includes all zip codes.
The No. 5 War, San Diego Jewish Film Festival, JCC La Jolla
Friday, February 8, 2019 ♦ Depart 10:15a.m., Return 1:00p.m. Pay by February 1. $29
The story, both thrilling and dark, of the world’s most famous perfume. In 1921, Coco Chanel’s revolutionary perfume concept was as audacious as her outlandish designer clothing. At its launch, it was an instant hit. From the 1920’s to the 1940’s the Number 5 brand was at the center of a war between the celebrated designer and her entrepreneurial business partners, the Wertheimer brothers. During WWII, with the help of her high-ranking Nazi lover, Coco Chanel attempted to oust her Jewish partners - who had fled German-occupied France and were operating the business from New Jersey to take control of the highly lucrative business.

Collage 2019 - Dream Big!, Casa del Prado Theatre, Balboa Park
♦ Sunday, February 17, 2019 ♦ Depart 1:00p.m.; Return 4:30p.m. Pay by January 28. $25
Winner of the Bravo Award for Best Dance Show in San Diego for three years in a row (2014-2016). Join us for another stunning production that will be one of the year’s best performances. Breathtaking costumes, imaginative set pieces, gorgeous theatrical lighting, and 75 professionally trained dancers performing in various dance styles. Come experience the power and joy of dance at its finest!

MADAGASCAR JR., JCompany, JCC La Jolla
♦ Sunday, March 10, 2019 ♦ Depart 12:00p.m., Return 3:30p.m. Pay by February 20. $38
Join Alex the Lion, Marty the Zebra, Melman the Giraffe, Gloria the Hippo and, of course, those hilarious, plotting penguins as they bound onto our stage in the musical adventure of a lifetime. Based on the smash DreamWorks animated motion picture, Madagascar JR. follows all of your favorite friends as they escape from their home in New York’s Central Park Zoo and find themselves on an unexpected journey.

Cabaret, Coronado Playhouse
♦ Sunday, March 24, 2019 ♦ Depart 1:00p.m., Return 5:00p.m. Pay by March 10. $45
Welcome to the Kit Kat Club and Berlin in the 1930’s. The Nazis are rising in power and life may be uncertain, but you are invited to leave your troubles outside. Join singer Sally Bowles and a colorful ensemble who will tantalize and entertain you. Become a patron at Weimar’s 1931 Kit Kat Club and interact with the Kit Kat Girls and the fabulous Master of Ceremonies.

Art Alive 2019 Floral Exhibition, San Diego Museum of Art
Sunday, April 14, 2019 ♦ Depart 10:00a.m., Return 3:00p.m. Pay by March 27. $36
The San Diego Art Museum is a blaze of color, bright blossoms, and lush foliage as Art Alive blooms again. The museum rotunda is transformed into an all-encompassing floral installation. Join us for a flower filled day of beautiful events.

Adventure Shuttles $8
Reservations and payments due 10 days prior adventure date.

23rd Celebration of Music Education
San Diego Youth Symphony and Conservatory Symphony Hall
Sunday, February 10, 2019 ♦ Depart 3:00p.m.; Return 6:00p.m.
Music Director Jeff Edmonds conducts San Diego Youth Symphony and Conservatory.

Coronado Concert Series - Moonlight Miles, Coronado Ferry Landing Sunday, March 17, 2019 ♦ Depart 12:00p.m., Return 4:00p.m.
Enjoy the sounds of the Moonlight Miles after dining and shopping at Coronado Ferry Landing. A first class experience and a view to match!

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