


MAY / JUNE - 2022

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SENIOR CENTER EVENTS


- May 5:** National Day of Prayer 
- May 27-29:** Come Build Hope
- May 30:** Memorial Day (Campus Closed)
- June 15:** Quilt Tying Party, 10-11am in Rm 15. Ginny's Sewing Fellowship will give these quilts to refugees experiencing hardship.
- June 29:** Senior Center 2021- 2022 Season Grand Finale! Join us for the last Senior Center event together as a group until September.

A PRAYER FOR UKRAINE


Dear Lord we pray you will save
 All your children of Ukraine
 For You must fight this
 fight for them
 Without Your help they cannot win
 As they fight the Russian bear
 Who has brought them such despair
 Come on Lord of Heavenly hosts
 By the power of the Holy Ghost
 This alone can win this fight
 The bear will fall only by Thy might
 They are the Goliath of this age
 And Ukraine the David small & brave

Written by: Robert C. Brouillette 3/'22

NATIONAL DAY OF PRAYER at SBPC

-  DATE: Thursday, May 5th, 2022
- TIME: Personal time of prayer - attend anytime between 10am - 6pm
- PLACE: SBPC Chapel

CHOIR CONCERTS

- String quartet / organ featuring 200 yrs. of church music from Franz Schubert to Craig Courtney
- DATES: Sunday, June 5 at SBPC & Sunday, June 12 at O'side Presbyterian Church 
- TIME: 4pm (subject to change)

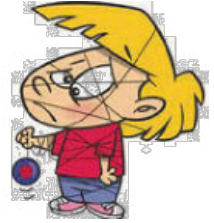
More information on these events can be found online at solanabeach.church



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

Ever feel like a yo-yo? Back and forth, up and down, all wound up and then hanging loose? I feel a bit "yo-yo-ish" as we're wrapping up our Senior Center year. We've been on and off, our attendance numbers have been up and down, we've been wound up with Covid-19 restrictions and finally able to loosen up on wearing masks...it's been an interesting year to say the least. Thank you for riding this yo-yo year with us!



Even as we're wrapping up this season, I'm looking forward and making plans for next year. We'll plan some fun trips this summer and then jump back in with both feet in the fall. I'm dreaming of a long-distance trip in addition to our daytrips, a Mature Adult Retreat, new activities, adventures, fellowship and ways to connect. I'm looking forward to connecting you with meaningful, enriching ways to serve and share your amazing gifts, talents and skills. I'm looking forward to hearing your stories and being in community, in person, together.

I'm not the only one making plans. Scripture tells us of God's plans. I'm always encouraged by this verse, knowing who has control over the world, who holds us in the palm of His hand, who is loving and never fails. In today's yo-yo, unsettled, scary, war-torn world, I for one, need and rely on God's plans. Jeremiah 29:11 says "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.

Looking forward to our future, together, with hope,

Cindy



"FOR I
know the plans
I HAVE FOR YOU,"
DECLARES THE LORD,
"PLANS TO
prosper you
AND NOT TO HARM YOU,
PLANS TO GIVE YOU
hope AND a future."
JEREMIAH 29:11

WAYS TO STAY CONNECTED

The Solana Beach Community Senior Center Welcomes YOU!



We can't wait for you to join us!

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.

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.

Cont...

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WAYS TO STAY CONNECTED - cont...

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 9:30-11:20am 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.

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.

Ginny's Sewing Fellowship:



Do you like to sew? This group of lovely gals will meet at 10am 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 Cindy / Elizabeth at 858-509-2587.

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...

WEDNESDAY PROGRAMS & LUNCH

Our Wednesday Programs will BEGIN at 11:30am and conclude at 12:15. Lara's delicious lunch will be served 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.

- May 04:** Kick off May with the sensational sounds of Peter Seltser. Menu: Quattro de Mayo
- May 11:** Classic Frank Sinatra with singer Gary Burt. Menu: Mother's Day Brunch
- May 18:** Meet the Stocks: Paul, Pat & Jodie - Lifetime Missionaries in Pakistan
Menu: Viva Italian!
- May 25:** Celebrate May Birthdays with the musical delights of Mark Mayville.
Menu: Yummy Southern BBQ
- June 01:** Brain Games: Learn something new - Chinese Calligraphy with Chiuyee Ho.
Menu: Chinese Delight.
- June 08:** Seeds of Hope San Diego with Melissa Drake. Menu: TexMex
- June 15:** AIS Anabel Kuykendall presents: Preventing Financial Abuse/Scams - "Don't Get Hooked"
Menu: Mediterranean
- June 22:** Celebrate June & July Birthdays and enjoy a variety of musical favorites by electric violinist Martin Shaw. Menu: Summer Grill.
- June 29:** Senior Center 2021-'22 Season Grand Finale! We're goin' out Hawaiian style with an interactive Hawaiian dance performance with Kailani. Menu: Hawaiian Island

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MUSIC APPRECIATION CLASS



Do you enjoy music and have an interest to learn more about it?

Join Randy Malin 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 8:30-9:45 am 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
- **Shelia Rodrigues** shejposey@gmail.com



A heartfelt THANKS to all who have made the past year a wonderful experience!

- ~ Karen Sullivan - For some FUN Craft Classes!
- ~ Sue Grant & Cathy Tyre- Keeping us Feeling Fit and Zooming all year long!
- ~ Danyll Monroe - Gently leading Silver Age Yoga!
- ~ Randy Wright - Keeping us Current with the Events in the world!
- ~ John & Connie Illian, Sheila Rodriguez, Chiyee Ho & Bob Fraustein - for leading the SonSeekers class
- ~ Randy Malin - Teaching, sharing and helping us Appreciate Classical Music all year!
- ~ Chefs Lara and Stephen and Maria - for multitudes of marvelous meals!
- ~ Connie Ilian, Muffie Knox, & Camille Clemens - for seamless and beautiful work in the Sewing Fellowship!
- ~ To Angie Osborn for her mail prep skills!
- ~ To everyone who lent a hand to help others on Community Serve Day!
- ~ To JoAnn Caracciolo and all who've knitted & crocheted beautiful baby blankets, hats, booties, scarves, lap robes and more for the military's Baby Boot Camp and our homeless neighbors.
- ~ To all who've supported financially & written letters to our Compassion International granddaughter, Stephanie.
- ~ To all the "behind the scenes" helpers that help make each Wednesday we're together a special event!
- ~ To the AARP Tax Aide folks for their professional and dedicated services.
- ~ To all the Birthday Sponsors who've helped us celebrate each month!
- ~ To our Special Seminar Speakers for interesting & useful information!
- ~ To the Senior Center Leadership Team who've worked faithfully alongside us in this yo-yo year!
- ~ To those who've provided transportation or delivered a meal to friends and neighbors.
- ~ To all our Mission Partners for their sharing how God is at work in the world, and inviting us to partner alongside.
- ~ Chiyee Ho, Carol Pletcher and the Solana Beach Library for their amazing organization & support of the Book Club.
- ~ To each of you who've supported the Senior Center for another GREAT YEAR!

ESTATE PLANNING SEMINAR

SUNDAY, MAY 15, 11:30 AM
SOLANA BEACH PRESBYTERIAN CHURCH - HISPANIC CHAPEL
120 STEVENS AVE, SOLANA BEACH

Learn how to create and manage your family's estate plan.
A complimentary light lunch will be served.

Mark Anderson and Steve Carter, both experts in the development and financial management of estate plans, will present.

If you haven't yet finalized an estate plan, this session will walk you through the process, giving you strategies to protect your family's future and develop your faith at the same time.

If you already have developed an estate plan, learn how the tax laws will affect you and approaches you can take to "safeguard" your estate.



Mark Anderson
Estate Planning Attorney



Steve Carter
Certified Financial Planner

To enroll in this FREE seminar, please visit
<https://sbpc.churchcenter.com/registrations/events/1232863> or
call Cindy or Elizabeth at 858-509-2587.

Questions? Or need further information? Contact Ericka Southcombe 858-699-5155
or email Ericka.Southcombe@kbfoundation.org

To learn more about Kingdom Builder Foundation, please visit our website:
kbfoundation.org or contact us ~ **Kingdom Builder Foundation**
120 Stevens Ave., Solana Beach, CA 92075, Email: info@kbfoundation.org.



SENIOR CENTER HEARTS IN ACTION



Mission Trip Report – Spring 2022

Gleanings for the Hungry is a Ministry of Youth With A Mission (YWAM) in California's Central Valley. They have a rich history of serving God's kingdom here on earth and we've been blessed to be a part of it for the past 20 years.

This was the SBPC Team's 34th trip and a wonderful reunion after past years' trips being canceled due to Covid19.

Gleanings' focus is feeding the world's hungry, especial those hungry as a result of a natural disaster or world political upheaval (for example Venezuelan refugees in Columbia and most recently, Ukrainian refugees in Central Europe). Gleanings for the Hungry receives donated stone fruits (peaches, nectarines, apricots) from local growers. These fruits are then sun-dried and packaged by youth groups in the summer months. From October to May, a freeze-dried vegetable soup mix with soy protein powder is bagged for shipment around the world. Another focus of Gleanings is making queen-sized, tied quilts to provide shelter, comfort and warmth.

Gleanings sends shipping containers of food and quilts to Christian agencies in over 40 countries to help those in need.

Seven women from five local Presbyterian churches were represented in the small but mighty team who traveled to Dinuba, CA to serve from March 13-18, 2022. And serve they did! An on-going project of the Gleanings' quilt room is making quilts to be given to Holocaust refugees in Israel. Our team constructed 19 quilts and completed another nine partially finished quilts. Twenty-eight beautiful quilts will be sent to comfort those in need! The soup factory was also in full swing and the teams working during our recent trip were able to package over 2 million portions of dry soup mix. Praise the Lord for this opportunity to serve and share with others!

Our next trip to Gleanings for the Hungry is scheduled for October 16-21, 2022. If you feel you still have "tread on your tires" and would enjoy a mission trip to serve where passports or a new language are not necessary, consider joining us on this enriching adventure! Gleanings for the Hungry welcomes people of all ages.

Hotel-type accommodations, meals, snacks and beverages are all provided. Worship and fellowship are built into the week along with as much "work" as you'd like to do. There are other types of work as well: minor repairs, clerical, kitchen help...Something for everyone! If you'd like more information on Gleanings for the Hungry as an organization, please go to www.gleanings.org. If you want more info about our trip, or want to get on the list for October, please contact

Cindy at cindy@solanapres.org or 858-509-2587.

Did you know...?

Compassion International has been working in El Salvador since 1977 to improve the lives of children (& their families) who live in poverty.

Compassion centers, such as the one that our Senior Center sponsored child, Stephanie, attends, provide HOPE of a brighter future through educational assistance, spiritual guidance, and financial support.



As Stephanie's Senior Center sponsor / grandparent please help us pray for the continued intervention and the success of Compassion International. If you would like to make a financial donation for Stephanie and her family, please contact the Senior Center office at 858-509-2587.

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



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.

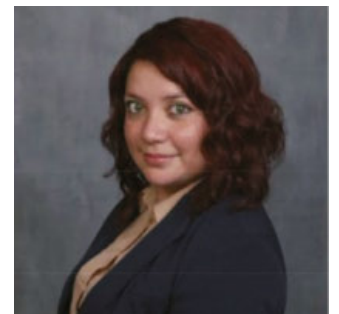
Now's the time to get in touch so I can help you:

- 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 rating¹
- 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 month²
- Enjoy \$0 copays for virtual care, including phone, email, and video visits³



Join me at a Live Neighborhood Webinat to learn more.

Call me to RSVP or visit my website at mykpagent.org/melissas



Melissa Salcedo-Mendoza

Kaiser Permanente
Medicare Specialist

Call me at:

619-952-7518

Se habla español

¹Every year, Medicare evaluates plans based on a 5-star rating system. ²You must meet all Medicare health plan enrollment requirements. ³When 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



MONTHLY BOOK CLUB

THE SOLANA BEACH COMMUNITY SENIOR CENTER'S BOOK CLUB

The Book Club is wrapping up another season of great literature and stimulating 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).

Roomies MAY READING: 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)

Roomies JUNE READING: Dear Edward by Ann Napolitano

2020 New York Times best seller, *Dear Edward* is a haunting novel that's a masterful study in suspense, grief and survival ... Napolitano's dual-timeline structure turns *Dear Edward* into a suspenseful page-turner with sprinkles of mystery, satisfying our rubbernecking urge to see the unfolding of a disaster and its aftermath ... While none of the adults in either the real crash or the novel it inspired survive, Napolitano's fearless examination of what took place models a way forward for all of us. She takes care not to sensationalize, presenting even the most harrowing scenes in graceful, understated prose, and gives us a powerful book about living a meaningful life during the most difficult of times (New York Times Book Review).

The Roomies (in person group) meets at 1pm in Room 15.

Lab Girl will be discussed on Wednesday, May 11 at 1:00pm - lead by Bobbie Karnes

Dear Edward will be discussed on Wednesday, June 8 at 1:00pm - lead by Paulette Cabral

Zoomies MAY 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)

Zoomies JUNE READING: The Lincoln Highway by Amor Towles

The Lincoln Highway is a joyride. Amor Towles' new Great American Road Novel tails four boys — three 18-year-olds who met in a juvenile reformatory, plus a brainy 8-year-old — as they

Cont.

BOOK CLUB cont...

set out from Nebraska in June, 1954, in an old Studebaker in pursuit of a better future. If this book were set today, their constant detours and U-turns would send GPS into paroxysms of navigational recalculations. But hitch onto this delightful tour de force and you'll be pulled straight through to the end, helpless against the inventive exuberance of Towles' storytelling.

Like his first two novels, *The Lincoln Highway* is elegantly constructed and compulsively readable. Again, one of the ideas Towles' explores is how evil can be offset by decency and kindness on any rung of the socio-economic ladder. (NPR).

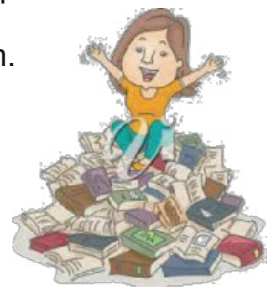
Towles' other books that the Book Club has enjoyed include *Rules of Civility* (2011) and *A Gentleman in Moscow* (2016). This sounds like a great road trip into the summer months!

The [Zoomies](#) will meet [via Zoom](#) at 1pm.

[Pachinko](#) will be discussed on Zoom on Wednesday, May 11 at 1:00pm.

[The Lincoln Highway](#) will be discussed on Zoom on June 8 at 1:00pm.

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.

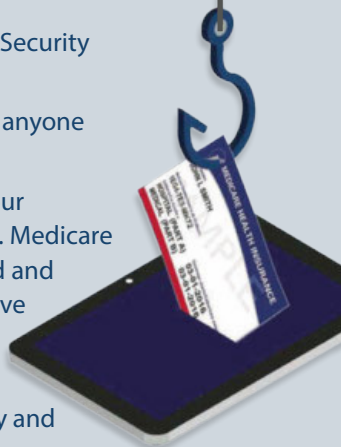


11

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:**



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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.

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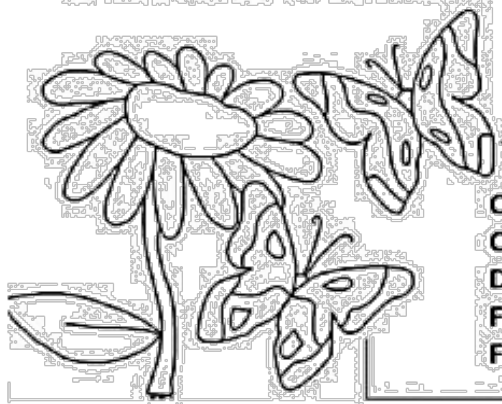
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and with all my heart I want to say
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 A G P C R D I F O R E V E R D L Z E U P
 M P T X I H V E O A Z J H R F I S W N H
 Y N Q H S A B Z A X E Z H W A J J Y E J
 R W Y I H Z L J S J T Z G X X P T L R Q
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 V E K H G K N E J P Z D F H U G R A E T
 A C B R G Y K V V K E A O P R A I F R J
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 C G S G F E F I S S W S L Z Y F C S T B
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 J Z L Z X V R F N F W Q J P K M X I P Z

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| CARING | FISHING | GOLF | PARENT |
| CHILDREN | FOOTBALL | HAPPY | READ |
| DAD | FOREVER | HUG | SON |
| DAUGHTER | FRIEND | JUNE | SPECIAL |
| FAMILY | FUNNY | KIND | TOOLS |
| FATHER | | LOVE | |

TRIPS

Join Cindy and Elizabeth as we head out on a fun filled daytime adventure. Symphony Rehearsal, meet the musician and "tour of the Shell

You won't want to miss out!

DATE: Thursday, May 26th, 2022

COST: \$15.00, includes transportation. No host lunch.

DEPARTURE TIME: 9:00am. Returning by 2:30pm.

ACTIVITY LEVEL: 7 (moderate - standing, walking, sitting, and a few stairs)



**San Diego
The Rady Shell**

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



ANTARCTICA

What happens here affects us all



DATE: Thursday, June 23rd, 2022

COST: \$25.00, 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.



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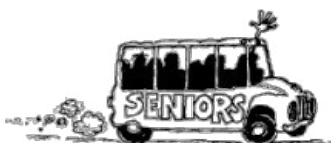
DATE: Thursday, June 30th, 2022

COST: \$10.00, includes transportation, VIP Tour & Gourmet lunch.

DEPARTURE TIME: 10am. 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.



Senior Center Trip Activity Gauge

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

{Activity Level Gauge}

1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10

easy

- sitting
- little walking

moderate

- standing
- walking
- stairs may be involved

strenuous

- lots of standing or walking
- stairs or uneven walkways

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.

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




hope your birthday
is as awesome
as you are!

MAY BIRTHDAYS: Mary Berend, Shirley Billingsley, Mary Boyd, Esta Chambers, Larry English, Nancy Evans, Lynn Freeland, Rita Good, Chris Harvey, Betty Kadar, Max Larson, Onita Lynch, Debbie Lynn, GG Marshall, Shana Norell, Angie Osborn, Ann Peter, Jan Ruskin, Janis Ryan, Irene Vianu, Charles Wolbing, Frank Wong

May Birthday Sponsor : *Partner*  *in Aging*

JUNE BIRTHDAYS: Patricia Appleton, Sue Busby, Betty Eshelman, JoAnn Keese, Jeannette Landis, Bob Lane, Eric Lodge, Lois Martin, Joe Smith, Kay Soderholm, Jane Templeman-Larson, Kathy Thorden, Janet Tripp, Linda Wood

JULY BIRTHDAYS: Lynn Belleggie, Irene Brummett, Michael Dalton, Pam Dalton, Dick Fjellman, Karin Herrick, Maureen Lucchesi, Ginny Maquet, Kathy Mortimer, Sandy Murphy, Carol Larson, DeAnn Leatherman, Jere Oren, Jill Peterson, Carol Poole

June & July Birthday Sponsor :  **TORREY PINES**
SENIOR LIVING
A Stellar-Living Community

MARK YOUR CALENDAR - Holiday and Fun Observances

MAY



World Laughter Day ~ 1st

Mother's Day ~ 8th



International Day of Living in Peace Day ~ 16th



I Love Reese's Day ~ 18th

National Senior Health & Fitness Day ~ 25th

Memorial Day ~ 30th



JUNE

Say Something Nice Day ~ 1st

National Chocolate Ice Cream Day ~ 7th



National Best Friend Day ~ 8th



Flag Day ~ 14th

Father's Day ~ 19th



Summer Begins ~ 21st



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
Cindy@solanapres.org / Elizabeth@solanapres.org