



Whatcha call it



May 2012

Escondido Joslyn Senior Center news, events, activities, resources, & a lotta fun!

Meet Your Staff

Amy Shipley
Older Adult Services Manager

Karen Williams
Program Administrator

Lisa Cooper
Administrative Aide

Linda Barlow
Nutrition Manager

Ruth Tuomi
Resource Center

Sam Beukema
Department Specialist

May is the month between Spring and Summer, that taunts us with unpredictable weather and leaves us grabbing a parka to wear over our shorts and sandals. It is the month we start seeing the sun rise a tad earlier with the expectation that it will warm the air before noon. It is the month that we notice the sun setting later and happy people are out and about walking their dogs and watching their kids ride their bikes long after the work day has ended. The month of May illustrates one of the great lessons in life - "what is will not always be." Embracing this one idea may help us to accept the fact that everything changes whether we want it to or not, whether we are ready or not. Our resiliency is based on our ability to adapt.

We are sorry to say good bye to two wonderful friends who gave both their time to volunteer, and their hearts to care for their fellow seniors.

In Memory of Charles Nisil

11-6-1930 to 4-5-2012

The Enterprises Corporation Board of Directors honor Charles for his huge span of knowledge and especially for his mission to support not only the senior center, but his caring concern for its seniors. Through the management of Sunday Bingo and his many years on the Board as President and 1st Vice President, he certainly achieved his mission! Thank you Charles, for being you!

In Memory of Chuck Tucker

We are sad to report the passing of Charles (Chuck) Thomas Tucker on April 8, 2012. Chuck became a volunteer at the Senior Service Council, Escondido in April 2002 as a computer instructor and quickly became the manager of computer training. He led the Council's efforts to provide seniors with computer training. He developed and wrote lesson plans, coordinated scheduling, established a computer mentoring program and assembled a staff of instructors. He was also a leading instructor and mentor. He served on the Board of the Senior Service Council since October 2005 and was the Secretary of the organization for the past five years. His calm manner, smiling face and problem solving ability were always a great asset to the Council, the Board of Directors, volunteers and all those who encountered him. He will be greatly missed by volunteers and students alike.

The Center will be closed on Monday, May 28 for Memorial Day.

Escondido Joslyn Senior Center

210 Park Ave., Esc. 92025

Office Hours

Monday - Friday 8 am - 3 pm
Closed on Saturday & Sunday

*Newsletter
Online.....*

www.escondido.org/joslyn-senior-center.aspx
Phone Numbers

Front Counter.....760-839-4688

OASIS Office.....760-796-6020

Park Avenue Café..760-839-4803

Resource Office.....760-839-4049

Senior Service Council (DEBB)
..... 760-480-0611

Travel Office.....760-745-5414

Van to Joslyn.....760-738-6590

Joslyn Happenings

Sponsored by:



May Birthday Cake



Celebrate May B-days
Wednesday, May 16, 2012
12:15 in the Lobby

Sponsored by:
The Springs of Escondido



Cinco de Mayo

Thursday, May 3, 2012 . . . 10AM

In Joslyn Lounge



Live Music by
guitarist Warren
La Plante

It's going to be a real Cinco de Mayo fiesta right here at the Senior Center. Don't miss out on all the fun Amigos!

Nachos

Piñata

Talk Tuesday

*Take advantage of these educational presentations which feature a wide variety of interesting topics.
Offered bi-monthly, 10-11 a.m.*

Tuesday May 22-

Medicine Safety – This very informative presentation explains different types of medication, including over the counter (OTC) and how to use them safely. Also provides helpful medication reminder tips. This is a Medicare Advantage Plan senior tips presentation.



Program Highlight

Meals on Wheels

Meals-on-Wheels—Maybe you or someone you know might benefit from this San Diego County Program. Meals-on Wheels provides high quality, nutritious meals delivered by volunteers. Participants must be 60 plus years of age and choose from one or two meals provided seven days a week, including holidays. Meal plans include lunch and dinner and offer a variety of meal types to accommodate special diets. The cost of the program is a one-time setup fee of \$35 plus \$7.00 per day for lunch and dinner. Other meal plans are available. For more information, contact the North County Service Center at (760) 736-9900.

Fun Activity: The first ten persons to find the hidden Chili pepper in this newsletter will win a prize at the front counter.

Services Available at the JSC

Joslyn Resource Center

Stop by if you are seeking information regarding general social services in the community. Housing, facilities, services, and general information assistance for older adults.

Office Hours:

Monday 9:30am - 1:30 pm
 Wednesday 9:30 am - 1:30 pm
 Friday 9:30 am - 1:30 pm

Call for more information
 760-839-4049

Meals on Wheels



Serving home delivered nutritious meals to eligible persons 60 and over. Additional services also include Well-being check, referral and information, and AniMeals.

For more information please call :

**760-736-9900 or
 www.mealsonwheels.org.**



HICAP

Health Insurance Counseling and Advocacy Program provides assistance and objective information to help seniors and disabled persons make informed decisions about health care coverage, Medicare benefits, and supplemental insurance plan options.

**HICAP is here on the
 2nd Tuesday & 3rd Thursday
 9 a.m. - 12 p.m. DEBB Room
 To make your appointment
 please call
 1-800-434-0222**

Enterprises, Inc.

760-738-4210

PROUD SPONSORS OF:

- ▶ **Senior Travel Service**
 - ▶ **Assist the Taxi Voucher Program**
 - ▶ **Sunday Bingo**
 - ▶ **Food Vouchers**
- (administered by Senior Service Council Escondido)*
- ▶ **Other needs of the Es-**



Senior Travel Meeting

Everyone is welcome to attend this fun and informative meeting with guest speaker Randy Case from AFC Tours and refreshments.
Monday, May 14, 2012 at 1:00pm in the Auditorium

Sunday Bingo

- ▶ DOORS OPEN TO THE PUBLIC AT 10:45 a.m.
 - ▶ Games begin at 12:15 p.m.
 - ▶ One pack will be sold for \$6; 1/2 pack will be sold for \$3
- For more information call 760-746-3059

Board Note: Knowing that Charles would prefer that Enterprises be a complete Board, at a Special Board Meeting held April 11, 2012, the Board of Directors appointed Suzanne Wright to be 1st Vice President and Douglas Goll to be a Director to replace Suzanne Wright.

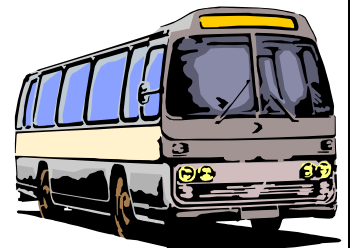
Upcoming Senior Travel Trips

Sedona, Via Verde Railroad & Laughlin May 1—4
 Escondido Day with the Padres at Petco Park June 2
 Buffalo Bills, Primm Nevada June 5—7
 Colorful Sounds of Broadway, "Sizzlin' Movie Musicals July 19

Call the Travel Office for more details at 760-745-5414

Travel Office Hours

760- 745-5414
 Mon. - Fri . 9 am - 12 pm



On-going Programs and Classes

The Regulars Corner

Joslyn Lounge

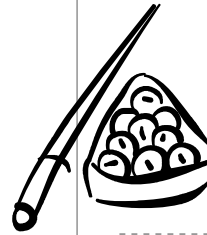
Join us for some delicious coffee and a little conversation!



Monday through Friday
8:00 am - 1:30 pm
Coffee served until 11:30am

Pool Room

Beginners or sharks will enjoy
6 beautifully kept tables.
Monday through Thursday
7:30 am — 4:30 pm
Friday 7:30 am—3:00 pm
Saturday hours vary per month
Sunday 11 am — 3 pm
For more info call Bob @
760-745-2980



BINGO....
Tuesdays 12:30—Dining Room
& Fridays 9:30—Room 5

Tuesday Bridge

12:00 to 3:30 in Rm. 4
Experienced players only.
Call Jeannie Shore with any questions @ 760-737-6135

Joslyn Library

Offering daily newspapers, magazines, books, VHS's & DVD's for your enjoyment.

Monday - Friday
9 am - 3 pm

Joslyn Book Club

Join us every Monday for this wonderful discussion group! Enjoy sharing ideas and discussing various literary genres such as biographies, mysteries, fiction etc....

Mondays 9-11 am



Song Spinners

This social group loves to sing & laugh, no auditions - just great fun for a couple of hours.
Join us Thursdays 9 - 11 am

Artisan's Corner

Next time you are in the lobby, stop by the display cabinet to check out the Artisan's Corner!

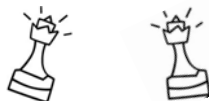
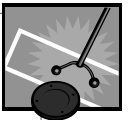


Grandmother's Club

First Thursday Each Month at
11:30 AM
All guests and members are welcome to join.
For more information call
760-745-0761

Shuffleboard

Tues. & Wed - Open Play 9 am - 12 pm
Thursday - League Play 9 am - 3 pm
Everyone is welcome to join this fun group open to all seniors on Tues. & Wed. For more information call Jim Travers at 760-743-1362



Chess ClubEvery Weds. 12 — 4 p.m.
Come improve your skills with this fun chess club!
All levels welcome to play, women welcome too!
For more information call 760-535-1125



Stardust Harmonaires

Tuesday Dances — Only \$4 entry
Every Tuesday 1:30-3:30 p.m.

Classes



Try one of these fun activities provided by the City of Escondido Recreation Department:

- East Coast Swing
- Safety Awareness & Self Defense
- Gourmet Vegetarian
- Two Step
- Line Dance
- Salsa

And so Much More!

Escondido Recreation: 760-839-4691
Web site: recreation.escondido.org



Escondido Recreation




Creating Community through
People, Parks and Programs

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

On-Going Weekly Activities

| | | | | |
|--|--|---|---|--|
| 9AM - Feeling Fit 10AM - Feeling Fit 9AM - Book Club 6PM - Square Dance-C | 8:45AM - Jazzercise-J 9AM - Shuffleboard 12PM - Bridge 1PM - German 1:30PM - Tuesday Dance 4PM - NAMI | 9AM - Feeling Fit 10AM - Feeling Fit 9AM - Shuffleboard 9AM Word Weavers 12:30PM - Chair Fit-O 1:45PM - Line Dancing-O | 8:45 - Jazzercise-J 9AM - Song Spinners 10:30AM - Line Dancing 3PM - Tai Chi-O 4PM - Tai Chi-O 7PM - Swing Dance-C | 7AM - Toastmasters 7:40AM - Tai Chi-O 8:45 - Jazzercise-J 9:30AM - Friday Bingo |
|--|--|---|---|--|

Monthly Activities Listed Below

| | | | | |
|---|--|--|---|--|
|  | 1 | 2 | 3 | 4 |
| | 8AM - Driver Safety-S AARP No Oasis Classes this week | 9AM - Wii Bowling 9:30AM-Legally Blind Clb 6PM - Treasure Seekers | 10AM - Cinco de Mayo Joslyn Lounge 11:30AM - Grandmothers 8PM - Two Step-C |  |
| 7 | 8 | 9 | 10 | 11 |
| 8AM - Blood Pressure-S 9AM - Hearing-S 1:30PM - Balance-O | 7:40AM - Tai Chi-O 9:55AM - Zumba Gold-O 10PM - Parkinsons Sup. 11AM - Line Dance-O | 9:30AM-Legally Blind Clb 11:30AM - Chi Gung-O 1PM - Watercolor-O 1:30PM - Meditation-O | 9AM - Shuffleboard 1PM - Foreign Policy-O 8PM - Two Step-C |  1:30PM - Guitar-O |
| 14 | 15 | 16 | 17 | 18 |
| 9AM - Hearing-S 1:30PM - Balance-O 2PM - Dreams-O | 7:40AM - Tai Chi-O 9:55AM - Zumba Gold-O 11AM - Line Dance-O | 11:30AM - Chi Gung-O 1PM - Watercolor-O 1PM - MS Help-SSCE 1:30PM - Meditation-O 1:30pm - Alzheimers-S | 8PM - Two Step-C | 7:40AM Tai Chi-O 9:30AM - Senior Anglers 10AM - Safety-O |
| 21 | 22 | 23 | 24 | 25 |
| 8:30AM - Blood Pressure-S 1PM - Wills-O 1:30pm - Balance-O | 7:40AM - Tai Chi-O 9:55AM - Zumba Gold-O 11AM - Line Dance-O | 9:30AM-Legally Blind Clb 10:30PM - Nutrition-O 11:30AM - Chi Gung-O 1PM - Watercolor-O 1:30PM - Meditation-O | 9AM - Shuffleboard 8PM - Two Step-C | 10PM - Watercolor-O 12PM - Drumming-O 1PM - Guitar-O 1:30PM - Fire Safety-O |
| 28 | 29 | 30 | 31 | |
| Memorial Day The Center is Closed | 9AM - Talk Tuesday 9:55AM - Zumba Gold-O 11AM - Line Dance-O | 9:30AM-Legally Blind Clb 11:30AM - Chi Gung-O 1PM - Watercolor-O 1:30PM - Meditation-O | 12:30PM - Dialects-O 1PM - Healing-O 8PM - Two Step-C |  |

Saturday Night Dance

Cinco de Mayo Senior Sr. Prom

Saturday, May 5, 2012

7:00—9:00PM

Only \$4 Admission

To register for any of the above classes that end in one of the following letters, please call on the phone numbers listed below:

C - Community Services 760-839-4691
 O - Oasis Escondido 760-796-6020
 S - SSCE 760-480-0611
 J - Jazzercise 760-521-2725

Senior Service Council Escondido

728 North Broadway, Escondido, Ca. 92025

760-480-0611

at the Escondido Joslyn Senior Center

The Senior Service Council Escondido (SSCE) was established as a non-profit organization over 35 years ago to address the needs of seniors in the community. A board of nine members, together with over 100 volunteers, work to maintain a high level of service. All services, except computer classes and AARP Driver Safety Program, are offered free of charge and donations are accepted. The following Special Services, Programs, Health Screenings, and Support Groups are held in the Dorothy E. Boeger Building (DEBB) and the main building at JSC. Appointments are often necessary.

Special Services & Programs

AARP Driver's Safety Program.....Tuesday, May 1st.8 -12:30pm.....DEBB

This one day refresher class provides students with a certificate that is valid for three years toward savings on automobile insurance. Cost for the class is \$12 for AARP members or \$14 for non-members, check payable to AARP. Please call to reserve your space and plan to arrive 15 min. early for check-in and make payment. Call to reserve your space.



Computer Classes/Tutors.....Tuesdays-Fridays.....DEBB Computer LAB

Tutoring in our new computer lab is available any time for only \$5/hour. We can help with Windows and Apple computers, email, Internet, and office applications such as Word, Power Point, Excel, and others. Please call 760-480-0611 for an appointment.

HICAP.....2nd Tuesday & 3rd Thursday.....9am—Noon.....DEBB

Health Insurance Counseling and Advocacy Program provides assistance and objective information to help seniors and disabled persons make informed decisions about health care coverage, Medicare benefits, and supplemental insurance plan options. To make appointment call 1-800-434-0222.

Home Energy Assistance Program (HEAP).....Appointment required.....12—2 pm.....DEBB

You may qualify for an additional credit toward your utility bill from HEAP. To apply for the current HEAP credit request a form at the SSCE reception desk. Upon receipt of the application, call SSCE for an appointment.



"H" ProjectsThursdays.....12—2 pm.....DEBB

Assistance with bank reconciliation. Please call for more information.

Income Tax Assistance Program.....Offered during tax season, February—April

The SSCE offers individual income tax preparation during tax season, February thru mid April. The service is provided on an appointment or walk-in basis on Mondays, Tuesdays, and Fridays from 9 a.m. — 2:30 p.m. Call 760-480-0611 for an appointment.

Income Tax Problem AssistanceThursdays.....9 to 11 am.....DEBB

If you have received a letter from the IRS or the California Franchise Tax Board or have yet to file your current year tax return, we will help you respond to the letter or file your return. This service is offered June 2 through Nov. 17 with two appointments at 9 and 10 a.m. on Thursdays. Call for an appointment.

Job Referral Service.....Monday-Thursday.....9 to 12 pm.....DEBB

We help connect people who want to work with seniors who need help. Call when you need help with handyman repairs, gardening, housework, home care, painting, or pet sitting or to be hired if you are able bodied and wish to help others.



Legal Aid, Wills, Personal Finance Assistance, & Notary Public...Wednesdays.....9 to 11 am.....DEBB

Seek advice on living trusts and wills, Advanced Health Directives, investment, financial, and taxes. Notary services are available. Please call to register.

Taxi Vouchers.....Monday-Thursday.....9-11:30 pm.....DEBB

Vouchers are available for transportation to medical, dental, or chiropractor appointments, physical therapy, prescriptions, or glasses. Good up to \$7 each way, seniors who qualify are eligible for six taxi vouchers per month. Must apply in person, bring proof of income, and allow one week for approval.

Office Hours: Monday thru Thursday 9 a.m. - 3 p.m. & Fridays 9 a.m. - 12 p.m.

For information and appointments please call 760 - 480 - 0611

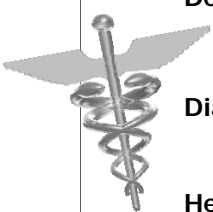
Find us on the web at: www.escondidoseniorservices.org

Senior Service Council Escondido

Support Groups

- Alzheimer's Caregiver Support Group**.....3rd Wednesday.....1:30 to 3 pm.....DEBB
Meet others touched by memory loss, learn coping strategies and share experiences. Sponsored by the Alzheimer's Association. For more information call the Alzheimer's Association at 858-492-4400.
- Better Breathers Club** — Sponsored by Amer. Lung Assoc.2nd Wednesday of odd months ...1 to 3:00 pm.....DEBB
This support and educational group is for people with respiratory problems like chronic obstructive pulmonary diseases such chronic bronchitis, emphysema and asthma. Join us for guest speakers and group discussions.
- Hearing Loss Association (HLA)**.....2nd Sat of odd months....10 am—12 pm.....Auditorium
Join this national support group for those with hearing loss. Educational speakers are followed by a discussion group and social hour in the Joslyn Center Auditorium. Assisted listening devices are available.
HLA website is hearinglossescondido.org
- Multiple Sclerosis Support Group**.....3rd Wednesday.....1 to 3:00 pm..... Room #5
Support group for those with Multiple Sclerosis and their families and caregivers. For more information call Beth Bradsher, M/S Self-Help Group Leader at 760-747-9096.
- NAMI—National Alliance for Mentally Ill**.....Every Tuesday.....4 to 6 pm.....Room #5
Please call for more information 800-523-5933.
- Parkinson's Support Group**.....3rd Tuesday.....10 to 12:00 pm... DEBB
For those affected by Parkinson's. For information call the Social Work Facilitator at 858-273-6763.
- Post Polio Syndrome Support Group**... 2nd Tues. on even # months12:30 to 3:00 pm.....DEBB
For those dealing with Post Polio Syndrome, or anyone dealing with pain. Join us for informative and fun guest speakers. For more information call 760-745-2787.
- Arthritis & Osteoporosis Support Group**.....3rd Monday.....10 to 11:30 am.....Room #5
Support group is designed for any age whose lives are affected by either or both of these diseases.
Sponsored by Palomar Pomerado Hospital, this group meets on odd numbered months.

Health Screenings

- 
- Blood Pressure Clinic**.....Mondays.....8:30—10 am.....DEBB Conf Rm
Stop in and have your blood pressure checked. No appointment necessary.
- Dental Screening**.....1st Wednesday.....8:15 am.....DEBB Conf Rm
Dr. Randy Jungman, a local dentist will check for gum disease, proper denture fit, and give you great information. Call for an appointment.
- Diabetes Blood Sugar**.....1st & 3rd Friday.....8 to 9 am.....DEBB Cubicles
Do not eat, drink, or take medication before coming. No appointment necessary.
- Hearing Health**.....2nd Monday9AM.....DEBB Conf Rm
David Illich, audiologist, will conduct and interpret a professional hearing test and advise regarding any hearing aides you may have. Call for an appointment.

Volunteers Needed

SSCE is seeking volunteers to staff the front reception desk. The Council has many programs and services for seniors. The receptionist answer the telephones, make appointments for services, makes appointment reminder calls, open and closes the facility and tallies cash donations received for services. Must be willing to work one shift from 8:45AM—12 noon or 11:45AM—3PM one day per week (Monday—Friday) in addition to substituting for others when necessary. Must have previous office experience and be over 50 years old. If interested, call the Council at (760)480-0611. Applications are also available at the SSCE reception desk.

More Volunteers Needed

The Senior Services Council is seeking volunteer RNs or LVNs for their Blood Pressure Clinics on Mondays from 8:30—10 AM and their Diabetes Blood Sugar screenings on the 1st and 3rd Fridays from 8—9 AM. Volunteers must be over age 50. Please apply by filling out a volunteer application available at the Escondido Senior Center.

Nutrition News



Medical Uses and Health Benefits of Hot Chili Peppers

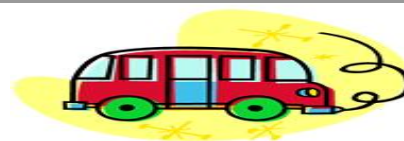
Hot chili peppers have been used as an alternative medicine for centuries. Although some chili peppers are quite hot, most are valued for their soothing effects on the digestive system, relief from symptoms of colds, sore throats and fevers, circulation, especially for cold hands and feet, and as a hangover remedy. Peppers can act as a heart stimulant which regulates blood flow and strengthens the arteries, possibly reducing heart attacks. Nutritionally, fresh chili peppers are an excellent source of calcium and vitamin C. You can make a chili tincture (medicine), especially from the hottest varieties, by drying the peppers and grounding into a powder, mixed with one or two tablespoons in warm water for relief of many symptoms. Or pack chili powder into gel capsules for use when making a tea is not convenient.

Capsaicin is a remarkable health-promoting substance. But since burning and irritation are common side effects, it may be wise to start using it slowly and building up a tolerance for larger quantities.

One can not vouch for any of the health benefits or medical uses provided in this information. Some may consider them under the category of "old wives tales". Other remedies may work like miracles. Try them at your own risk. If you do not get the benefit you were seeking at least you can still enjoy the heat. Who knows, maybe some day hot chili peppers may be used to cure many forms of cancer.

Transportation Information

Need a ride? This information can be very helpful when trying to find transportation to get where you need to go!



Van Service to Escondido Joslyn Senior Center.....760-738-6590

We offer door-to-door service for you! If you live in Escondido, call at least 24 hours in advance to make your reservation ride to the JSC. Our friendly and accommodating drivers will pick you up at your home and drop you off at our front door Monday—Friday. A donation of .30 cents each way is suggested.

Out and About Escondido— Shopping Shuttle and Medical Appointments.....760-480-1030

Shopping Shuttle—Redwood Senior Homes & Services offers free shopping shuttle service for seniors and adults with disabilities. Please call for times and destinations which include: Vons, Westfield Shopping Mall, Target and Sprouts.

Medical Appointments—Out & About also provides transportation to non-emergency medical appointments for senior and adults with disabilities available on Monday–Thursday 9:30 am-12:30 pm. At least 24-48 hours advance reservation is required. First come first served basis.

North County Transit District.....760-966-6500

NCTD's BREEZE busses, SPRINTER Trains, and COASTER Trains are all accessible to persons with disabilities and seniors over 60 for reduced fares. See the Riders Guide for updated route maps and schedule, or call the phone number listed here for updated information or on the computer go to: www.gonctd.com.

NCTD Lift Reservations.....760-726-1111

LIFT is a para transit service for passengers with disabilities who are not able to access the fixed route services. Please make your reservation at least 24-48 hours advanced reservation.

Taxi Voucher Program.....760-480-0611

See page 6 for more information about this Senior Service Council Escondido program.

Park Avenue Cafe – 210 Park Ave., Escondido

May 2012 Lunch Menu

Delicious nutritious lunch served
Monday thru Friday from 11:30 a.m. to 12:15 p.m.



\$3.00 Suggested donation for each senior aged 60+ and their spouse

\$4.00 charge for meals served to aged 59 and younger

No eligible person 60+ shall be denied a meal because of failure or inability to contribute

| | | | | | |
|--|---|---|---|---|--|
| Cinco de Mayo Celebration Thur., May 3 10—11am | TUESDAY 1 | WEDNESDAY 2 | THURSDAY 3 | FRIDAY 4 | |
| | Spinach Salad Spaghetti w/ Meat Sauce Cherries Whole Grain Bread | Three Bean Salad Chicken Salad Sliced Tomato Succotash Mandarin Oranges Whole Grain Bread | Caesar Salad Chicken Pot Pie Brown Rice Tropical Fruit | Green Salad Cheese Enchilada Black Beans Tropical Fruit | |
| | MONDAY 7 | TUESDAY 8 | WEDNESDAY 9 | THURSDAY 10 | FRIDAY 11 |
| | Caesar Salad Salisbury Steak Coined Carrots Peaches Whole Grain Bread | Ambrosia Salad Chicken Tenders Potato Wedges Spinach Whole Grain Bread | Coleslaw Beer Battered Fish Mixed Vegetable Tropical Fruit Whole Grain Bread | Jell-O Salad BBQ Chicken Thigh Mashed Potato Broccoli Whole Gr. Bread | Garden Salad Sloppy Joes Tater Tots Mandarin Oranges Buns |
| | MONDAY 14 | TUESDAY 15 | WEDNESDAY 16 | THURSDAY 17 | FRIDAY 18 |
| Garden Salad Stuffed Cabbage Stewed Tomato Fruit Cocktail Whole Gr. Bread | Macaroni Salad Tuna Salad Sliced Tomato Pineapple Slices Whole Grain Bread | Caesar Salad Turkey a la King Broccoli Pears Whole Grain Bread | Spinach Salad Meat Lasagna Mixed Vegetables Cherries Whole Gr. Bread | Garden Salad “Catch of the Day” Yams Tropical Fruit Whole Grain Bread | |
| MONDAY 21 | TUESDAY 22 | WEDNESDAY 23 | THURSDAY 24 | FRIDAY 25 | |
| Spinach Meatloaf Mashed Potatoes w/ Gravy Peaches Whole Gr. Bread | Ambrosia Salad Chicken Sandwich Lettuce, Tomato Coleslaw Pears Buns | Beef Taco Salad Lettuce, Tomato, Cheese, Onion Black Beans Mexican Corn Peaches | Tropical Fruit Chicken Curry Brown Rice Mixed Vegetables Bread | Baked Beans Cheese Burgers Lettuce, Tomato, Onion, Buns Tater Tots Mandarin Oranges | |
| MONDAY 28 | TUESDAY 29 | WEDNESDAY 30 | THURSDAY 31 | <p><i>Cinco de Mayo Sr. Prom Saturday, May 5, 2012 7:00—9:00PM</i></p> | |
| Center Closed | Spinach Salad Spaghetti w/ Meat Sauce Cherries Whole Grain Bread | Three Bean Salad Chicken Salad Sliced Tomato Apricots Whole Grain Bread | Caesar Salad Chicken Pot Pie Brown Rice Tropical Fruit | | |

The nutrition program is supported by the City of Escondido and the County of San Diego Aging & Independence Services,

Redwood Towncourt and Elderlink. Menu subject to change without notice.

Please make your reservations by 12 noon the day before you wish to dine. (24 hrs. in advance)
(760) 839 – 4803 Lunch reservation & cancellation line- 24 hour voice mail



Look for our new OASIS Spring/ Summer Catalog and catch the fun!

Many of our favorite instructors are presenting both new and continuing classes for your enjoyment and we have new and exciting programs to inform and entertain you.

If your ready for summer fitness classes, we offer many exercise opportunities

Moving to “the beat” you will enjoy # 215 Zumba Gold or #216.1 Line Dancing. A little quieter exercise are classes #223.1 Chi Gung, a Chinese Health Exercise or #214.1 Tai Chi Chaun or 222.1 Yoga for the Young at Heart. You can even learn techniques for balance and exercises for strength with therapist Krissy Bartels in class #234 Balance and Mobility.

Watercolor Classes, Jewelry Design, Summertime Nutrition, Meditation, Music Appreciation, Acupuncture and Drumming are but a sampling of what’s ahead.

Pick up a new catalog and sign up early! We’re waiting to hear from you!

Independent Organizations & Clubs

*The following groups are independent organizations and clubs that meet at the
Escondido Joslyn Senior Center.*

| <u>Organization</u> | <u>Meets</u> | <u>Time</u> | <u>Public Info.</u> |
|--|-----------------|-------------|----------------------|
| CA Nu Chi Unit of Parliamentarians | 4th Thursday | 1 p.m. | 760-480-0155 |
| California Retired Teachers Association | 1st Thursday | 9:30 a.m. | 760-751-0943 |
| Escondido Art Association | 2nd Wednesday | 7 p.m. | Escondidoartists.org |
| Escondido Toastmasters | Every Friday | 7 a.m. | 858-271-0340 |
| Floral Art Design | 2nd Friday | 10 a.m. | 760-728-6622 |
| Grandmothers Club | 1st Thursday | 12 p.m. | 760-745-5407 |
| Hearing Loss Association | 2nd Saturday | 10 a.m. | 760-745-5408 |
| Jewish War Vets | 2nd Sunday | 11 a.m. | 760-432-6976 |
| Kiwanis Division 37 | 1st Saturday | 8:15 a.m. | 858-442-1042 |
| Legally Blind Social Club | Every Wednesday | 9:30 a.m. | |
| NARFE | 4th Thursday * | 1 p.m. | 760-432-0081 |
| <i>(National Association of Retired Federal Employees) *(bi monthly)</i> | | | |
| N.C. Woodworking Club | 3rd Thursday | 7 p.m. | www.ncwood.org |
| Palomar Cactus & Succulent Society | 4th Saturday | 12 p.m. | 760-743-7996 |
| Senior Anglers | 3rd Friday | 9:30 a.m. | 760-745-5751 |
| Song Spinners | Every Thursday | 9 a.m. | 760-741-2303 |
| Treasure Seekers | 1st Wednesday | 6 p.m. | 760-747-1165 |
| Whirlaways Square Dance Club | Every Monday | 6:30 pm | 760-752-9445 |
| Word Weavers | Every Wednesday | 9 am | 760-745-2419 |



Important Phone Numbers



| EMERGENCY SERVICES | HEALTH, COUNSELING & SUPPORT GROUPS | RECREATION, SOCIAL & EDUCATION |
|--|--|---|
| Fire, Paramedics, PD Emergency 9 -1-1 Poison Center.....1-800-876-4766 | Adult Protective Services..... 619-283-5731 | Escondido Adult School..760-739-7300 Escondido Joslyn Senior Center760-839-4688 |
| CITY OF ESCONDIDO | Aging and Independent Services County of SD...800-510-2020 | Joslyn Senior Travel Serv.760-745-5414 OASIS Escondido.....760-796-6020 |
| City Hall..... 760-839-4880 Main Library.....760-839-4683 Code Enforcement.....760-839-4650 Community Services... ..760-839-4691 Graffiti Removal.....760-839-4668 Housing.....760-839-4841 Joslyn Senior Center.....760-839-4688 Passport Service760-839-6206 Police Department.....760-839-4722 Utility Billing.....760-839-4682 Water Dept.....760-839-4681 | Alzheimer's Assoc.....800-272-3900 American Cancer Soc.....877-903-1589 Arthritis Found..... ..800-422-8885 Center for Blind..... 760-758-5956 Deaf Comm Services619-398-2441 HICAP (Health Insurance Counseling & Advocacy).....1-858-565-8772 Joslyn Resource Office 760-839-4049 Interfaith Comm. Serv..760-489-6380 NAMI—North Inland San Diego Alli- ance Mentally Ill....800-523-5933 Neighborhood Health Care..737-2000 Medical Info. Line..... 858-514--6885 Medicare Help Line.....800-841-1602 Ombudsman—Advocate rights800-640-4661 Palomar Medical Cntr...760-739-3000 Palomar Pomerado Medical Center 858-613-4000 Section 8 HUD.....760-741-5922 Senior Service Cncl Esc...760-480-0611 Tri- City Med. Ctr.....760-724-8411 | Palomar Community College760-744-1150 |
| FINANCIAL | MEALS & NUTRITION PROGRAMS | SENIOR CENTERS - NORTH COUNTY |
| AARP Tax Assistance.....760-480-0611 HICAP (Health Insurance Counseling and Advocacy).....800-434-0222 Identity Theft Resource Center858-693-7935 Social Security Office.....800-772-1213 | Angel's Depot760-599-7093 Co. SD Food Stamps....866-262-9881 Escondido Joslyn Nutrition Program Park Ave. Café.....760-839-4803 Interfaith Comm. Serv...760-489-6380 Meals on Wheels.....760-736-9900 Public Assistance (food stamps) County of SD.....866-262-9881 SD Food Bank..... 619-523-8811 St. Vincent de Paul.....760-471-3316 | Carlsbad Senior Cntr...760-602-4650 El Corazon (O'side)....760-435-5300 Encinitas Senior Center760-943-2250 Oceanside Sr. Center...760-435-5250 San Marcos Sr. Center..760-744-5535 Vista Senior Center.... 760-639-6160 Poway Senior Center...858-748-6094 Rancho Bernardo Senior Center858-487-9324 |
| GENERAL INFORMATION | | TRANSPORTATION |
| Aging and Independent Services County of SD.....800-510-2020 American Red Cross.....760-745-3221 Chamber of Commerce..760-745-1183 Community Services.....211 Humane Society.....760-888-2275 Post Office.....760-432-6584 Traffic Updates.....511 | | Joslyn Senior Cent Van.760-738-6590 Lifeline.....760-726-4900 NCTD—North County Transit District (Bus Service).....760-966-6500 NCTD LIFT (disabled reservation line)760-726-1111 Out & About Esc.....760-480-1030 Taxi Voucher Program...760-480-0611 Yellow Cab (taxi).....760-444-4444 |





210 Park Ave.
Escondido, CA 92025

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Change Service Requested

Escondido Joslyn Senior Center
news, events, activities,
resources, & a lotta fun!

"Promoting the physical, social and emotional well-being of adults
ages 50 years and older through life-long learning, social, and
volunteer opportunities."