



# The Voice

North County  
Inland Older Adult Center  
15905 Pomerado Road  
Poway, CA 92064  
(858) 674-1123



## August 2009

### Center News!

**We will now be open Monday, Tuesday and Wednesday from 10AM-2PM! Lunch will also be served each day at 12PM with reservations. Please call by 9AM of that day.**

**Brain Fitness Classes will begin on Monday, August 3rd. This is an intensive 13 week course, requiring practice 3 hours a week which can increase your brain acuity by 2 years. Call the Center for more information.**

#### August Highlights

**Go Hawaiian and enjoy Hawaiian dances and more on Mon., Aug. 3 at 12:45. Don't forget to wear your Hawaiian shirt! Tai Chi will now change to Tuesday mornings at 10AM and the Multi-media Art Experience will also change to Tuesday, Aug. 11 at 1PM. Yiddish Circle will also change to Tuesday, Aug. 25 at 1PM. Join the Knitting Club on Tuesday, Aug. 4 at 1PM. Make new friends and learn new stitches too! We need a few more Mah Jong players. Bring your card and join us on Tuesday, Aug. 18 at 1PM. Look inside for more events.  
event.....**

**No. County Inland Older Adult Center Office  
Hours: Monday-Thursday 8AM-3:30PM  
Melinda Wynar, Program Coordinator  
Kristina Simmala, Asst. Coordinator**

**Lunch served at 12PM. Please RSVP by  
9AM of that day. Lunch \$4.00 donation  
(858) 674-1123 fax# (858) 674-1176  
Transportation available thru On The Go**

# August 2009

(Please note: Menus subject to change without notice)

<p align="center"><b><u>Mon., Aug. 3</u></b></p> <p><b>10:00 AM</b> Feeling Fit Club with Kristina</p> <p><b>11:00 AM</b> Heart Healthy Eating with Scripps Home Health</p> <p><b>Lunch:</b> Cucumber Salad; Chicken Pastry; Potatoes; Peas &amp; Carrots; Watermelon</p> <p><b>1:00 PM</b> A Taste of the Islands: Hawaiian Dances &amp; More</p>	<p align="center"><b><u>Tues., Aug. 4</u></b></p> <p><b>10:00AM</b> Tai Chi with Cheri</p> <p><b>11:00AM</b> Music of the Jews in 20th C New York City with June Goldenberg</p> <p><b>Lunch:</b> Beet Salad; Swedish Meatballs; Roasted Potatoes; Broccoli; Strawberries</p> <p><b>1:00 PM</b> Word Games with Melinda The Knitting Club</p>	<p align="center"><b><u>Wed., Aug. 5</u></b></p> <p><b>10:00AM</b> Feeling Fit Club with Kristina</p> <p><b>11:00AM</b> Israel: The Land and the People with Nina Brodsky</p> <p><b>Lunch:</b> Salad; Stuffed Cabbage; Mashed Potatoes; Green Beans; Cantaloupe</p> <p><b>1:00 PM</b> From Classical to Popular with pianist, Sheldon Rosenbaum and soprano, Laura Thibalt</p>
<p align="center"><b><u>Mon., Aug. 10</u></b></p> <p><b>10:00 AM</b> Feeling Fit Club with Cheri</p> <p><b>11:00 AM</b> Portraits from Georgione to Avedon with Mary Kay Gardner of the SD Museum of Art</p> <p><b>Lunch:</b> Cucumber Salad; Chicken Cacciatore; Potatoes; Veggies; Peaches</p> <p><b>1:00 PM Monday at the Movies:</b> New In Town-Romantic Comedy</p>	<p align="center"><b><u>Tues., Aug. 11</u></b></p> <p><b>10:00 AM</b> Tai Chi with Cheri</p> <p><b>11:00 AM</b> Current Events with Harold Polesetsky</p> <p><b>Lunch:</b> Mexican Salad; Santa Fe Meatloaf; Kasha; Cauliflower; Banana</p> <p><b>1:00 PM</b> Multi Media Art Experience with Cheri</p>	<p align="center"><b><u>Wed., Aug. 12</u></b></p> <p><b>10:00 AM</b> Feeling Fit Club with Cheri</p> <p><b>11:00 AM</b> The Legacy of Irwin Jacobs and Andrew Viterbi with Prof. Iris Engstrand of USD</p> <p><b>Lunch:</b> Sliced Tomatoes; Cold Cuts; Potatoes Salad; Pickles; Plums</p> <p><b>1:00 PM</b> The Memory Institute of San Diego with Woody Woodaman</p>
<p align="center"><b><u>Mon., Aug. 17</u></b></p> <p><b>10:00AM</b> Feeling Fit Club with Cheri</p> <p><b>11:00AM</b> The Myth of Independence with Steve Barlow, MSW with LivHome</p> <p><b>Lunch:</b> Cabbage Salad; Salisbury Steak; Yam; Broccoli; Pineapple</p> <p><b>1:00 PM Monday at the Movies:</b> Living Proof– True Story</p>	<p align="center"><b><u>Tues., Aug. 18</u></b></p> <p><b>10:00 AM</b> Tai Chi with Cheri</p> <p><b>11:00 AM</b> Get On the Go with Alissa Messian of JFS</p> <p><b>Lunch:</b> Tossed Salad; Turkey Patty; Mashed Potatoes; Green Beans; Applesauce</p> <p><b>1:00 PM</b> Wii Bowling ; Mah Jong and Contract Gin</p>	<p align="center"><b><u>Wed., Aug. 19</u></b></p> <p><b>10:00 AM</b> Feeling Fit Club with Kristina</p> <p><b>11:00 AM</b> The Great America Songbook with guitarist/vocalist, Robert Hardaway</p> <p><b>Lunch:</b> Oriental Salad; Teriyaki Chicken; Rice; Veggies; Pears</p> <p><b>1:00PM</b> How to Reclaim Your Sleep with Dr. Boucek</p>
<p align="center"><b><u>Mon., Aug. 24</u></b></p> <p><b>10:00AM</b> Feeling Fit Club with Kristina</p> <p><b>11:00AM</b> Laughter Club with Melinda</p> <p><b>Lunch:</b> 3 Bean Salad; Garlic Herb Chicken; Yam; Peas &amp; Carrots; Honeydew</p> <p><b>1:00 PM Monday at the Movies:</b> Crossing Over-Drama/Harrison Ford</p>	<p align="center"><b><u>Tues., Aug. 25</u></b></p> <p><b>10:00 AM</b> Tai Chi with Cheri</p> <p><b>11:00 AM</b> Spiritual Guides with Rabbi Berk</p> <p><b>Lunch:</b> Coleslaw; Hungarian Goulash; Noodles; Green Beans; Plums</p> <p><b>1:00PM</b> Yiddish Circle: Yid'l with the Fiddle (movie)</p>	<p align="center"><b><u>Wed., Aug. 26</u></b></p> <p><b>10:00AM</b> Feeling Fit Club with Kristina</p> <p><b>11:00AM</b> Making Music Together with Kat Fulton &amp; the Ganon Gil Preschool</p> <p><b>Lunch:</b> Carrot Salad; Hunter Chicken; Mashed Potatoes; Veggies; Grapes</p> <p><b>1:00PM</b> Movie: The Forgotten Refugees</p>

# August 2009

## Mon., Aug. 31

**10:00AM** Feeling Fit Club with Kristina

**11:00AM** Caring For Yourself & Your Loved Ones with Alejandra Peja of So. Caregiver Resource

**Lunch:** Summer Salad; Meatballs & Spaghetti; Zucchini; Pineapple

**1:00PM Monday at the Movies:** Coco Chanel with Shirley Mc Laine

**On the Go**  
Transportation  
Solutions for Older Adults

## Friday Lunch Outings for August

**RSVP: 1 877 634-6537**

**Friday, Aug. 7: Coco's Restaurant**

**Friday, Aug. 14: Marie Callender's**

**Friday, Aug. 21: Champagne French Bakery**

**Friday, Aug. 28: Elephant Bar Restaurant**

## Chuckle for August

A man was driving down the road with 20 penguins in the back seat. The police stopped him and told him that he can't drive around with penguins in the car and should take them to the zoo. The man agrees and drives off.

The next day the same man is driving down the road with the 20 penguins in the back again! He is stopped by the same office who says, "Hey! I thought I told you to take those penguins to the zoo."

The man replies, "I did. Today I'm taking them to the movies."

**On the Go**  
Transportation  
Solutions for Older Adults

As many of you know, one of our most popular excursions each year is the TICO Annual Pops Concert, which we will attend on Sunday, August 2nd. This is always very popular- quite a few of you have reserved a seat, and there are a few tickets left (payment deadline is July 29th); don't be disappointed! We'll be under the stars in August, at the Starlight Theater in Balboa Park for a production of "Annie," which will be a real treat! This excursion has an early payment due date (August 7th) so please make your reservation soon!

We will also be visiting the BodyWorlds exhibit at the Natural History Museum in August; read all about it on the enclosed flyer- it's bound to be unforgettable! At the end of the month, we are lunching and playing at the Pala Casino- fill up your piggy banks!

To reserve a spot on the bus for any excursion, please call 1-877-63-Go-JFS (1-877-634-6537). If you have a suggestion for a future excursion, please give me a call (1-858-637-3388).

Join us on the bus!  
Barbara Howard



## Special Membership Offer

To thank you for your membership, please enjoy lunch **FREE** in the month of your birthday. If you don't receive a

reminder call,  
please call us at  
(858) 674-1123.



No. County Inland  
Older Adult Center

Jewish Family Service of San Diego  
8804 Balboa Ave.  
San Diego, Ca 92123

Phone: (858) 637-3000  
www.jfssd.org

Funding for No. County Inland Senior Center is  
provided by :



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