Congregant Lunch Program Begins
March 2 at EBC! (menu on p. 3)

EATING WELL NEVER GETS OLD

At the
Ed Brown Center, we nourish mind, body, and soul.

Join Us for Lunch!

Here are some of our favorites:

- Brisket with Mashed Potatoes & Gravy
- Baked Fish with Garlic & Lemon
- Chicken Bombay & Brown Rice

Lunch Served Monday-Friday at 12:00pm

View our monthly menu at www.jfssd.org

Ed Brown Center
18402 W Bernardo Dr, San Diego, CA 92127
Monday-Friday
For adults ages 60+ I Suggested donation of $4

Let us know you’re coming!
Call 858.487.9324 and leave your name and the date we can expect you!

We need to be sure that every member of your household, regardless of citizenship status, gets counted in the 2020 Census! That includes infants, renters, family members and non-family members who live at your address. Learn more about the 2020 Census at californiacensus.org.

Be sure to fill out your census form before April 30, 2020!

EBC Community Team 2020 Directory
Now Available

Pick up your FREE Community Team Directory for 2020 in the lobby today! It’s full of information about products and services provided by area businesses that are here to serve you and your needs. Got a friend who might like a Directory? Please feel free to take a copy for them, as well!

2020 Community Team Directory
Let’s Tap!

Always wanted to learn to Tap Dance? Did you tap as a kid? Join us Monday afternoons at 3:30 pm for fun, fitness and great music!

*If you can walk, you can Tap Dance!*

ALL Levels Welcome
(Beginners: please come at 3:00 pm to learn Tap Basics)

Classes are ongoing. Join anytime!

Classes are taught by Renee Kreithen, founder of Knock On Wood Tap Studio in Washington, D.C. and former artistic director of acclaimed youth tap ensemble, Tappers With Attitude.

For more information email: reenekreithen@gmail.com

CB Sunrise Rotary Helps Area Seniors

Need help around the house with a variety of general household tasks? Call the front desk at (858) 487-9324 and ask to be added to the Home Help list, or email brad.sandstrom@wellsfargo.com. Someone will contact you to set up a convenient date and time to take care of your needs.
Minimizing Cognitive Decline

An ongoing class to help you learn ways to keep your brain and body healthy.

At the Ed Brown Center
18402 West Bernardo Drive
Rancho Bernardo. 92127
Starting Monday March 2, 2020
Noon – 1:00
Then every 1st & 3rd Monday
Facilitated by Sheila Coulbourn, HHP, BCPA

Loonin Family Kitchen
March 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>3-Bean Salad</td>
<td>Mexican Salad</td>
<td>Carrots Salad</td>
<td>Split Pea Soup</td>
<td>Tomato Salad</td>
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<tr>
<td>Swedish Meatballs *</td>
<td>Spanish Chicken</td>
<td>Beef Pirogue *</td>
<td>Mushroom Bolognese</td>
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<tr>
<td>Faro</td>
<td>Corn Confetti</td>
<td>Whole Wheat Bread</td>
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<td>Scandinavian Vegetables</td>
<td>Orange</td>
<td>Baked Potato</td>
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<td>Tropical Fruit Mix</td>
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<td>Grilled Vegetables</td>
<td>Grilled Vegetables</td>
<td>Grapes</td>
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<td>Beet Salad</td>
<td>Carrot Salad</td>
<td>Tomato Salad</td>
<td>Lentil Soup</td>
<td>Spinach Salad</td>
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<tr>
<td>Black Bean Chili</td>
<td>Rosemary Chicken</td>
<td>Baked Tilapia with</td>
<td>Spinach Quiche</td>
<td>Beef Stuffed Cabbage*</td>
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<td>Brown Rice</td>
<td>Whole Wheat Pasta</td>
<td>Coconut Curry Sauce</td>
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<td>Kash</td>
<td>Sweet Potato</td>
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<td>Cantaloupe</td>
<td>Banana</td>
<td>Stir-Fry Vegetables</td>
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<td>Orange</td>
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<td>Hunter Chicken</td>
<td>Baked Fish</td>
<td>Eggplant Rollatini *</td>
<td>Salmon</td>
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<td>Peas and Carrots</td>
<td>Potato Medley</td>
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<td>Mandarin Oranges</td>
<td>Fresh Apples</td>
<td>Fresh Apples</td>
<td>Orange</td>
<td>Broccoli and Carrots</td>
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<tr>
<td>Cucumber Salad</td>
<td>Napa Cabbage Salad</td>
<td>Broccoli Salad</td>
<td>Potato Soup</td>
<td>Carrots Salad</td>
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<tr>
<td>Baked Vegetable Ziti</td>
<td>Sweet and Sour Chicken</td>
<td>Meatballs *</td>
<td>Tuna Empanada</td>
<td>Brisket</td>
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<tr>
<td>Whole Wheat Penne Pasta</td>
<td>Brown Rice</td>
<td>Quinoa</td>
<td>Whole Wheat Bread</td>
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<td>Roasted Vegetables</td>
<td>Peas and Carrots</td>
<td>Spinach Sauté</td>
<td>Whole Wheat Bread</td>
<td>Normandy Vegetable Mix</td>
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<td>Hard Boiled Eggs</td>
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<td>Fresh Apple</td>
<td>Broccoli and Cauliflower</td>
<td>Cantaloupe</td>
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<td>Tropical Fruit</td>
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<td>Watermelon</td>
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<tr>
<td>Spinach Salad</td>
<td>Cucumber Salad</td>
<td>Irina Kryuchkova</td>
<td>Suggested donation:</td>
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<tr>
<td>Turkey Stew</td>
<td>Vegetable Stuffed Pepper</td>
<td>Senior Nutrition</td>
<td>$4 for senior meals</td>
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<tr>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Bread</td>
<td>Manager</td>
<td>$7 fee for non-seniors</td>
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<tr>
<td>Red Potato</td>
<td>Mashed Potato</td>
<td>(858) 637-3278</td>
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<tr>
<td>Carrots and Peas</td>
<td>Roasted Zucchini</td>
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<td>Mandarin Oranges</td>
<td>Pineapple</td>
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*Denotes meal that is 1,000 mg of sodium
4 oz. 1% milk Available Every Thursday.

New Members:
Jill Dower
Virginia Gilmartin
Eleanor Mathai

Renewing Members:
Maureen Anderson
Alicia Annas
Sharon Arnstein
Dianne Clark
Helena Hyman
Mili King
Judith Leggett
Janet Leo
Lila Shapiro
Mary Stafford
Elaine Tsai
Ruth Woodbeck

*eff. 2/15/2020

Congregate meals are sponsored by the Older American’s Act Funds & awarded by the County of San Diego through Aging & Independence Services. Meals are provided by Jewish Family Service of San Diego.

Jewish Family Service
www.edbrowncenter.org
858.487.9324
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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<tr>
<td>9:00 a.m. Gentle Yoga*</td>
<td>10:50 a.m. Qigong $6</td>
<td>8:15 a.m. Tai Chi*</td>
<td>9:00 a.m. Gentle Yoga*</td>
<td>8:30 a.m. Tone, Balance &amp; Stretch*</td>
<td>9:00 a.m. Yoga*</td>
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<tr>
<td>12:00 p.m. Lunch $</td>
<td>12:10 p.m. Lunch $</td>
<td>9:30 a.m. Adult Fitness*+</td>
<td>9:30 a.m. Hearing Education©</td>
<td>10:00 a.m. Legal Consult ©</td>
<td>10:00 a.m. Yoga*</td>
<td>9:00 a.m. Watercolor*</td>
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<td>Presentation: Brain Healthy Living 1:00–3:00 p.m. Tea Dance</td>
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<td>10:30 a.m. PENDING: Zumba Gold*</td>
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<td>12:30 p.m. Romanticism to Modern Art</td>
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<td>1:00 p.m. Bingo $</td>
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<td>10:30 a.m. Newsletter Folding</td>
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<td>1:00 p.m. Chair Yoga*</td>
<td>2:00 p.m. Watercolor/Drawing*</td>
<td>2:00 p.m. Watercolor/Drawing*</td>
<td>2:00 p.m. Play Readers Theatre Rehearsal</td>
<td>9:00 a.m. Watercolor*</td>
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**HAPPY BIRTHDAY TO YOU!**

Elizabeth Accordino
Rose Aguirre
Nancy Bacheler
Sally Berndt
Valerie Brown
John Bugado
Marita Bugeda
Sally Fallon
Barry Friedman
Allen Johnson
Chu Chih Wu Kaufmann
Anne Marchu
Rosalie Merrick
Margaret Reeves
Nancy Stone
Mary Tabar
Ram Vivasnath
Bruce Marchu
Clarence Ely vas
Jeff Courtney
Jeff Davis
Steve Turunjian
Yunhua Jeng

If we are missing your birthday please accept our sincere apologies and let us know so we can update our files!

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**ED BROWN CENTER FOR ACTIVE ADULTS**

18402 West Bernardo Drive  San Diego CA 92127  858-487-9324 (phone)  858-487-9235 (fax)
Grins and Giggles

PARAPROSDOKIANS — A form of speech in which the latter part of a sentence is unexpected and often humorous:

- If I had a dollar for every girl who found me unattractive, they’d eventually find me attractive.
- I find it ironic that the colors red, white and blue stand for freedom, until they’re flashing behind you.
- Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.
- Artificial intelligence is no match for natural stupidity.
- I’m great at multi-tasking— I can waste time, be unproductive, and procrastinate all at once.
- If you can smile when things go wrong, you probably have someone in mind to blame.
- Take my advice — I’m not using it.
- My wife and I were happy for 20 years; then we met.

Across
1. One of the 3 B’s
5. Mythical titan
10. Rosary piece
14. Designer Cassini
15. The ones here
16. Grayish yellow
17. Incandescence
18. “Whale,” in Vegas
20. Come out of hiding
21. Listing
22. Scottish region
26. Purification aid
27. Repatriated Marcos
28. Distinctive quality
29. Makes verboten
30. Heavenly ladle
35. Abolish
36. They close at night
38. A patient response?
39. Alcott sequel
41. Old station identification
42. Sans purpose
43. Tacked up
45. Wall or tooth covering
48. Fanciful yarn
50. The pyramids of Giza, e.g.
52. “The Monkey’s Paw,” e.g.
54. What results may do
58. Dublin’s land
59. Arctic native
60. Author Wiesel
61. Amts.
62. Abstain from
63. Turns sharply

Down
1. Cranberry-growing site
2. Part of ATV
3. Corp. bigwig
5. Favorite child of Zeus
6. Last stop before home?
7. Pantyhose brand
8. “Days of Grace” memoirist
9. Sun. address
10. Racer’s final go-round
11. Brilliant achievement
12. Glacial aftermath
13. Engraver Albrecht
19. Husband and brother of Isis
21. Like Wonderland’s hatter
23. Malign in print
24. Saudi’s neighbor
25. “Cheers” actor George
26. Animated hunter Elmer
28. Not fer
30. “___ valentine”
31. ___ de France
32. Shells on a plate
33. Stand in the studio
34. ___ Island Red (chicken breed)
36. Firstborn
37. Rebel follower
40. Sound qualities
41. Emilio of “The Breakfast Club”
43. Words with win or the crowd
44. Like something from the Jurassic period
45. Bibliographical abbr.
46. Like seven Nolan Ryan games
47. “The Cat and the Curmudgeon” author
48. Rainbow-colored fish
49. Acerbic
51. “___ extra charge!”
52. Gluttony, for one
55. Words with king or mode
56. Fix illegally
57. Sycophant’s response

858.487.9324

www.edbrowncenter.org
Introducing...our 2020 Ed Brown Center Community Team!*

The Community Team Members listed on these pages help support the Ed Brown Center for Active Adults through their membership fees, their donations of goods and services, and their professional expertise. We thank them for their generous contributions and hope that you will consider them if and when you need their services.

**CARE MANAGER/PATIENT ADVOCATE**
Triune Nature, Inc.
Sheila Coulbourn, HHP, BCPA
PO Box 720368
San Diego CA 92172
(619) 980-9591
sheila@triunenature.com
www.triunenature.com

**PEST CONTROL**
R&D Pest Control Services, Inc.
Dave Aspenleiter
11956 Bernardo Plaza Drive #523
San Diego CA 92128
(858) 487-4779 | www.rdpest.com

**REAL ESTATE**
Nancy Canfield, Realtor®
CalBRE #01386677
Windermere Homes & Estates
16783 Bernardo Center Drive
San Diego CA 92128
(619) 871-9333
ncanf@san.rr.com | www.nancycanfield.com

Bret Geernaert, Realtor
CalBRE #01978883
Coldwell Banker Residential Brokerage
16789 Bernardo Center Drive
San Diego CA 92128
(858) 354-9002
geernaertb@yahoo.com | bretgeernaert.com

**RETIRED LIVING & SKILLED NURSING**
Casa de las Campanas
Kim Dominy, Executive Director
18655 West Bernardo Drive
San Diego CA 92127
(858) 451-9152
dominy@casadelascampanas.com

Silvergate Retirement Residence & Memory Care Suites
Christine Bristol
16061 Avenida Venusto
San Diego CA 92128
(858) 683-9938
christine@silvergaterr.com

**SENIOR LIVING**
Sunrise of Sabre Springs
Michelle Rosenlund, Rachel Hapopian
12515 Springhurst Drive
San Diego CA 92128
(858) 391-9160
sabresprings.dos@sunriseseniorliving.com
sunrisesabresprings.com

**SENIOR SERVICES**
The Home Help Team
Rotary International
(858) 487-9324
brad.sandstrom@wellsfargo.com

**TRANSPORTATION**
Jewish Family Services/On the Go
(858) 637-3210 | jfssd.org/otg

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www.edbrowncenter.org
Current Resident or

Ed Brown Singles Club
March 2020 Activities

Join the Singles Club — It’s FUN and it’s FREE!

Every Saturday, 8:45 a.m. – Breakfast at Denny’s in RB.
Fourth Thursday of each month, 4:00 pm – Happy Hour at Claim Jumper in Carmel Mountain Ranch.
Tuesday, March 24, 10:30 am – Help us get the word out by helping with Newsletter Folding in Room 2.

For information about additional lunch dates call Sue at (858) 883-2604.

New Playreaders Wanted

The Playreaders Theater is looking for new members. The group rehearses at the Center every Thursday afternoon at 2:30 pm. Please call Ron Horn at (858) 672-1876 for more information.

Playreaders Theatre Presents:
Thursday, March 5, 2020
2:30 pm | EBC Auditorium

10 humorous skits in 1 hour

A Modern Tale of Red Riding Hood: Just how different would be this tale in modern times? Come and find out.

Meet the Inventor: This inventor invents a time machine. But does he do it now or in the past or maybe the future?

Monkeying Around: Two monkeys in a zoo discuss the humans outside their cage.

And seven more short skits, with jokes to make you laugh. Playreaders performances are always a lot of fun, so be sure to attend this FREE performance! And bring your friends!