

## MARCH / APRIL - 2022

### INSIDE THIS ISSUE & SPECIAL EVENTS

- Notes from the Director .....2
- Ways to Stay Connected .....3-5
- Music Class/Bible Study .....6
- Special Seminars .....7-8
- Kingdom Builder Update .....8
- Compassion International .....9
- Book Club .....10-11
- Health Living .....12-13
- Trips .....14
- Senior Resources .....15
- Celebrations/AARP .....16

### SENIOR CENTER EVENTS

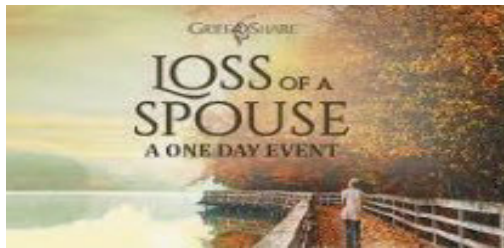
- **Senior Center Holiday Closures** - April 11-18 for Holy Week
- **Special Seminars** - Back Pain Relief Strategies  
Long-Term Care Insurance  
What the Bible Says About Justice
- **Senior Center Trips** - Mystery, Gleanings for the Hungry, Birch Aquarium.
- **AARP Tax-Aide** - At SBPC through April 13.



View all Event Details in this Encore!

### WELLNESS SEMINAR --RESCHEDULED

Are you or someone you know grieving the death of a spouse?



**DATE:** Sunday, March 6th

**TIME:** 1pm

**PLACE:** SBPC Hispanic Chapel

**Reservations:** Call 858-509-2580 x 1221  
or email Karen@solanapres.org.

### ASH WEDNESDAY & EASTER SUNDAY

Please join us at SBPC

#### Ash Wednesday Reflection~

**DATE:** Wednesday, March 2nd, 2022

**TIME:** To Be Determined

**PLACE:** SBPC Church



#### Easter Sunday Service~



**DATE:** Sunday, April 17th, 2022

**TIME:** To Be Determined

**PLACE:** SBPC Church

More information and details can be found online at [solanabeach.church](http://solanabeach.church)



**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

Hello Spring! It seems like a long time since we've seen your longer, beautiful days. Daylight Savings Time begins on March 13th and Spring officially arrives on March 20th. It's the most wonderful time of the year!

I'll admit, after our extended closure into the middle of February, I was getting a bit discouraged. I began to think about the things that bring joy to my life and how to incorporate more of those joy-giving things into my daily living. I looked back over the past nearly two years of Covid-craziness and looking back even further, I found it's the RELATIONSHIPS I treasure most. It's people connections I enjoy and was really missing during our extended closures. Reminiscing, reaching out, remembering both the good times and tough times together brought a smile to my face.

Some of you I've known for 3 decades or more! Some of you I've just recently met. Either way, I'm so eager to be in touch – whether in person, by phone, text or email. I'm looking forward to our emerging into Spring with increased opportunities to be in community safely. I'm hungry for Lara's good cooking and meals around the tables again. I'm anxious to get some trips organized and go-go-go! I do hope you'll join us on some of these gathering opportunities.

Before her passing, our friend Julia Gaysunas shared the following quote from her pastor years ago. He added one last line to the original, penned by Swiss philosopher, Henri-Frédéric Amiel (1821-1881) and used it frequently as his benediction. It has stood the test of time and I believe it's worthy of sharing with you in 2022.

Life is short, and we have not much time to gladden the hearts of those who travel the way with us. So be swift to love, make haste to be kind.

May the peace of Christ, which surpasses all understanding, keep our hearts and minds today, tomorrow and all our days.

Blessings,  
Cindy



# WAYS TO STAY CONNECTED



## The Solana Beach Community Senior Center Welcomes YOU!



We have made a few changes in our programming to help keep everyone healthy and safe, and have many fun and exciting plans in the works.

**We can't wait for you to join us!**

### Wednesday Programs & Lunch

Our Wednesday Programs will BEGIN at 11:30am and conclude at 12:15. Lara's delicious lunch will be served **indoors** after the program, or are available to go. Lunch cost is **\$8** (Please don't let cost keep you away! Please see Cindy if this is a barrier for you.) **For proper planning and accurate food purchasing purposes, all lunch reservations are needed one week in advance.**  
**Call 858-509-2587 to reserve.**

### A Quick Glance at Coming Programs

- **March 2:** Kick off March with the sensational Iris Mone'. Menu: Salmon over Orzo with Broccoli Romaine Salad.
- **March 9:** Mission Focus: Juan Daniel Espitia-Ethiopia & the Afar. Menu: Irish Stew, Lucky Clover Salad and Soda Bread.

Cont...



Belmont Village residents enjoy exceptional hospitality, luxurious amenities and premier programs for health and wellness. Senior Living has never looked better!

Distinctive Residential Settings  
 Chef-Prepared Dining and Bistro  
 Health and Wellness Programs  
 Award-Winning Memory Care  
 Therapy and Rehabilitation Services

**BELMONT Village**  
 SENIOR LIVING  
 CARDIFF BY THE SEA

760.436.8900  
 3535 Manchester Ave.  
 belmontvillage.com

Winner of the George Mason University Healthcare Award. Provider to the NFL Player Care Plan.

 RCFE License 374603231 © 2015 Belmont Village, L.P.

**Celebrating the Golden Age**



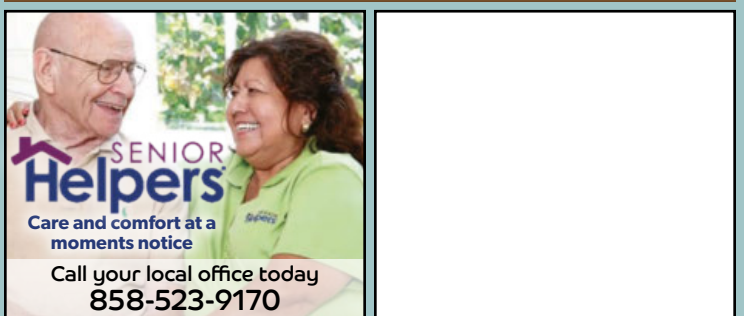
**Dania Macias | REALTOR** License # 01910462  
**SENIORS REAL ESTATE SPECIALIST (SRES CERTIFIED)**

- Making the sale of your property Hassle-Free, sold in "As is" condition, with NO Seller repairs.
- Downsizing services available-Property cleaning, Moving, Packing, and Haul Away.
- I serve Sellers and Buyers anywhere in San Diego County.



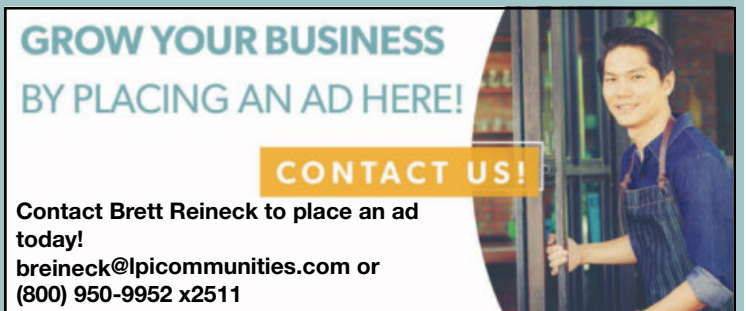
*Guiding Seniors and their families with a personalized approach when selling their property making the transaction less stressful and more successful!*

**CELL: 858-213-7909 • www.daniamacias.txrhomes.com**



**SENIOR Helpers**  
 Care and comfort at a moments notice

Call your local office today  
**858-523-9170**



**GROW YOUR BUSINESS BY PLACING AN AD HERE!**

**CONTACT US!**

Contact Brett Reineck to place an ad today!  
 breineck@lpicomunities.com or  
 (800) 950-9952 x2511



## WAYS TO STAY CONNECTED - cont...



### A Quick Glance at Coming Programs - cont...

- **March 16:** Celebrate St. Patrick's Day with the sounds of Adrienne Nims. Menu: Corned Beef and Cabbage.
  - **March 23:** Walter Ritter - Write Out Loud Storyteller. Menu: Spring Risotto with Shrimp.
  - **March 30:** Celebrate March Birthdays & Music Bingo with Glenn Kramer. Menu: Crusted Chicken with Lemon Caper Sauce over Pasta.
  - **April 6:** Mark Melkonian - Loving Your Foreign Neighbor. Menu: Easter Ham, Cheesy Potatoes and Green Beans.
  - **April 13:** Closed for Holy Week
  - **April 20:** Vincent Young plays "All Requests". Menu: Homemade Soup and Spring Salad.
  - **April 27:** Celebrate April Birthdays & Brain Game Bingo. Menu: Guest Chef 's Lunch Surprise.
- 

### Feeling Fit Club (FFC):



The Feeling Fit Club will continue to meet on Zoom. Sue Grant leads you in a great workout on Mondays and Wednesdays from 8:30 - 9:30am. You are welcome to attend either or both days. There is no fee as FFC is sponsored by San Diego County's Aging and Independent Services.

### Fun and Games:



Do you enjoy playing Bridge, Hand and Foot, Canasta, Scrabble, or Mahjong? How about Mexican Train Dominoes, Yahtzee or Rummikub? Games keep your mind sharp. You're invited to come on Wednesdays to Debin Hall from 10-11:20am to see who's playing what and join right in. We'll set up the tables and provide most games, you provide the fun!

### Current Events Discussion Group ~ ZOOM:



Current Events will ZOOM weekly from 10-10:30am. (Note, the time change.) This group meets to discuss what's happening in the world, locally and globally. Bring a news article to share and discuss. It's informal and everyone is invited to bring up a topic of interest.

### Fellowship with Friends ~ ZOOM



Fellowship with Friends will ZOOM weekly from 10:45am-11:15am. Get together with your friends online and catch up. Bring some good news or share something fun, or even ask for a prayer request! It'll boost your spirits!

### The Music Appreciation Class:



The Music Appreciation Class with Randy Malin is currently only available through email until further notice. Please see page 6 for details.

### Son Seekers Bible Study:



Bible Study is back on campus as well as Zooming and will meet on Sundays from 8:30-9:45am. Please see page 6 for details.

Cont...

## WAYS TO STAY CONNECTED cont...

### Book Club:



The Book Club has doubled the fun on the 2nd Wednesday of the month! Choose your preferred way to meet, in person or on Zoom. Enjoy reading and sharing your literary thoughts with friends. Everyone is welcome! Please see page 10 -11 for specific details.

### Silver Age Yoga:



The Silver Age Yoga class will be held in Debin Hall's lower level, Room 16, from 8:30-9:30am on Fridays. Designed specifically for the needs of seniors of all ability levels, this "chair only" class means no mats and no getting on the floor. There are some standing postures, but these can all be done with the help of a chair if needed. There is no fee, but donations are welcome for non-profit Silver Age Yoga. Please join instructor, Danyll Monroe, for a wonderful class each week.

**Note: Holiday Observance - No Class on Friday, April 15.**

### Ginny's Sewing Fellowship:



Do you like to sew? This group of lovely gals will meet at 10 am on the 1st and 3rd Tuesday of the month in Debin Hall's lower level, Room 16. Join in the fun and fellowship, and they often bring lunch to enjoy together afterwards. For more information on this sewing group please contact Muffie Knox at 858-342-6628 or by email at [dknox6@san.rr.com](mailto:dknox6@san.rr.com).

5



**760-489-2938**



**www.andersonstatelaw.com**  
*Attorneys Mark A. Anderson and Cale D. Beck*

**Specialists in Estate Planning**

- ◆ Revocable Living Trusts ◆ Trust Administration
  - ◆ Charitable Trusts ◆ Probate
  - ◆ Education Trusts ◆ Wills
- ◆ Special Needs Trusts ◆ Powers of Attorney
- ◆ 40 Years Experience ◆ House Calls Available
  - ◆ FREE Initial Consultation

*"We help families painlessly transfer their wealth and value to their chosen loved ones."*

145 South Fig Street, Escondido, CA

**SRG SENIOR LIVING** EXCEPTIONAL SERVICE, STYLE, AND PEACE OF MIND



You'll find a perfect blend of comfort, convenience and an individualized approach to care in a beautiful and vibrant setting.

*Call 858.345.4127 to schedule a personalized tour.*

*Discover*  
**LAVIDA DEL MAR**

 **CARF-ACCREDITED INDEPENDENT & ASSISTED LIVING**

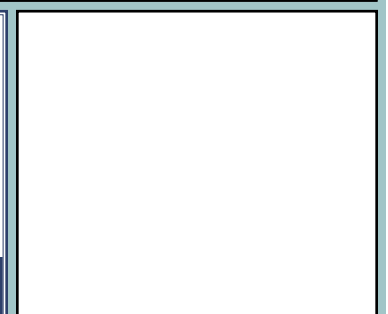
850 Del Mar Downs Road • Solana Beach • **858.345.4127**  
 RCFE#374602832 [LaVidaDelMar.com](http://LaVidaDelMar.com)



**KINGDOM BUILDER FOUNDATION**

**Will it matter that you were here?**

[KBFoundation.org](http://KBFoundation.org)



## MUSIC APPRECIATION CLASS

**Do you have a love of fine music; then this class is for you!**

Join Randy Malin, a well know Senior Center member and master melomaniac, as he shares his passion for music with followers via email.



If you would like to be included in The Music Appreciation Class concert series please call 858-509-2587, or email Elizabeth@solanapres.org.

## SON SEEKERS BIBLE STUDY

**Everyone is invited to join the Son Seekers Bible Study group on Sunday morning from 8:30-9:45am in Room 15, or by ZOOM. The group study is *The Risen Christ: Jesus' Final Words on Earth*. Newcomers are always welcome!**

Have questions, want to connect by Zoom, or need more detail? **Contact:**

- Connie Illian [jcillian5@gmail.com](mailto:jcillian5@gmail.com)
- Shelia Rodrigues [shejposey@gmail.com](mailto:shejposey@gmail.com)



## CRAFT CONNECTION

### Time To Get Crafty with Karen Sullivan

**Do you enjoy being creative and are you ready for some hands-on fun?**

**If so...**join us in Debin Hall on Wednesday, March 30th from 10 - 11:20am. Under Karen's guidance you'll be making special Easter goodie gift bags.

This class is FREE and all supplies will be on hand.

The class size is limited to 8, so be sure to sign up in advance.

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

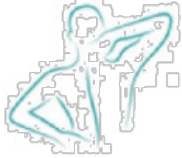


**Easter goodie bag filler ideas:**

- Easter Candies
- Chocolates
- Homemade Granola
- Prayer/Love Notes

**Hope you'll hop on over  
and join in the fun!**

## SPECIAL SEMINAR



### ***Back Pain Relief***

STRATEGIES TO PREVENT IT FROM STRIKING AGAIN!

Join Dr. Dawn Andalon, Women's Health Physical Therapist, educator, author, and co-owner of **LEVEL4 PT & Wellness** as she shares her approach to physical therapy & wellness, and her passion to help people age 40+ heal their body and find lasting relief without medications or surgery; so they can live their best life!



This is a **FREE** Seminar ~

**DATE:** Wednesday, March 23rd, 2022

**TIME:** 1:00 - 2:30pm

**PLACE:** SBPC New Chapel

Questions? Or to register call 858-509-2587 or email [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org).

## SPECIAL SEMINAR

**DATE:** April 20th, 2022

**TIME:** 1pm

**PLACE:** SBPC New Chapel

**Linda A. Jahnke B.C.P.A**  
**Board Certified Patient Advocate**

**TOPIC: "I HAVE LONG TERM CARE INSURANCE, NOW HOW DO I USE IT?"**



1. What are my policy benefits?
2. When is it time to file a claim?
3. What are common mistakes to avoid when filing a LTC claim?
4. What is a LTC claim advocate and how can they help?

Linda Jahnke has been a Long Term Care Insurance Specialist for over 33 years. Originally working in a skilled care facility that provided services to individuals with Alzheimer's Disease, Linda saw firsthand the need for planning for this type of care. Linda quickly built a career as an insurance broker. In 2013 Linda founded **Jahnke Consulting and Long Term Care Alliance**.

The mission of Jahnke Consulting is to educate families and the professional community on the importance of planning for long term care expenses and claims advocacy. Upon obtaining a professional designation through the **Professional Patient Advocate Institute**, Linda began to accept clients who need her expertise to navigate through their long term care claims.

Linda is a longtime, trusted advocate for seniors and has served many members of SBPC and the Senior Center. Her work as a claim advocate is invaluable! Come to learn more about how to use your LTC policy. The seminar is free; however, advanced reservations are appreciated. Call 858-509-2587 or email [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org).

## SPECIAL SEMINAR

### “What the Bible Say About Justice” - especially as it relates to the experience of black Americans

Join Pastor John Illian & his wife, Connie, and explore the biblical theme of justice, discover how it is deeply rooted in the storyline of the Bible, and then consider what it might mean for us today, especially as it relates to the experience of black Americans.



This ZOOM class runs Monday, March 7 thru Monday, April 11, 2022  
Choose one of the two sessions...

- morning session meets 10:30am – noon
- evening session meets 7:00 - 8:30pm

Questions? Or to register for this online Lenten Study  
call 858-509-2587, or email [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org).

## KINGDOM BUILDER UPDATE



As we anticipate Easter and embrace the season of spring we are constantly reminded of how God brings life from the ashes, a tomb, and barren soil.

The generosity of Kingdom Builder Foundation donors provides a front row seat to God causing streams to spring up in the desert. This season has been hard – threatening isolation, uncertainty, and disruption.

In 2020 when the pandemic started Kingdom Builder Foundation granted \$50,000 to meet the immediate needs of food insecurity and other basic needs as society worked to find a new norm. These grants enabled organizations like Casa De Amistad, Pathways to Citizenship, and Solana Beach Presbyterian Church to assist individuals and families most immediately impacted by the crisis.

As the pandemic has progressed we continue to see needs around us, but more importantly, we see the creativity and ingenuity of organizations persevering to meet the needs and demonstrate the love of Christ in tangible ways. Casa de Amistad's local tutoring has continued. Pathways to Citizenship continues to help immigrants from around the world navigate the complexities of obtaining U.S. Citizenship. Foundation Matthew 633 has increased efficiency, now providing twice-weekly provision of food and diapers to vulnerable families in North County. Lakeside Community Presbyterian Church started an Eat and Greet program to build relational bridges to reduce hunger and feelings of isolation in their community. The people of the Afar continue to experience increased quality of health services and access to safe drinking water. A Village outreach program in Pakistan is teaching hygiene and prevention and cures for common diseases while conducting worship services, bringing life and hope.

Our mission at Kingdom Builder Foundation is to support the building of God's Kingdom by providing grants to Christ-centered missions through legacy gifts of members and friends of Solana Beach Presbyterian Church.

To learn more about Kingdom Builder Foundation, please visit our website: [kbfoundation.org](http://kbfoundation.org) or contact us ~ [Kingdom Builder Foundation -120 Stevens Ave., Solana Beach, CA 92075](http://Kingdom Builder Foundation -120 Stevens Ave., Solana Beach, CA 92075), Email: [info@kbfoundation.org](mailto:info@kbfoundation.org).



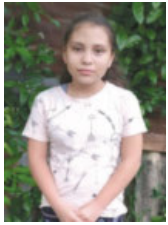


## COMPASSION INTERNATIONAL UPDATE - STEPHANIE

### Did you know...?

Stephanie, our Senior Center sponsor child, and her family live in Cantón Joyas de Cerén, San Salvador, El Salvador which is home to approximately 5,000 residents. Most adults there are unemployed but some work as day laborers, factory workers or as subsistence farmers and earn the equivalent of \$150 per month. Most families live in homes constructed of tin with dirt floors, live on diets that consists of beans, maize, rice, and eggs, and have major health concerns of kidney failure and the flu.

The community Stephanie lives in is in need of permanent employment opportunities, health centers, and schools. Your sponsorship allows the staff of Shama Kids to provide our sponsored child with Bible teaching and dramas, health screenings, hygiene training, supplemental food, vaccinations, art and music classes, special celebrations, career guidance, computer courses and vocational training. In addition, our sponsorship allots counseling and schooling for Stephanie's parents, Miguel & Ingrid, and her sister, Victoria.



**Stephanie Yamileth**  
Senior Center Sponsor Child  
*Sponsored since March 10, 2017*

**If you would like to make a financial donation for Stephanie and her family, please contact the Senior Center office at 858-509-2587.**

9

## Does your Medicare health plan meet your needs?

When it comes to choosing a Medicare health plan, there's a lot to consider. As your Kaiser Permanente Medicare specialist, I am here to help make Medicare simple.

Now's the time to get in touch so I can help you:

- Understand the basics of Medicare
- Learn the benefits of a Kaiser Permanente Medicare health plan, which is rated 5 out of 5 Stars in California for 2021, Medicare's highest possible rating<sup>1</sup>
- Enhance your coverage with additional dental, hearing, and vision benefits
- Learn how you may be able to enroll and become a member as soon as next month<sup>2</sup>
- Enjoy \$0 copays for virtual care, including phone, email, and video visits<sup>3</sup>



Join me at a Live Neighborhood Webinat to learn more.

Call me to RSVP or visit my website at [mykpagent.org/melissas](https://mykpagent.org/melissas)



**Melissa Salcedo-Mendoza**

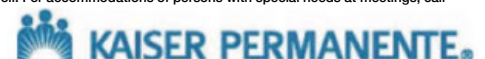
Kaiser Permanente  
Medicare Specialist

Call me at:

619-952-7518

Se habla español

<sup>1</sup>Every year, Medicare evaluates plans based on a 5-star rating system. <sup>2</sup>You must meet all Medicare health plan enrollment requirements. <sup>3</sup>When appropriate and available. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodations of persons with special needs at meetings, call 1-800-921-2900 (TTY 711). Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188-8514



## THE SOLANA BEACH COMMUNITY SENIOR CENTER'S BOOK CLUB

The Book Club is enjoying another season of great literature and even better discussions with friends. The Book Club has grown too large to accommodate a single discussion, so it has split into two groups, trading selections each month.



You're welcome to join either group:  
**Roomies** (in-person), or **Zoomies** (those meeting online).

The **Roomies (in person group)** meets at 1pm in Room 15. March 9th discussion: *Island of Sea Women* by Lisa See. April 20th discussion: *Pachinko* by Min Jin Lee.

### **MARCH READING:** *Island of Sea Women* by Lisa See

This beautiful, thoughtful novel illuminates a unique and unforgettable culture, one where the women are in charge, engaging in dangerous physical work, and the men take care of the children. A classic Lisa See story—one of women's friendships and the larger forces that shape them—*The Island of Sea Women* introduces readers to the fierce female divers of Jeju Island and the dramatic history that shaped their lives.

*Island of Sea Women* will be discussed on Wednesday, March 9 at 1:00pm in Room 15.

### **APRIL READING:** *Pachinko* by Min Jin Lee

*Pachinko* follows one Korean family through the generations, beginning in early 1900s Korea with Sunja, the prized daughter of a poor yet proud family, whose unplanned pregnancy threatens to shame them all. Deserted by her lover, Sunja is saved when a young tubercular minister offers to marry and bring her to Japan. (A *New York Times* Top Ten Book of the Year and National Book Award finalist)

*Pachinko* will be discussed on Wednesday, April 20 at 1:00pm. in Room 15.  
(Please note change in discussion date due to Senior Center Closure -Holy Week)

---

The **Zoomies** will meet via Zoom at 1pm. March 9th discussion: *Bad Ass Librarians of Timbuktu and Their Race to Save the World's Most Precious Manuscripts* by Joshua Hammer. April 13th discussion: *Lab Girl* by Hope Jahren Mudbound.

### **MARCH ZOOM:** *Bad Ass Librarian of Timbuktu* by Joshua Hammer

To save ancient Arabic texts from Al Qaeda, a band of librarians pulls off a brazen heist worthy of Ocean's Eleven in this "fast-paced narrative that is...part intellectual history, part geopolitical tract, and part out-and-out thriller" from the author of *The Falcon Thief*.  
(The Washington Post)

The *Bad-Ass Librarians of Timbuktu And Their Race to Save the World's Most Precious Manuscripts* will be discussed on Wednesday, March 9th at 1:00pm.

Cont.

## BOOK CLUB cont...

### APRIL ZOOM: Lab Girl by Hope Jahren Mudbound

An illuminating debut memoir of a woman in science; a moving portrait of a longtime friendship; and a stunningly fresh look at plants that will forever change how you see the natural world. (National Bestseller, Winner of the National Book Critics Circle Award for Autobiography, and a New York Times Notable Book)

Lab Girl will be discussed on Wednesday, April 13th at 1:00pm.

### ~SENIOR CENTER BOOK CLUB~

Stretch your imagination and come along with us for the ride!  
**EVERYONE is WELCOME** to join this literary group.

Books are provided by the Solana Beach Library and also available online via Libby. For more information on meeting in person or to get registered to get the Zoom link, please contact Cindy or Elizabeth at 858- 509-2587.

Reading  
is to the mind  
what exercise  
is to the body.

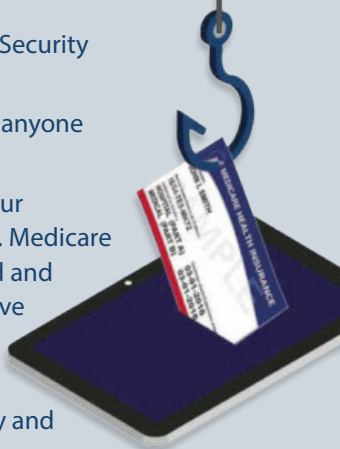


11

## Protect Your Medicare

Follow these Tips to prevent Medicare ID fraud:

- >> Keep your Medicare and Social Security cards secure.
- >> Don't share your numbers with anyone but your health care team.
- >> If someone calls and asks for your Medicare information, hang up. Medicare will only call you if you've called and left a message or a representative said that someone will call you back.
- >> Check your statements carefully and log into **Medicare.gov** to spot any possible fraud or billing mistakes.
- >> Report suspicious activities by calling **Senior Medicare Patrol:**



**1-855-613-7080**



This project was supported, in part, by grant 90MPPG019-04-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

**TORREY PINES**  
SENIOR LIVING  
A Stellar Living Community

**SCHEDULE A TOUR Today!**

**COME JOIN THE FUN!**

Luxury Senior Living Options  
Assisted Living - Memory Care  
Skilled Nursing & Rehabilitation

(858) 259-2222  
13010 Hartfield Ave. San Diego, CA 92130  
[www.stellariving.com](http://www.stellariving.com)





Brain Game

# Cut and Dried

## EXPRESSIONS

Below you will find a list of 20 notorious expressions. Each of these similes is as old as the hills. Test your memory by completing these phrases.

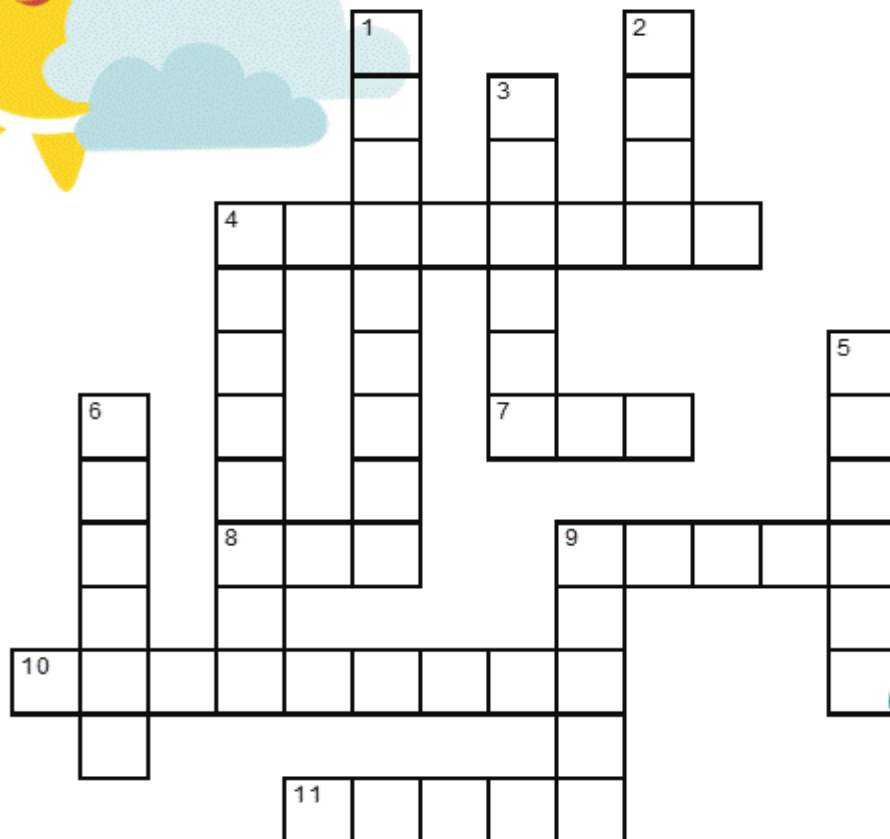
CLUES:

ANSWERS:

1. Fresh as a \_\_\_\_\_.
2. As brown as a \_\_\_\_\_.
3. As neat as a \_\_\_\_\_.
4. As smart as a \_\_\_\_\_.
5. As right as \_\_\_\_\_.
6. As pleased as \_\_\_\_\_.
7. As vain as a \_\_\_\_\_.
8. As meek as a \_\_\_\_\_.
9. As brave as a \_\_\_\_\_.
10. As stiff as a \_\_\_\_\_.
11. As heavy as \_\_\_\_\_.
12. As light as a \_\_\_\_\_.
13. As fit as a \_\_\_\_\_.
14. As green as \_\_\_\_\_.
15. As black as \_\_\_\_\_.
16. As white as a \_\_\_\_\_.
17. As frisky as a \_\_\_\_\_.
18. As pale as a \_\_\_\_\_.
19. As happy as a \_\_\_\_\_.
20. As easy as \_\_\_\_\_.

**ANSWERS:** (1) daisy, (2) button, (3) pin, (4) whip, (5) rain, (6) punch, (7) pea-cock, (8) lamb, (9) lion, (10) board, (11) lead, (12) feather, (13) fiddle, (14) grass, (15) night, (16) sheet, (17) colt, (18) ghost, (19) lark, (20) pie.

# Easter Crossword



**ACROSS**

- 4. You might do this to eggs for Easter
- 7. A hen makes this
- 8. Used to color eggs
- 9. The hen's baby
- 10. Colorful candy you might find in an Easter basket
- 11. Peter Cottontail is one

**DOWN**

- 1. Eggs might be made from this
- 2. Look for eggs
- 3. Easter Day event
- 4. Yellow or white spring flower that grows from a bulb
- 5. What the Easter Bunny brings
- 6. A pretty hat worn on Easter
- 9. Don't eat too much of this or you might get a belly ache



**ANSWERS:** Across - (4) Decorate, (7) Egg, (8) Dye, (9) Chick, (10) Jellybean, (11) Bunny. Down - (1) Chocolate, (2) Hunt, (3) Parade, (4) Daffodil, (5) Basket, (6) Bonnet, (9) Candy.

## TRIPS

Join Cindy and Elizabeth  
as they head out on a fun filled daytime adventure.

You won't want to miss out!

**DATE:** Thursday, March 10th, 2022  
**COST:** \$10, includes transportation. No host lunch.  
**DEPARTURE TIME:** 9:45am. Returning by 2:30pm.  
**ACTIVITY LEVEL: 5** (moderate - standing, walking, sitting, and a few stairs)

**RSVP** by calling 858-509-2587 or email Elizabeth@solanapres.org.



## Birch Aquarium at Scripps

Dive into the world of sharks, seahorses, and coral reefs at Birch Aquarium at Scripps Institution of Oceanography at UC San Diego. Perched high on a bluff overlooking the Pacific, the Birch Aquarium features more than 60 habitats of exploration.

**DATE:** Thursday, February 10, 2022  
**COST:** \$30.00, includes entrance and transportation. No host lunch nearby.  
**DEPARTURE TIME:** 9:30am. Returning by 2:30pm.  
**ACTIVITY LEVEL: 7** (standing, walking, sitting, and a few stairs)  
**RSVP** by calling 858-509-2587 or email Elizabeth@solanapres.org.

You're invited to join an enthusiastic group at Gleanings in Dinuba, CA (not far from Fresno) for an amazing week of fellowship, service, worship and fun!

There's a lot to do and something for every skill and energy level. You might be packing dry soup mix, assist with office tasks, painting or making tied quilts. You'll be living in motel type rooms with bathrooms and all meals furnished.

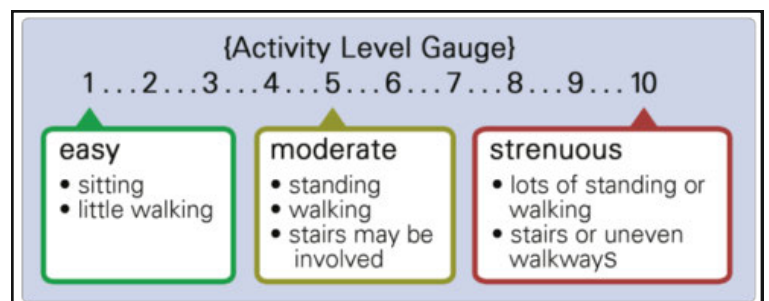


**DATE:** Sunday, March 13 - 18th, 2022  
**DEPARTURE:** 10am on Sunday, March 13 **RETURN:** Friday, March 18th  
**ACTIVITY LEVEL :** 4 (moderate - standing, walking, sitting, stairs may be involved)  
**COST:** \$125 includes transportation, 5 nights lodging, 3 meals a day while at Gleanings.  
**NOTE:** Not included are 3 lunches & 1 dinner on the travel days. A minimum of 6 is needed to make the trip a "go". For more information / reservation call Cindy (858-509-2587). **RSVP deadline February 28th.**



### Senior Center Trip Activity Gauge

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



## SENIOR RESOURCES

### FREE LIFT ASSISTANCE

Have you or a loved one ever fallen and needed a little help getting up? Great news! Help is available through a community service known as "LIFT ASSIST!" This non-emergency service is available through most of North County (excludes Escondido and Camp Pendleton) by calling 858-756-1126. Note, the number when called will be answered by emergency dispatch personnel and they will help you activate this service.

### SENIOR LEGAL SERVICES

Legal services are offered to seniors 60+ for counseling on Power of Attorney, Living Wills, Financial matters and more. This service is offered on a donation basis. Many situations can be handled with a phone interview. Please call (858) 565-1392 ext. 205 or ext. 208 to schedule an appointment.

### HICAP ( Health Insurance Counseling & Advocacy)

Health Insurance Counseling and Advocacy Program (HICAP) offers FREE assistance in dealing with any health insurance issue, questions or problems with providers. To schedule an appointment please call Elder Law and Advocacy at (800) 434-0222 followed by 2.

### AIS (Aging and Independent Service)

Aging and Independent Services provides services to older adults, people with disabilities and their families to help keep clients safely in their homes, and promote health and vital living. For more information, call (800) 331-4661.

### 221 San Diego

Is a free 24-hour confidential phone service in 200+ languages and a searchable online database. 211 provides information on health and wellness, housing and utilities, food assistance, military and veteran services and more. Just dial 211 for assistance.

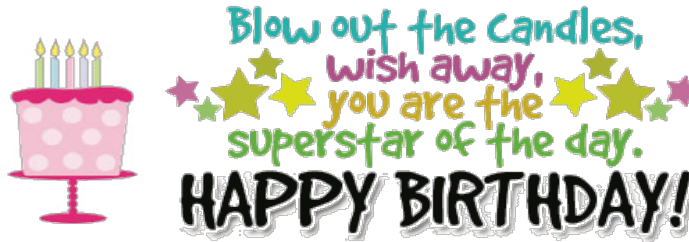
### ElderHelp

ElderHelp provides personalized services and information that helps seniors remain independent and live with dignity in their own homes. Contact (619) 284-9281 or online at [www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org).

### Some important numbers

- Adult Protective Services: (858) 495-5660
- Consumer Fraud: (619) 531-3507
- Social Security Administration: (800) 772-1213
- Alzheimer's Association San Diego Chapter: (800) 272-3900

## CELEBRATIONS / MARK YOUR CALENDAR



### MARCH BIRTHDAYS:

Lyn Allison, Luis Benavides, Mary Bowker, Lucille Brown, Howard Busby, Susan Coyle, Dorothy Deans, Art Delvaux, Ann Fobes, Barbara Fjellman, Jacquelyn Hall, Ruth Harvey, Kaaren Henderson, Pat Kellenbarger, Don Maquet, Marlin Mortimer, Raquel Shantal, Connie Walsh, Lorraine Woeppel, Darlene Whorley

Birthday Sponsor :  **KINGDOM BUILDER**  
FOUNDATION

### APRIL BIRTHDAYS:

Carolyn Berger, Lyle Cowan, Edie Engardt, Dolores Graham, Betz Lewis, Wilma Marr, Betsy Neu, Arthur Peschel, Susan Peters, Carol Pletcher, Eleanor Pottorff, Nia Preuss, Mary Pritchett, Rhedis Thomas, Marcia Stanley, Arline Torres, Diane Watson

Birthday Sponsor :   
**KAISER PERMANENTE**

## **TAX-AIDE**

AARP is offering FREE tax return preparation services for Seniors and low / middle income individuals on Wednesdays (February 2nd - April 13) from 9am-1pm at Solana Beach Presbyterian Church in Room 15, and on Saturdays (Feb 5 - April 16) from 9am-1pm at St. James Catholic Church in the Administration building. No appointment is necessary; however, for safety all clients will be required to be vaccinated and asked to wait outside until their return is prepared. In addition to providing a prior year return, identification and all documentation related to the return, anyone who received Advanced Child Tax Credit payments must have their IRS Letter 6419 with them. This letter shows the payments and the number of children taken into account, and AARP cannot prepare the return without this letter. Time permitting; we will also prepare 2020 returns for those who need them.

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



Solana Beach Community Senior Center  
120 Stevens Ave., Solana Beach, CA 92075  
858-509-2587 ~ [solanabeach.church](http://solanabeach.church)  
[Cindy@solanapres.org](mailto:Cindy@solanapres.org) / [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org)