

JULY / AUGUST - 2022

INSIDE THIS ISSUE & SPECIAL EVENTS

- Notes from the Director2
- Ways to Stay Connected3-6
- Summertime Trips7-10
- Compassion International11
- Healthy Living12-13
- Kingdom Builder14
- Senior Resources15
- Celebrations16



SENIOR CENTER EVENTS

The Senior Center is closed to regular activities in July & August but check out some special gatherings and trips scheduled during this time apart.



*See details inside this Encore !

Age-Friendly Solana Beach Community Discussion Group

Please join us for an interactive discussion on Wednesday, July 27. Help to prioritize areas of focus as we create a vision for Solana Beach to be an age-friendly community for all. The Listening Session will be held in Debin Hall for Solana Beach residents ages 50+ and light refreshments will be served. Please RSVP to Cindy Wright at 858-509-2587.

DATE: Wednesday July 27th
PLACE: SBPC Debin Hall
TIME: 10 am - 11:30 am

SAVE THE DATE: Senior Center Fall Kick Off Annual Open House



DATE: Wednesday, September 14th, 2022
PLACE: SBPC
TIME: 10 am - 1 pm

Look for Event Details in Sept / Aug Encore!



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



That season of delicate balance where we slow down enough to relax and try new things while gearing up for great things to come this fall!

While Elizabeth and I will each be taking a bit of time off to recharge our batteries, we are really looking forward to some fun connections, trips and events with you this summer.

Please be sure to share YOUR contact information with your friends so that you can stay connected this summer while the regular Senior Center activities are on vacation mode. And for Senior Center Members, your 2022 directory will be available at our last Wednesday gathering on June 27.

Then, **SAVE THE DATE** for the
Senior Center's ANNUAL OPEN HOUSE.

Scheduled for Wednesday, September 14th, 2022!

Look for these details in the September/October Encore newsletter.

We'll look forward to seeing you this summer and again at the Open House.

Have a safe, healthy and fun summer!

Blessings,
Cindy



WAYS TO STAY CONNECTED

The Solana Beach Community Senior Center Summertime Programming (July and August)

Be sure to read and make note of the following revisions for summer:

Many of the Senior Center activities will not be running during our closure in July and August (**those in red**). While other activities (**those in blue**) have been modified for the summer months.

All Senior Center activities will begin again in the fall after the Senior Center Open House on September 14th, 2022.
Look for these details in the September / October Encore.

* Wednesday Programs and Lunch * Fun and Games * Fellowship with Friends ~ ZOOM

* Current Events Discussion Group ~ ZOOM

* Son Seekers Bible Study

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.

Celebrating the Golden Age

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

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.

TXR HOMES
Great. Smart. Live.

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 • Email: daniaselshomes@gmail.com

Assisted Living & Memory Care

Santianna, opening early 2022, is a luxury senior living community offering assisted living and memory care services in a resort-style setting.

Five-Star Amenities & Services

- **Wellness & Engagement Programs**
- **Concierge Physician Program**
- **Onsite Nursing Staff**
- **Full-Service Restaurant**
- **Swimming Pool & Spa**

SANTIANNA
Oakmont Signature Living

Call (442) 222-2874 today to schedule your tour!

2560 Faraday Ave • Carlsbad, CA 92010 • santianna.com

RCFE# License Pending

WAYS TO STAY CONNECTED - cont...

Feeling Fit Club (FFC):



The Feeling Fit Club will continue to meet through the summer 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. To sign up to receive the Zoom invitation, please contact Cathy at 858-342-9716.

Book Club:



Both the Roomies and Zoomies Book Clubs are taking the summer off and will look forward to a great lineup of good books this fall. Watch the September/October Encore for the selections...to include One Book, One San Diego. Questions? Call Cindy or Elizabeth at 858-509-2587.

The Music Appreciation Class:



The Music Appreciation Class with Randy Malin will continue through the summertime months of July and August. This class is currently only available through email until further notice. Please see page 5 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 through the summer months of July and August...with one exception- **NO Class on July 22nd**. This class is 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:



The sewing fellowship will continue as scheduled through the summer months of July and August. 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.

Cont...

MUSIC APPRECIATION CLASS

Do you enjoy all types of music and have an interest to learn more about it? Then this is a great class for you.



TEACH
encourage
instruct
MENTOR
PRAISE
influence
GUIDE
INSPIRE

Join our very own Senior Center's beloved music man, Randy Malin, as he continues to share his passion for music with followers via email throughout the summer.

Randy's musical insight and depth of knowledge will astound you. He places a great deal of passion and time into what he shares, and it will definitely put a smile on your face, and leave a song or two in your heart.

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



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



Our assisted living is accredited for two reasons. You. And your family.

Because having the peace of mind of accreditation is important. Just one of the many reasons to choose La Vida Del Mar.

Call today to learn more.

LA VIDA DEL MAR
INDEPENDENT & ASSISTED LIVING RESIDENCES

850 Del Mar Downs Road • Solana Beach • 858.345.4127
RCFE#374602832 LaVidaDelMar.com



KINGDOM BUILDER FOUNDATION

Will it matter that you were here?

KBFoundation.org



AC Howard Law
Securing Your Family's Future

Wills & Estate Plans, Trust Administration, Probate & Family Court

Anna Howard
(858) 800-2532
www.achowardlaw.com



WAYS TO STAY CONNECTED



FamBAM is a family experience on the Solana Beach Presbyterian Church campus designed to help you and your family *Grow Together* in faith and community. *Friday* night will include dinner on the patio, fun in the sanctuary, and a self-guided family activity walk utilizing much of our campus. *Saturday* begins mid morning, ends mid afternoon and is chocked full of intentional opportunities to play, connect, serve and reflect together on the ways God draws us to Him through community - plus lunch! On *Sunday*, all are invited to come to worship and stay for some extra fun after the service. Sign up your whole family - infants, kids, teens, parents, **grandparents**, grandkids - to grow and play together!

Join us for all the fun July 22-24, 2022!
Friday 5:30 pm - 8:30 pm & Saturday 10:00 am - 3:00 pm
& Sunday 10:00 am - 12:00 pm!

PLACE: SBPC

COST: \$5.00 per meal (unless you volunteer and it is FREE)

REGISTRATION OPEN TILL July 18: <https://sbpc.churchcenter.com/registrations/events/1300404>

MATURE ADULT VOLUNTEER OPPORTUNITIES:

- Assembling FamBoxes ahead of time
- Serving food
- Manning an activity table
- Possible light prep the week before
- Baby holding



Questions, help with registration, or to volunteer please contact Kristi Kincheloe at #858-509-2580 x 1350 / or Elizabeth #858-509-2587.

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

SUMMERTIME TRIPS

Enjoy a delightful visit to a nearby retirement community where we'll see all the great things that **Belmont Village** has to offer close to home! Lunch is included. You'll recognize friends there too!

BELMONT *Village*
SENIOR LIVING
CARDIFF BY THE SEA



DATE: Wednesday, July 20th, 2022

COST: \$5.00, includes transportation and lunch.

DEPARTURE TIME: 11:00am. Returning by 2:00pm.

ACTIVITY LEVEL: 3 (moderate - standing, walking, sitting, and a few stairs)

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



ANYONE UP FOR BASEBALL? PADRES VS COLORADO ROCKIES

Join us for an afternoon game between the Padres and Rockies. Our seats are in complete shade, above the Padres dugout (section 113).

Come root, root, root for the home team, if they don't win it's a shame!

Please note that Petco Park is a cashless venue. Credit cards, Padres Pay and other forms of digital payment will be accepted at all concession and retail locations.

Concession stands are open on all levels of the ballpark with new offerings.

Be advised that Petco Park will **prohibit bags** with the exception of single-compartment bags measuring 7" x 10" or smaller, drawstring bags, fanny packs, plastic grocery bags and infant and medical bags. Express Entry lines will be available at all main gates for fans without bags.

DATE: Thursday, August 4th, 2022

COST: \$60.00, includes entrance and transportation.

DEPARTURE TIME: 11:30am. Returning after the game.

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

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

SUMMERTIME TRIPS

Coronado Ferry & Coronado Landing

Enjoy a nostalgic trip across the San Diego Bay to Coronado on the oldest working wood ferry in the US. This ferry used to be “the way” to get to Coronado before the bridge was completed in 1969. The Coronado Ferry Landing is a waterfront marketplace full of over 25 unique shops and restaurants. You’ll have time for lunch at your choice of restaurants, browsing the shops and enjoying the beautiful San Diego skyline before heading home via our vans taking you back over the bridge.

DATE: Wednesday August 10, 2022

COST: \$20.00, includes ferry and transportation, No host lunch in Coronado.

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.

Lamb’s Players Theater’s Matinee Performance of **R · E · S · P · E · C · T**

THE AMAZING MUSIC OF THE WOMEN OF THE 60’s



The team that brought you LAMB’S musical hits BOOMERS and AMERICAN RHYTHM are back with a wild, fun celebration of the music of Aretha Franklin, Joni Mitchell, Dion Warwick, Janis Joplin, Diana Ross, Brenda Lee and many more.

DATE: Wednesday, August 17, 2022

COST: \$45.00, includes transportation & theater ticket. No host snack, ice cream or coffee nearby, and window shopping.

DEPARTURE TIME: 12 pm. Returning after production.

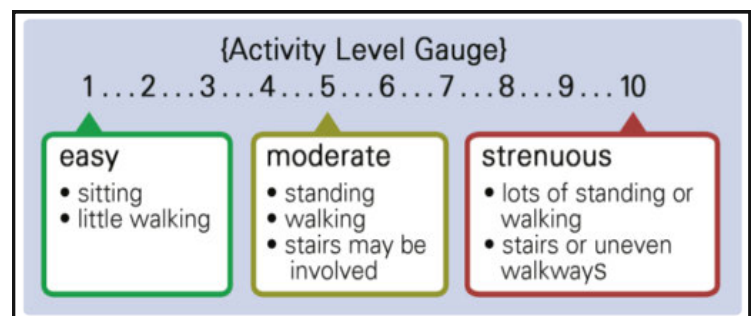
ACTIVITY LEVEL: 6 (standing, walking, sitting, and a few stairs)

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.



SUMMERTIME TRIPS



Tour & Lunch at La Vida Del Mar

LA VIDA DEL MAR
AN SRG SENIOR LIVING COMMUNITY

It's time to check out the special things La Vida Del Mar has to offer in retirement living on a private lunch & learn tour for our group. Located in Solana Beach, you'll enjoy the beautiful property and meet friends!



DATE: Tuesday, August 30, 2022

COST: \$5.00, includes transportation, tour and lunch.

DEPARTURE TIME: 11:15 am. Returning 1:30 pm.

ACTIVITY LEVEL: 3 (standing, walking, sitting, and a few stairs)

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

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



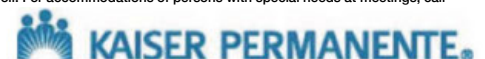
Melissa Salcedo-Mendoza

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



SUMMERTIME TRIPS

PAGEANT of
the MASTERS

FESTIVAL
of ARTS

2022 Pageant of the Masters theme



A kaleidoscope of international art becomes your passport to distant lands, cultural celebrations and fascinating history in the 2022 production of **Wonderful World**. Transported through the theatrical art of living pictures, the Pageant sets sail in pursuit of seasonal festivities, ancient and modern, promising new surprises at every turn.

Prepare to be amazed by the Pageant's intoxicating blend of original music, storytelling and stage illusions. **WONDERFUL WORLD** is a love letter to our common humanity, and the countless ways in which artists have asked the eternal question: "Why are we here?"

The Pageant's theme is imagined through the adventures of Nellie Bly, an intrepid American journalist who attempted to travel around the world in under 80 days.... Based on Jules Verne's classic novel, "Around the World in 80 Days." This summer, at the Pageant of the Masters, we'll visit 17 countries in 90 minutes, and you don't need a passport!

Plan to enjoy the art exhibits & music before the pageant as well as dinner on your own at the Festival grounds or local restaurant. You might consider bringing binoculars or opera glasses, and remember to bring a jacket or blanket as the pageant is outdoors.

The Senior Center is chartering a bus for this activity.

Tickets are limited so don't wait to reserve your ticket(s).

Payment is required with reservation.

DATE: Sunday, August 21, 2022

COST: \$100.00, includes transportation & theater ticket, driver's gratuity, snacks & beverage on board. No host dinner/snack food nearby.

DEPARTURE TIME: 3 pm. Returning after production.

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

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

COMPASSION INTERNATIONAL UPDATE - STEPHANIE

Latin America is the region hardest hit by the COVID-19 pandemic. Poverty and extreme poverty in the region reached levels following the pandemic that have not been seen in over a decade. Despite the major impact of the pandemic, the economic outlook for Latin America and the Caribbean is expected to quickly improve.


Please continue to pray for those deeply impacted by this pandemic.


Our Compassion staff, volunteers and frontline church partners across the world are working diligently and creatively to address immediate needs and to help vulnerable children and their families rebuild from lasting effects of the pandemic.

Thank you for your continued support and prayers.

Your Support in Action

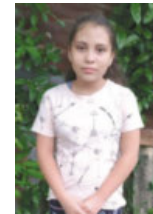
 **657,178 food packs**
have been delivered

 **378,094 hygiene kits**
have been delivered

 **144,016 individuals**
have received medical care

If you would like to make a donation on behalf of Stephanie and her family please contact the Senior Center office at 858-509-2587.

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



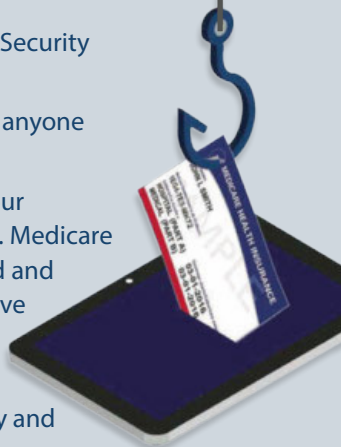
August 11th, '22

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

California
SMP
Senior Medicare Patrol
Empowering Seniors To
Prevent Healthcare Fraud

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.stellarliving.com



HEALTHY LIVING BRAIN GAME

July 4th Trivia Questions with Answers



1. Where was the first celebration of Independence Day held?

2. Every Independence Day, how many times does the Liberty Bell ring?

3. What was the name of the newspaper that published the Declaration of Independence?



4. The Fourth of July commemorates which document?

5. What is the proper way to fold the American flag?



6. Which American president was born on July 4th?

7. Which president of the United States was the first to host a Fourth of July celebration at the White House?



8. How many Stars and Stripes does the US flag have?

9. What is the location of the nation's oldest Fourth of July parade?

10. What was the total number of people who signed the Declaration of Independence?

ANSWERS: (1) Philadelphia (2) 13 (3) The Pennsylvania Evening Post (4) Declaration of Independence (5) In a triangular shape (6) Calvin Coolidge (7) Thomas Jefferson (8) 50 Stars and 13 Stripes (9) Bristol, Rhode Island (10) 56

HEALTHY LIVING BRAIN GAME

11. Every July 4th, what food is most commonly consumed?



12. What is the name of the national anthem of the United States of America?

13. Who gave the Statue of Liberty to the United States?

14. What was The Statue of Liberty's official name?



15. Where is the Liberty Bell currently located?

16. Every July 4th, how many hot dogs are consumed?

17. On the Declaration of Independence, who had the largest signature?

18. Which two presidents of the United States died on July 4th of the same year?



19. Why was the Boston Tea Party's tea shipment ruined?

20. What was the estimated population of the United States on July 4, 1776?



ANSWERS: (11) Hot Dogs (12) Star-Spangled Banner (13) French people (14) Liberty Enlightening the World (15) Philadelphia, Pennsylvania (16) 150 million (17) John Hancock (18) John Adams and Thomas Jefferson (19) Due to Protest against British (20) 2.5 million people

KINGDOM BUILDER UPDATE

Since 2007, the Kingdom Builder Foundation has been stewarding legacy gifts from members and friends of Solana Beach Presbyterian Church, providing hundreds of grants that support dynamic Christ-centered ministries at home and throughout the globe. One of those ministries is Plant with Purpose, a Dominican Republic-based outreach that partners with farmers, their families, helping them work their way out of poverty, restore their land, and grow in their faith in Christ.

The ministry's holistic model promotes sustainable development through local empowerment, economic resilience, regenerative agriculture, reforestation, and restored relationships through all of creation. Partnering farmers are able to cut their level of poverty by 55% and experience 37% higher crop yields.



A recent Kingdom Builder grant enabled Plant with Purpose to work with 400 new families in the Cana Watershed of the Dominican Republic, directly impacting the lives of almost 2,000 people. These families are now participating in community-based savings groups, called Purpose Groups. Purpose Groups provide a platform for members to save money, to access loans, to receive training, and to encourage and support each other. On average, each family in the Dominican Republic is planting over 300 trees a year and have currently saved over \$200 of their own money. Even more important is their increased level of confidence in God, themselves and each other.

Raul and Claudia, a couple in one of the Cana Watershed Purpose Group's, had this to say about their involvement in the program: "Before we found out about Plant with Purpose we had so many financial uncertainties. We'd been down for such a long time, we were even considering leaving the farm life behind and living with some of our children in the city. But once we heard about this plan to restore our community, we became determined to stay and work the land! With the help of Plant with Purpose, we've made new investments in our plot's production. We've also bought equipment for solar panels, so we can help our daughter Raquel have light to see when studying so she can improve her life. We have a wood house right now, but we have a plan to remake it from sturdier materials."



For more information about how Kingdom Builder Foundation grants are helping change lives and how you can engage, please visit our website at kbfoundation.org, or call us at (858) 699- 5155.

SENIOR RESOURCES

Care Management and Transportation Options

The following Non - Profit Organizations offer various assistance to older adults. Call or visit each website for more information.

Jewish Family Services: Phone # 858-637-3210 - Website: jfssd.org

Services include but not limited to: Home Delivered Meals, Case/Care Management, On-the-go (Rides limited to medical rides/grocery shopping only).

Serving Seniors: Phone # 619-235-6572 - Website: servingseniors.org

Services include but not limited to: Home Delivered Nutritious Meals, Transitional Housing, Health & Social Services, Enrichment & Activities, Advocacy.

FACT: Phone # 888-924-3228 - Website: factsd.org/ridefact

RideFACT is a low cost transportation service that provides general purpose trips for seniors (60+) 7 days a week, 7am-8pm in all cities in San Diego County. Reservations required in advance.

Solana Beach Presbyterian Church Resources

SBPC is a hub for resources for you! If you are in need of care, prayer support, are grieving, or dealing with mental health issues, help is available through Pastoral support, Deacon & Care ministries. Please don't hesitate to contact Karen LaHaise, Coordinator of Care, at 858-509-2580 x 1221 or Karen@solanapres.org.

Do you call SBPC your church home? Would you like to SERVE in a meaningful way?
We are always looking to add to our list of helping hands
in the following ways that fit into YOUR schedule:

Memorial Receptions: bake cookies, serve as an usher or reception hostess.
Care: Friendly visitation, make calls, write cards of encouragement, provide transportation.

Meal train: Provide (prepare or purchase) a meal for someone recovering from an illness, grieving, etc.

Communion: Help prepare the communion elements, serve home communion with another Deacon or Elder on Communion Sunday.

Welcome Baby: Knit/Crochet baby items to welcome a little one. Gifts for mom too. Join in delivering gifts & visit.

Prayer: After-worship prayer, Prayer Chain, special prayer events. We welcome your participation!

CELEBRATIONS / MARK YOUR CALENDAR



While we are off for the summer months of July and August please be sure to lift our birthday individuals up and wish them well.

We celebrated June and July birthdays together at the Senior Center in June, and we will celebrate August and September birthdays together when we return this fall.

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

AUGUST BIRTHDAYS: Alison Brown, Tom Golich, Alan Gootgeld, Jim Hardison, Chiuyee Ho, Bette Johnson, Patricia Marquez, Betty Newbrough, Peggy Ngubo, Sharon Romero, Ed Sparks, Rosemarie Urban, Herman Van Betten, Judith Wilkerson, Toni Wong.

August & September Birthday Sponsor :  BELMONT Village SENIOR LIVING CARDIFF BY THE SEA

MARK YOUR CALENDAR - Holiday and Fun Observances

JULY



Independence Day ~ 4th

Be a Kid Again Day ~ 8th



National Give Something Away Day ~ 15th



National Ice Cream Day ~ 17th

National Gorgeous Grandma Day ~ 23rd

National Tell An Old Joke Day ~ 24th



August



National Watermelon Day ~ 3rd

National Friendship Day ~ 7th



National Book Lovers Day ~ 9th

National Relaxation Day ~ 15th

National Senior Citizens Day ~ 21st

National Dog Day ~ 26th



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