

encore

a publication for life enrichment

Solana Beach Community Senior Center

JANUARY / FEBRUARY 2024

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SENIOR CENTER EVENTS

- Senior Center Holiday Closures:
 - Jan. 15 - Martin Luther King Day
 - Feb. 19 - President’s Day
- AARP Tax-Aid is back in February.
- SBPC Party on the Patio: After Church on Feb. 4. All are Welcome!

[View all Event Details in this Encore!](#)

Prayer for the New Year

God of all time, help us enter the New Year quietly, thoughtful of who we are to ourselves and to others, mindful that our steps make an impact and our words carry power.
 May we walk gently.
 May we speak only after we have listened well.
 Creator of all life,
 help us enter the New Year reverently, aware that you have endowed every creature and plant, every person and habitat with beauty and purpose.
 May we regard the world with tenderness.
 May we honor rather than destroy.
 Lover of all souls,
 help us enter the New Year joyfully, willing to laugh and dance and dream, remembering our many gifts with thanks and looking forward to blessings yet to come.
 May we welcome your lavish love.
 In this new year, may the grace and peace of Christ bless us now and in the days ahead.
Offered by Douglas Ruschman

SBPC GRIEF SUPPORT



Are you or someone you know experiencing grief?

Grief support available at SBPC.

For more information and details contact Karen LaHaise at 858-509-2580 x 1221, or Karen@solanapres.org



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

NOTES FROM THE DIRECTOR

Happy New Year! Welcome 2024!

I can't wait to see what the Lord has in store for YOU, ME, US in the coming year. I don't know what highs, lows, joys and sorrows we might encounter this year.... but one thing I do know is that through it all, we're BETTER TOGETHER! I'm often reminded of the verse in Ecclesiastes, "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

February 1st marks my 35th anniversary working at Solana Beach Presbyterian Church, serving as Director of the Senior Center, and for the past many years, as Minister of Care for our congregation. Wow! Where have 35 years gone? In 1989, my hair was dark brown; my sons were toddlers, and I was very new to Older Adult Ministryand now my hair is more gray than brown, I have 6 GRANDJOYS and feel like I'm well steeped (but always learning) in ministry with God's oldest children.

I'm regularly asked how I can do my job for so long. First and foremost I feel called and blessed to be serving in my "sweet spot." I can honestly say I LOVE my "job" and LOVE going to work each day. I truly do! What JOY I've experienced in being invited into your lives and learning from you! Even on the hard days, when I've said my final farewells, I am fully aware of the blessed position I have had these many years and to grow older along with you.

I could never do this alone! Remember Ecclesiastes 4:12 that I mentioned above? I must give credit to an ARMY of supporters, both paid and volunteer, that work tirelessly alongside me in this wonderful adventure of Mature Adult Ministry. My husband, family and friends have lead roles in support and encouragement, and have been richly blessed by coming alongside you as well. On behalf of myself and my husband, family, and friends, I want to say **THANK YOU** for three and a half decades of sharing life, growing older and serving the Lord together.

Here's to another richly fulfilling year of highs, lows, joys and sorrows that we'll encounter together. I'm eager to lean into the New Year with you!

Happy New Year!

Cindy



Each year is a gift that holds hope for new adventures. May your New Year be filled with the love of family and friends, exploration, discovery, growth, and new adventures. Hope to see you at the Senior Center!

WAYS TO STAY CONNECTED



Come get connected and keep your brain active!
The Memory Café is an enjoyable gathering for older adults to socialize, learn about keeping their brains healthy, and have some fun!

Join us every 2nd and 4th Thursday
from 10-11:30 am at SBPC in the Hispanic Chapel.
Located in Parking lot #3.

Questions? Or, to get connected, call Shannon Patel
at 619-616-7988 / Spatel@glenner.org.

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WAYS TO STAY CONNECTED

The Solana Beach Community Senior Center Wednesday Programs and Lunch



**The Senior Center opens on Wednesdays at 10 am for activities, fellowship and fun.
Our Wednesday Programs begin at 11:30 am followed by lunch at 12:15 pm.**

Important update on our lunch price: As you know, like everything else, food costs have gone through the roof in the past year. We are seeing a growing gap between the cost of each meal (\$15) and the amount we've been charging for several years (\$8). For the past year, we've used some of the grant money we received from the Kinngdom Builder Foundation to help offset the difference. In December, we were blessed by another generous gift from Del Mar Healthcare to help bridge the gap as we move forward into 2024. To extend the financial gifts given, and ease our way into the new reality of meal costs, we are raising the lunch price by \$1, effective January 10th. Meals in Debin Hall will be \$9, and to go meals will be \$10.

PLEASE NOTE: The increase in meal price does not change our desire to have everyone enjoy a great meal and fellowship on Wednesdays. Do NOT let the cost of meals keep you away! If you would like to join us for lunch and are unable to pay for lunch, please see Cindy. We want to include everyone, regardless of ability to pay.

Don't forget to make your reservations in advance! Especially now, an accurate number for our fabulous chef is very important.

Call 858-509-2587 to reserve OR to cancel if you find you cannot attend.

- **Jan 3:** CLOSED
- **Jan 10:** Musician Mark Mayville on Electric Guitar. Menu: New Year's Soup and Sandwich
- **Jan 17:** Adrienne Nims and Sheldon Rosenbaum present a Classical Music program with piano and woodwind. Menu: Chicken Marsala
- **Jan 24:** Iris Moné takes us on a global musical journey and we'll celebrate January Birthdays, thanks to sponsor: Senior Helpers. Menu: Risotto with Shrimp
- **Jan 31:** Mission Focus: Brad & Lisa. Learn about their training and refugee ministry in San Diego. Menu: Stir Fry
- **Feb 7:** Blue Zones: Discover & Discuss the Secrets to living well beyond 100. Menu: Lemon Chicken
- **Feb 14:** Lincoln Lives! Robert Bronski brings Abraham Lincoln to life. Valentin's Day Celebration and Ash Wednesday observed. Menu: Salmon
- **Feb 21:** Mission Focus: Community Serve Day - Janette Sheldon and Colleen Sters. Menu: Meatloaf & Mashers
- **Feb 28:** Enjoy the musical talents of Vincent Young and February Birthday celebration, thanks to sponsor: Belmont Senior Living. Menu: Spaghetti Casserole

WITH GRATITUDE

A HUGE THANK YOU goes to Del Mar Healthcare for their most generous gift that will help with our lunch program.

To our friends and colleagues in the area of Senior Care, Senior Living, Travel, Taxes and Safety...we thank you for your partnership and support.

To all the Mission Partners who've shared where they've seen God at work locally and around the world....and not only informing us, but inviting us to join in serving with you.

To Sue Grant, Cathy Tyre and Carol Floyd who keep the Feeling Fit Club moving, alive and well!

To Elizabeth, Sheila, Doug, Jose and the Facilities Team, and many others who support SBPC's Mature Adult Ministry and the Senior Center with their behind the scenes work...for which we'd be LOST without!

To Morgan and the Solana Beach Library, Chiuyee Ho and Carol Pletcher for all the support of the Book Club!

To Randy Malin for his many, many Covid Concerts online!

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WAYS TO STAY CONNECTED

Feeling Fit Club (FFC):

Sue Grant happily leads the Feeling Fit Club each Monday and Wednesday from 8:30-9:30 am. **The FFC classes will meet via Zoom only until further notice.** You are welcome to participate on one 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, and updates on the FFC classes please contact Cathy at 858-342-9716.

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 at 10 am to see who's playing what and join right in. Knitters & Crocheters are warmly welcome, too! Join the crafter group in Debin Hall as well for a time of handwork & chatting. We'll set up the tables, and provide most games/ craft supplies, you provide the fun! All these groups end at 11:20 to settle in for the program at 11:30 sharp!

Music Appreciation:

Do you have a love for fine music, then this is for you! Join our favorite Senior Center music man, Randy Malin, as he shares his love of music with followers via email. If you would like to be included in The Music Appreciation Concert series please call 858-509-2587 to get connected.

Book Club:

The Book Club is booming and there's room for you! Enjoy reading and sharing your literary thoughts with friends. Everyone is welcome! Please see pages 8 & 9 for specific details.

Silver Age Yoga:

It's going GREAT! It's open to all! Instructor, Elizabeth Young, is leading the Silver Age Yoga class in Debin Hall's lower level, Room 16, from 11 am- noon 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. NOTE: No class Jan. 5.

Ginny's Sewing Fellowship:

Do you like to sew? This group of lovely gals meets 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 Cindy or Elizabeth at 858-509-2587.

Kingdom Builder Foundation Changing Lives Through Faith in Action

Kingdom Builder Foundation completed its fall 2023 granting cycle, granting just over \$70,000 dollars to 9 grantees. This granting was made possible by the faithful legacy giving of members and friends of Solana Beach Presbyterian Church (SBPC).

Ministries that received grant funding this fall include:

COMPA Campus Outreach Tijuana (Mexico) - SBPC Missionary Alejandra Ortiz has received a scholarship to pursue a PhD at the Oxford Center for Mission Studies. This grant provides assistance with relocation costs for her and her family from Tijuana to Oxford, UK so she can pursue these studies.

Foster Hope Ministry (San Diego) - This grant will procure 300 Christian gratitude journals created by former foster youth Irene Ekdahl so that she can promote them to 25-40 churches throughout the San Diego County area as well as use them in her mentoring of foster youth in group homes.

Mission Flight (Mexico) - Provides three medical and dental clinics over 2024 to the remote Huichol Indians in Mexico, an unreached people group.

One Collective (Kenya) - Training, Empowering, and Facilities Development to rehabilitate accommodations at the Matumaini Rehabilitation Center for disabled children.

Pathways to Citizenship (Solana Beach) "Love the Stranger: Serve 20% more immigrants". Pathways' Love the Stranger Legal Expansion project will address the urgent need for low-cost and pro bono legal immigration services in San Diego County by accrediting an additional DOJ representative and cross-training volunteer attorneys and legal interns to represent and assist qualified, low-income immigrants and refugees.

South Sudanese Presbyterian Fellowship (San Diego) - This grant funds a Bible Study for the Youth/Children Ministry and Women Ministry.

Urban Life Ministries, Inc. (City Heights) - *UrbanLife College Achievement Network* Funding will provide after-school tutoring, English Language Development (ELD), and college admissions guidance for 250 Low-to-Moderate Income (LMI) students in City Heights.

United World Mission (SBPC Missionary- Kathy Saracoff) (Mexico) - Funding Latin American Mission for a ministry retreat and a vehicle for the Carretas Community Center.

Young Life (La Mesa) Seed funding to help launch a Next Generation Leader candidate for the teen mothers ministry or ministry to kids in crisis with their two year training program.



For more information about how Kingdom Builder Foundation grants are helping change lives and how you can be a part of that story, please visit our website at kbfoundation.org, or reach out to our Executive Director, Ericka Southcombe at (858) 699-5155 or ericka@kbfoundation.org.



The Book Club is enjoying another season
of great literature and discussions with friends.
Everyone is Welcome to Join!

**The Book Club meet on the 2nd Wednesdays
of the month at 1:15 pm in Room 15.**

January Discussion: *The Revolutionary Samuel Adams* by Stacy Schiff

This "glorious" revelatory biography from a Pulitzer Prize winner is about the most essential Founding Father (Ron Chernow) - the one who stood behind the change in thinking that produced the American Revolution.

Copies of *The Revolutionary Samuel Adams* are available at the Senior Center office and will be discussed on Wednesday, January 10th at 1:15 pm in Room 15.

**February Discussion: *The Book Woman of Troublesome Creek*
by Kim Michele Richardson**

The Book Woman of Troublesome Creek is a 2019 novel. The story is a fictionalized account of real subjects in the history of eastern Kentucky. Cussy Mary is a "Book Woman" — one of the Packhorse Librarians who delivered books to remote areas of the Appalachian Mountains during the Great Depression, from 1935 to 1943, as part of President Franklin D. Roosevelt's Works Progress Administration (WPA) program. Cussy Mary is also a "Blue" - the last of a line of blue-skinned people, whose skin appears the unusual shade due to a rare genetic disorder. As a Book Woman, Cussy Mary is highly regarded, but as a Blue, she is feared and reviled, and experiences racism, discrimination and violence.

Copies of *The Book Woman of Troublesome Creek* are available at the Senior Center office and will be discussed on Wednesday, February 13th at 1:15 pm in Room 15.

Questions? Or interest in joining the book club.
Contact Carol Pletcher at 858-248-3528 / pletcher.carol@gmail.com.



SPECIAL NOTES

Our Book Club membership is growing! The wonderful Solana Beach Library staff is challenged to find enough copies of the requested books to meet our group's need. To ensure you get a copy of the book each month, please consider the following:

- The library system will no longer purchase audio discs.
- Large print books will be sourced if the library has them.
- Please activate your LIBBY online library card. We've learned that both audio and printed books can be downloaded. If you have questions about LIBBY, please contact the library staff for assistance.
- Consider purchasing a used copy of the upcoming books. A complete list of the Book Club's selection is available at the Senior Center office.

Books don't just go with you, they take you where you've never been.

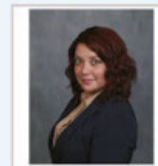


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- * Prescription drug services * Customer service
- * Member satisfaction



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Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers



Some funnies for you...

- Last year, I was able to keep all of my new Year's resolutions...tucked away in a journal. Ha-ha!
- Youth is when you're allowed to stay up late on New Years Eve. Middle age is when you're forced to. Tee-he!
- What is a New Year's resolution? Something that goes in one year and out the other. Yuck! Yuck! Yuck!

New Year? I just got used to this last one!
Anyone else with me here?

COMPASSION INTERNATIONAL - STEPHANIE UPDATE

Did you know...

- El Salvador is the smallest and most densely populated country in Central America.
- It is known as the "Land of Volcanoes" due to its impressive number of volcanoes.
- They adopted the U.S. dollar as their official currency in 2001.
- Pupusas, a traditional Salvadoran dish, are a significant part of the country's cuisine.
- The country has a rich Mayan heritage and is home to several important archaeological sites.

Known for its amazing sunsets and diverse ecology, El Salvador has been steadily recovering from its 12-year civil war in the 1980s. Food shortages and a lack of educational opportunities plague its people. Compassion-assisted children experience these realities daily. But at the Compassion center, there is hope.

El Salvador Stats

POPULATION: 6,568,745
 50% Roman Catholic
 36% Protestant
 14% Other or none

70,788
 CHILDREN
 SERVED

270
 CHURCHES
 SERVING

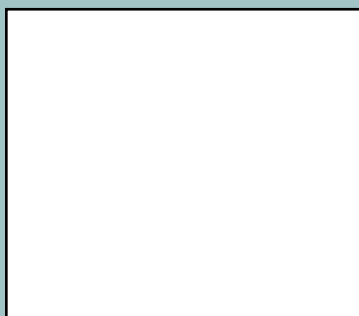
46
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 SERVING
 EL SALVADOR



Please continue to pray for Stephanie and her family.
 If you would like to make a financial donation, please
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TRIPS



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

Lamb's Players Back Stage Costume Tour

Join us for an inside, up close, and personal glimpse behind the scene. See what really goes in to making the cast and the performance shine.



DATE: Thursday, January 18, 2024

COST: \$10.00, Includes entrance & transportation. *No host lunch after the tour.

DEPARTURE TIME: 9:00 am **RETURN TIME:** By 2:00 pm

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

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



Intimate Apparel By Lynn Nottage

Two-time Pulitzer Prize-winning dramatist Lynn Nottage has stitched together a powerful tale with an array of characters whose intertwining relationships are told with humor, heartbreak, and resiliency. In this deeply affecting story, we are taken into the world of a lonely, talented Black seamstress, living in a Manhattan boardinghouse in 1905 but dreaming of a more fulfilling life. This enduring favorite has enthralled, entertained, and touched audiences around the country.

A powerful American story!

DATE: Sunday, January 28, 2024

COST: \$52.00, Includes ticket.

TIME: 2:00 pm Showing

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

NOTE: *Meeting at North Coast Repertory Theater

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



**TERI Campus of Life
Training, Education, and Resource Institute**

Come along with us and enjoy a center tour and lunch at TERI Common Grounds Café & Coffee Bar.

TERI strives to improve the quality of life for children and adults with developmental and learning disabilities along with educating and positively reinforcing a better public view in the community.

DATE: Thursday, February 1, 2024

COST: \$15.00 - Includes transportation. No host lunch at TERI

DEPARTURE TIME: 9:45 am **RETURN:** By 2 pm

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

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



**Aerospace Museum Balboa Park
Docent Tour**

Join us on this exclusive adventure!

We will experience an in depth museum visit with a docent led tour of an iconic San Diego landmark.

DATE: Thursday, February 15, 2024

COST: \$ 25.00 - Includes transportation & museum entrance.

*No host lunch at the San Diego Chicken Pie Shop.

DEPARTURE TIME: 9:15 am **RETURN:** By 2:30 pm

ACTIVITY LEVEL: 5 (standing, walking, sitting, and a few stairs)

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



REPOSITIONING COASTAL CRUISE

San Diego to Vancouver, BC on
Holland America's Nieuw Amsterdam

DATE: April 23-28, 2024

Get your passport and join us on a 5-day cruise to Vancouver. Enjoy a day in Astoria and Victoria along with all the amenities, fun, food and fellowship on this luxurious cruise ship. Fly or train home from Seattle at your leisure.

Or, to reserve your space on this amazing adventure, contact "Pack" Packard at Vacations to Go: 800-338-4962 x 7231. Group account number: TNW

*For those who have registered for this trip please join us on Wednesday, January 31st for a pre-trip gathering when you'll meet some of the others going on the cruise. Bring any questions and make plans to enjoy a great trip! We'll get together at 1pm in Room 15, lower level of Debin Hall.

MORE INFORMATION call Cindy 858-509-2580 x 1400

SENIOR RESOURCES

Del Mar Community Connections: Del Mar Community Connections (DMCC) mission is to help and serve the senior population of Del Mar so that they may age independently and vibrantly in their homes. They offer numerous social, cultural, health, and educational activities. DMCC also provides alternative transportation options to help the community thrive. More Info: (858) 792-7565.

Solana Beach Community Connections: Solana Beach Community Connections (SBCC) is a volunteer-driven, nonprofit organization providing information, resources, programs and services that help our maturing residents live safely, vibrantly, and independently in their own community. SBCC is committed to support the Solana Beach senior population. For more information visit their website at www.solanabeachcc.org or info@solanabeachcc.org.

Jewish Family Services (JFS): JFS provides essential services to people regardless of religion, race, color, ethnicity, national origin, ability, gender identity/expression, or sexual orientation. Services for older adults include transportation. The *On the Go* Program has a dedicated team of volunteers who show up to drive you where you need to go – whether to the doctor, the grocery store, or lunch with friends. More than a ride, *On the Go* is about fueling the sense of connection, independence, and mobility that defines *aging well*. For more information call JFS at (858) 637-3210.

SENIOR RESOURCES

AARP Tax-Aid Assistance

Under the auspices of the AARP Tax-Aide program, income tax assistance and tax form preparation for 2023 Federal and California Returns are being offered from Wednesday, February 7th until Wednesday, April 10. This tax preparation service is available to low and middle income taxpayers, with the primary focus being on those who are 60 and older.

Assistance is on a **“First Come, First Serve...no appointment needed system”** on Wednesdays (9am to 1pm) at Solana Beach Presbyterian Church in Room 15. The AARP Tax-Aide is FREE.

Free Lift Assistance

Have you or a loved one ever fallen and needed a little help getting up? Help is available through a community service known as “Lift Assist.” This non-emergency service is available through most of North County (excludes Escondido & Camp Pendleton) by calling 858-756-1126. Note, the number when called will be answered by emergency dispatch who will help you activate this service.

San Diego Elder Care Directory

The Elder Care Directory is a publication of the San Diego Union Tribune and is updated on a regular basis. It provides information on services available to and of interest to seniors including housing, in-home solutions, nutrition services, health care, caregiving information, mental health services, financial matters, equipment and services for special needs, insurance, transportation, and end of life issues. To view online - [sanhttps://www.sandiegouniontribune.com/eldercare-directory](https://www.sandiegouniontribune.com/eldercare-directory).



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- Full-Time with benefits
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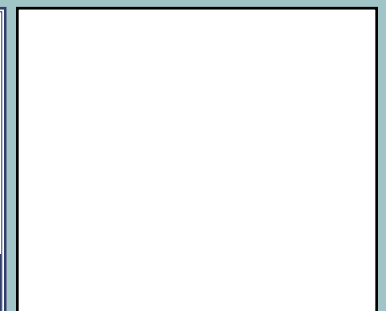
Contact us at careers@4lpi.com or www.4lpi.com/careers



KINGDOM BUILDER FOUNDATION

Will it matter that you were here?

KBFoundation.org



CELEBRATIONS

Let's be sure to celebrate our Senior Center friends!



JANUARY BIRTHDAYS:

Mary Ballin, Barbara Conjonte, Carol Crines, Aida Davies, Betty Ertefai, Dick Freeland, Renate Hausmann, Arlene Hodges-Layl, Garo Hovanessian, Lousin Hovanessian, Pat Leverett, Kathalijn Nelson, Barbara Phillips, Becky Sparks, Patricia Straight, Marcia Walthers

Birthday Sponsor: Senior Helpers

FEBRUARY BIRTHDAYS:

Fred Bruns, Dawne Dickinson, Eleanor Firkser, Diane Hardison, Barbara Jenkins-Lee, Elaine Jensvold, Gene Karnes, Jane Morton, Betsy Penberth, Cheryl Rodzach, Ann Sandstrom, Patricia Sarkar, Pam Sonthalia, Trudy Synodis, Karen Sullivan, Glory Tsung, Cathy Tyre

Birthday Sponsor: Belmont Senior Living



Solana Beach Community Senior Center
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858-509-2587 ~ solanabeach.church

Cindy@solanapres.org / Elizabeth@solanapres.org

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