

JULY/AUGUST 2021

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As covid restrictions lift so do our spirits and our hopes of being together again safely at the Senior Center.

Bee reminded:

We will all still need to be smart and do our part to keep Covid-19 away.

We are in this together!

SBPC - Sunday Worship at 10am

Solana Beach Presbyterian Church

Sunday services will be slightly different this summer.

Online and in person, indoor and outdoor, Spanish and English, children and students--all at one hour.

Come experience one service and regather with a greater experience of unity and celebration.



Everyone is Welcome!

Be sure to look at the SBPC website for up to date church details - solanabeach.church

COWBOY JACK Live at the Senior Center

You're invited to a toe-tappin, guitar playin, solo singing cowboy performance reminiscent of the sounds of Hank Williams.

DATE: Concert and Chuck Wagon Lunch on Wednesday, July 14.

PLACE: Debin Hall



TIME: Fellowship & friendship begin 10:30am. Cowboy Jack's performance 11-11:45am

LUNCH: (reservations needed by July 7th) is served at 12noon. Cost: \$8.

RESERVATION: Call 858-509-2587 or email Elizabeth@solanapres.org.



Mission Statement: Our mission as the Solana Beach Community Senior Center is to provide excellent resources, meaningful personal relationships and fulfilling volunteer and growth opportunities for aging well.

NOTES FROM THE DIRECTOR

Here we go, getting closer to our “Not So New and Not So Normal” lives again! At this point, we’re looking with eager anticipation to our Annual Open House on Wednesday, September 1st. Please save the date! I’m sure it will look different this year...but we’re excited to be gathering together in-person again!

Thank you for your completed surveys. This is helping us plan for the future. The future is looking brighter and brighter! Elizabeth and I know for sure WHO is in control as we make plans for the coming year. This edition of the Encore has some of the details, others are still in the works. Please join us in trusting the plans the Lord has for all of us, plans for our welfare, and for future hope.

I am so grateful for the ways “our gang” has been able to stay connected and for the wonderful ways people have been reaching out to do just that. A few of the SUPERSTARS who have helped us stay connected include Randy Malin, Carol Pletcher & Chiuyee Ho, Andrea Cunningham, Angie Osborn, Cathy Tyre and John Illian. They’ve stepped up, way, way up, to lead and serve in new and creative ways during Covid. I’m sure there are others I haven’t mentioned, please forgive me! Elizabeth and I are so deeply grateful for all of your selfless acts, and for your time and energy!

Both Elizabeth and I will be taking some vacation time this summer. We’re looking forward to returning energized and enthusiastic to start the **34th season** of the **Senior Center**.

We’re looking forward to seeing you soon!

Blessings,
Cindy and Elizabeth

WAYS TO STAY CONNECTED

The Senior Center's First In-Person Concert on the Patio was a Huge Success!



It was pure delight to see and be together again with our Senior Center friends after more than a year apart due to Covid-19.

The delightful sounds of the Sweethearts of Swing had us tappin our toes and walkin down memory lane, and the grab-in-go meal prepared by Lara Pauley Catering was a yummy ending to our first time back together again.

If you missed the first Senior Center in-person event, please don't fret! Cindy and Elizabeth are busy planning more fun-filled gatherings.

* Be sure to glance back at the Encore front page, and view page 13 -14 for what's in the works.

Looking forward to having you join us!

3



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SUMMERTIME ZOOMIN



Feeling Fit Club:

Mondays and Wednesdays 9:45 -11am

Sue Grant leads 50 or more “Zoomers” twice a week! Using weights and a chair during the class, you’ll get a good, safe workout at home and have fun while you’re staying fit.

For more information, or to sign up to receive the Zoom invitation, please contact Cathy at 858-342-9716 or email caktyre@gmail.com.

Don’t want to Zoom? You can get a free exercise DVD and stretch band from the County by calling 858-495-5500.



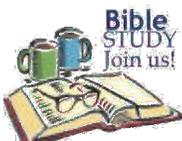
Current Events Discussion Group:

Will be taking a break for the summer.
Look for updates in the September Encore.



Fellowship with Friends:

Will be taking a break for the summer.
Look for updates in the September Encore.



Son Seekers Bible Study:

Sundays 8:30-9:45am

Please see page 5 for complete details.



Book Club:

Will be taking a break for the summer.
Please see page 10 for the 2021-2022 reading list.
Look for updates in the September Encore.

MUSIC APPRECIATION CLASS



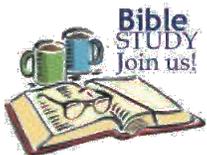
Music Appreciation Class



Many of you have enjoyed the 100+ Covid Concerts provided by Randy Malin. His passion for music and his undying commitment to share music continues through summer.

If you would like to be included in this Covid Concert series, please contact Cindy or Elizabeth and we'll get you added to the email list.

SON SEEKERS BIBLE STUDY



Everyone is invited to join the Son Seekers Bible Study group. They meet by Zoom on Sunday mornings from 8:30 - 9:45am. The class is currently studying Beatitudes thru July 11th. To learn what God has instore next for the group; email contacts below.

Note: Prior to the Sunday class, please contact one of the following persons to help you get connected to the online meeting:

Connie Illian jcillian5@gmail.com
Shelia Rodrigues shejposey@gmail.com

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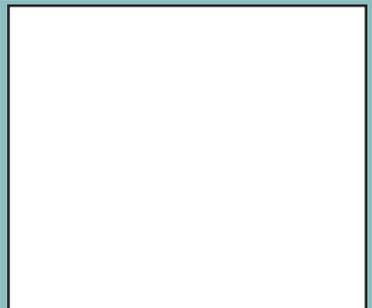
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KINGDOM BUILDER FOUNDATION

Will it matter that you were here?

KBFoundation.org



The Sound of a Bell



This story, written by an unknown author, makes an important point to us all - "be kinder than necessary." It seems good to begin summer 2021 with this meaningful story.

Just up the road from my home is a field, with two horses in it. From distance, each horse looks like any other horse. But if you stop your car, or are walking by, you will notice something quite amazing.

Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him. This alone is amazing. But if you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see it comes from the smaller horse in the field.

Attached to the horse's halter is a small bell. It lets the blind friend know where the other horse is, so he can follow. As you stand and watch these two friends, you'll see the horse with the bell is always checking on the blind horse, and the blind horse will listen for the bell, then slowly walk to where the other horse is, trusting that he will not be led astray.

When the horse with the bell returns to the shelter of the barn each evening, it stops occasionally and looks back, making sure the blind friend isn't too far behind to hear the bell.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges!

He watches over us and even brings others into our lives to help us when we are in need. Sometimes we are the blind horse being guided by the ringing bell of those whom God places in our lives. At other times we are the guide horse, helping others find their way.

Good friends are like that. You may not always see them, but you know they are always there. Please, listen for my bell and I'll listen for yours.

And be kinder than necessary - everyone you meet is fighting some kind of battle.

Live simply,
Love generously,
Care deeply,
Speak kindly.

FOR WE WALK BY FAITH, NOT BY SIGHT - 2 Corinthians 5:7

Independence Day



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 N O U O B U M A S E L C N U H S Y Y

WORD LIST:



AMERICA	BARBECUES	BLUE	BRITAIN
CELEBRATE	COLONIES	DECLARATION	FIREWORKS
FLAG	FOURTH	FREEDOM	HOLIDAY
HOME OF THE BRAVE	INDEPENDENCE	JULY	LAND OF THE FREE
LIBERTY	OLD GLORY	PARADE	PATRIOTIC
PHILADELPHIA	PICNICS	RED	REVOLUTION
SPARKLERS	STARS	STRIPES	SUMMER
UNCLESAM	UNITED	USA	WHITE



Start to Finish

Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

ANSWERS: Primp, Hunch, Xerox, Caustic, Neon, Kayak, Ginseng, Bathub, Willow, Tourist, Amnesia, Lethal, Organo, Erudite, Yesterday, Maximum, Superfluous, Fief, Dread, Reservoir.

HUMOR IS GOOD FOR THE SOUL

It's about Time

The elderly congregation was perplexed when the preacher pulled out a pocket watch and threw it to the end of the room. It slammed into wall and fell to floor in pieces, but the watch kept ticking.

"What does this demonstration tell you about life?" The preacher challenged the congregation.

A man in the back slowly stood up, leaning on his cane. He stared down at the ticking clock.

"Well, preacher, I suspect this watch shows that time flies and stops for no one. Ha! Ha!

A Judge's Prerogative

Judge Ferris slammed the gavel down trying to bring order in the courtroom.

Staring over the rims of her glasses, the judge frowned at the elderly man, Alan T. Book.

"Mr Book, what do you have to say?" "About what, your honor?"

"How you managed to conceal your crime for sixty years?"

"Well judge, it's quite simple. No one suspected me. I didn't look like anyone who'd do such a thing. After all, you can't judge a Book by its cover!" Ha! Ha!

A Well Told Joke

An old man was telling a group of friends how when he was young, his older brother was lowered into a well by standing on the bucket.

"And what happened?" one of the listeners asked when the man paused.

The old man stroked his beard, and spoke softly, in a tone of sorrowing reminiscence. "Well... He kicked the bucket." Ha!

Go the Right Speed Limit!

"One night a state cop saw a car going only 22 miles per hour. He pulled the car over. When he approached the driver's side, he noticed five old ladies were seated in the car and all of them looked to be in shock. They were all very pale.

The old lady driver greeted him, "Officer, Why did you pull me over? I was going the speed limit exactly.

"Ma'am you weren't going over the speed limit, however driving under the limit is just as dangerous."

"But I was going 22 mph, the exact speed limit."

"No, ma'am, 22 is not the speed limit, it's the route number," he laughed.

Feeling embarrassed the older woman thanked him.

"Before I let you go, is everyone ok? The other ladies seem a bit unsettled."

"Oh, they'll be fine in a minute. We were just on route 119." -Ha! Ha!

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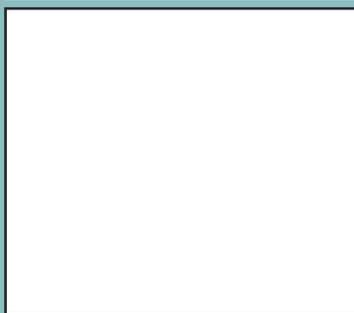
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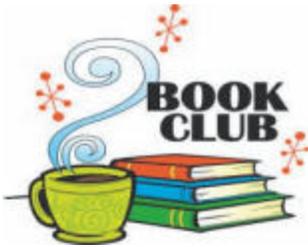
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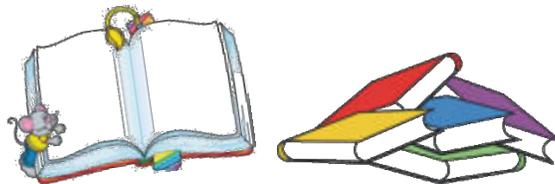


MONTHLY BOOK CLUB



The Book Club has wrapped up another year of great reading and will take a short break over the summer. We'll kick off the new season on Wednesday, September 8th at 1:30 pm on Zoom with the discussion on Keeper of the Lost Things by Ruth Hogan.

Copies of the book will be available mid-August. If you would like a copy please email Chiuyee Ho at chiuyeejho@gmail.com or call the Senior Center office at 858-509-2587.



The Book Club is poised for a fascinating 2021-2022 reading adventure and EVERYONE is welcome to join this literary group.

The list of books for 2021-2022 reading and discussion include:

September 8:	<u>Keeper of Lost Things</u> by Ruth Hogan
October 13:	<u>One Book, One San Diego</u> - Title to be announced
November 10:	<u>The Vanishing Half</u> by Brit Bennet
December 8:	<u>The Midnight Library</u> by Matt Haig
January 12:	<u>Where the Crawdads Sing</u> by Delia Owens
February 9:	<u>Bad Ass Librarians of Timbuktu</u> by Joshua Hammar
March 9:	<u>Island of Sea Women</u> by Lisa See
April 13:	<u>Pachinko</u> by Min Jin Lee
May 11:	<u>Lab Girl</u> by Hope Jahren-Mudbound
June 8:	<u>Dear Edward</u> by Ann Napolitano

COMPASSION INTERNATIONAL UPDATE - STEPHANIE

Covid and Compassion's Work in El Salvador ~ last updated: 05/14/2021

As of May 3, the daily average of new active COVID-19 cases is decreasing in El Salvador, at approximately 142, down from 151 in April. So far, El Salvador has administered enough vaccines to fully inoculate 7.1% of its 6.5 million people, up from 1% last month. The government announced it would give priority to vaccinating all education workers so that the country can more safely resume in-person classes. The World Bank has approved funding that totals \$20 million to help El Salvador fight the pandemic. Due to the economic crisis caused by the pandemic and years of extreme climate events, hunger has increased dramatically in El Salvador, according to the World Food Program. As many as 85% of families in rural areas face food insecurity.

Compassion partner churches are supporting vulnerable families with food and available medicine and developing online tutoring materials so children can continue learning from home. Center workers are following up in situations where child protection is needed. They also have been able to distribute over 425,500 food packs and 220,000 hygiene kits and to provide medical support to nearly 63,000 individuals. Compassion El Salvador has shared uplifting messages and public health information for entire communities through local radio stations.



Stephanie will turn 11 on August 11th! We will send her a fun birthday card filled with good wishes and some stickers from all of her Senior Center grandmas and grandpas. We will also be sending an additional monetary gift for Stephanie's birthday.

Thank you for your continued prayers and support for Stephanie!

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How About Some Sweet Summertime Watermelon Pizza



When it comes to summertime fruit, what woos our taste buds more than sweet, vine-ripened watermelon?

It is so Americana; it just doesn't get any better any way you slice it!

Watermelon is a top pick in many households and it makes for a nutritious snack, according to research from the National Watermelon Promotion Board.

Not only is watermelon a tasty snack by itself, it's a great complement to other flavors, making it easy to create flavorful pairings.

This sweet take on pizza combines watermelon with a host of other good-for-you ingredients for a delicious treat.

Healthy enough for breakfast and sweet enough for dessert, this pizza recipe can make its way into your weekly meal rotation.

Note, watermelon travels well, so this recipe makes for an ideal take-along snack when you're on the go.

Sweet Watermelon Pizza

- Greek yogurt
- Watermelon, cut to 1-inch thick round slice
- Shredded coconut
- Mint
- Berries, such as blueberries, strawberries, or blackberries
- Slivered almonds



Spread yogurt to cover fleshy part of watermelon, leaving room to hold rind. Sprinkle with coconut, mint, berries, and almonds, or other toppings, as desired.

ENJOY A Sweet Slice of Summer!

NOTE: For those of you who order from Lara Pauley Catering - No Lara meals on the fourth Wednesday of the month for July and August. Lara will be back soon!

TRIPS

IMAX at the Fleet Science Center

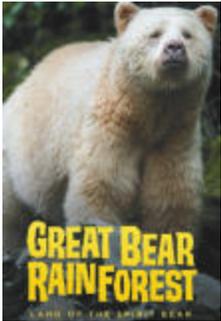
DATE: Wednesday, August 18th

DEPARTURE TIME: 9:30am, returning by 3pm.

(Please note, due to the Imax film scheduling, the trip's time may change.)

COST: \$25, plus lunch. Transportation and ticket is included.

Activity Level: 4 (easy to moderate - sitting, standing, walking)



Great Bear Rainforest tells the story of one of the rarest animals on Earth - the fabled all white Spirit Bear - and its ancient forest home. Hidden from the outside world, the Great Bear Rainforest is one of the planet's most exquisite and secluded wildernesses. Found on Canada's rugged Pacific coast, it is the largest temperate coastal rainforest in the world and is home to indigenous First Nations peoples, who have provided stewardship of the forest for millennia. Embark on a remarkable journey into a land of grizzlies, coastal wolves, sea otters, and humpback whales - and discover the secret world of the Spirit Bear. Narrated by Ryan Reynolds.

Our day includes transportation to Balboa Park's Imax Theater, ticket to the Great Bear Rainforest, time in the Science Center, and a no-host lunch at the San Diego Chicken Pie Shop.



Padres Baseball Game

DATE: Thursday, September 23

COST: \$50, includes transportation and ticket.

DEPARTURE TIME: 11:30am, returning after the game.

Activity Level: 5 (moderate - standing, walking, sitting, and a few stairs)

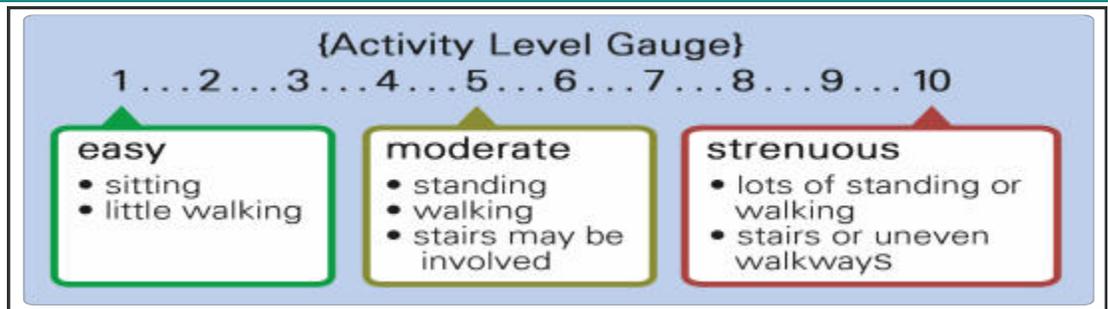


It's time to root, root, root for the Padres as they take on the San Francisco Giants in this afternoon game. We have seats in Toyota Terrace – First Base side in the shade. You can order refreshments from you seat and have it delivered! Get your Peanuts and Cracker Jacks!

TRIPS cont...

Senior Center Trip Activity Gauge -

Please be mindful,
and help us assure
everyone's safety.



SAVE the DATE: October 17-22, 2021 Extended Trip: **Gleanings for the Hungry**

We're organizing a trip to Gleanings for the Hungry, a Youth With A Mission home base in CA's Central Valley. We'll stay at Gleanings and work in a variety of ways to help with their mission projects. It could be in the quilt room, the dried soup plant, light handyman work....there's plenty to do - on your schedule and your energy level! We'll enjoy 3 meals a day, plus coffee breaks, times of praise, prayer and worship together. Maybe we'll even take a short trip to Sequoia!

Transportation is being organized, space is limited! The cost is approximately \$125, including transportation, housing and food at Gleanings. Travel days food costs are additional. Questions? Please call Cindy at 858-509-2587.



KINGDOM BUILDER UPDATE

The Kingdom Builder Foundation is excited to announce that our donor generosity and growing investments enabled us to grant \$58,148 this 2021 spring granting cycle.

The following groups are KB grant recipients:

[Interserve](#) - Village Outreach in Pakistan via Paul and Pat Stock

[Hope without Boundaries](#) - Uniforms and school supplies Camino Vivo and Carretas in Mexico

[Ladle Fellowship](#) - Mobile and pop up medical clinic to low income senior and homeless; medical backpacks and training other churches

cont...

KINGDOM BUILDER cont...

[Pioneers](#) - Syrian youth training and mentoring in El Cajon and San Diego

[SD Rescue Mission](#) - Capacity building for homeless outreach and evangelism Walk with Me Program

[Word of Life](#) - Summer camp scholarships in Hungary

[Young Life College](#) - New staff associate training and development for San Diego colleges

[Young Life SD Southbay](#) - Covid Care Deliveries (grocery crates and emotional health resources deliveries for students)

Perhaps **you** know of a non-profit organization that would benefit from applying for a KBF grant. To learn more about Kingdom Builder Foundation, please head to our website: kbfoundation.org.



You can also contact our Executive Director, Erica Southcombe: Ericka.southcombe@kbfoundation.org or by phone 858-699-5155.

SENIOR RESOURCES

Does life seem uncertain given the current condition of our world right now?
Are you weary, are you fearful, are you feeling the effects of social isolation?
Rest assured you are not alone.

SBPC Stephen Ministry is here for you. This wonderful group of Christ-centered caring individuals is ready walk alongside you spiritually and emotionally when you need them. They will meet with you privately by phone, video chat, or in person when it is safe to do so.

**STEPHEN
MINISTRY**



Stephen Ministry is available for confidential spiritual and emotional support.

If you would like to learn more about Stephen Ministry contact Karen La-Haise at 858-509-2580 ext. 1221 or Karen@solanapres.org.
If you'd like to be connected with a Stephen Minister, call Penny at 619-253-4225.

SENIOR RESOURCE

Senior Center Lending Library

The Senior Center has received a number of donated books and puzzles and we would love to share/deliver them to you for your enjoyment.



We have an array of literature and some fun 500 to 700 piece puzzles.

Please contact our office for book titles and puzzles ~ 858-509-2587.

CELEBRATIONS / MARK YOUR CALENDAR



Let's celebrate our Senior Center friends whom we have come to know and love, and until we can safely meet again please lift our birthday people up in thought and good wishes.

JULY BIRTHDAYS: Elizabeth Arthur, Irene Brummett, John Crick, Michael Dalton, Pam Dalton, Dick Fjellman, Karin Herrick, Maureen Lucchesi, Ginny Maquet, Kathy Mortimer, Sandy Murphy, Carol Larson, DeAnn Leatherman, Jere Oren, Dick Parrish, Jill Peterson

AUGUST BIRTHDAYS: Alison Brown, Elaine Crick, Alan Gootgeld, Jim Hardison, Chiuyee Ho, Bette Johnson, Nellie Kline, Patricia Marquez, Radona May, Betty Newbrough, Peggy Ngubo, Sherry Northcross, Lara Pauley, Daniel Plunkett, Sharon Romero, Art Scott, Rosemarie Urban, Judith Wilkerson, Toni Wong

MARK YOUR CALENDAR ~ Holidays and Fun Observances

JULY



- Independence Day ~ 4th
- International  Kissing Day ~ 6th
- National Give Something Away Day ~ 15th
- National Ice Cream Day ~ 18th 
- National Gorgeous Grandma Day ~ 23rd
- Parent's Day ~ 25th 

AUGUST

- Friendship Day ~ 1st 
- Book Lover's Day ~ 9th
-  Left Hander's Day ~ 13th
- Relaxation Day ~ 15th
- Senior Citizen's Day ~ 21st
- Just Because Day ~ 27th 
- National Eat Outside Day ~ 31st 



We receive no subsidies from federal, state, county or local government and appreciate your donation at any time. Thanks for your support!



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