

encore

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FELLOWSHIP AND ENRICHMENT
FOR THE MATURE ADULT COMMUNITY

MAY / JUNE 2026

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MATURE ADULT EVENTS

Memory Café Special Event ~ May 1

- Musician David Topham, 10 am, Ministry Center Hall

New Day Packing Party ~ May 6

- Mature Adult Center, 11:30 am

National Day of Prayer ~ May 7



Book Club Special Event ~ May 22

- Hamilton Movie, 12:30 - 2:30 pm, Ministry Center Hall

NOTE: The Book Club's last literary meeting for the 2025-2026 season will be on June 3rd at 1:15 in RM 16.

Mature Adult Center Season Finale ~ June 3

- Be sure to join us for the last MAC event together until September 2nd.

SBPC Spring Choir Concert ~ June 7

- FREE Concert, 2 pm Performance, SBPC Sanctuary

SBPC - PARTY ON THE PATIO

Celebrate our community in an All - Ages Party on the Patio

Fellowship, Friends, & Free Food!
Join in the festivities after 10 am worship.
Reservations are not needed.

Everyone is Welcome!

DATE: Sunday, May 17th

PLACE: SBPC Outdoor Patio

TIME: 11:15 am - 1:00 pm



Mature Adult Center Mission Statement:

With the love of Christ we strive to provide excellent resources, meaningful personal relationships, fulfilling volunteer and growth opportunities for aging well.

NOTES FROM THE DIRECTOR



As another season at the Mature Adult Center comes to a close, I am looking back with feelings of awe, wonder and gratitude.

We've laughed and learned together, we've celebrated and grieved together, we've served and received together...in so many different ways throughout the year.

I am deeply grateful for each and every day, and each and every one of you! And I'm looking FORWARD to a fun-filled summer and a brand new season which begins on Wednesday, September 2nd.

One of the greatest attributes of the Mature Adult Center is the COMMUNITY it offers.

We can see longtime friends and meet new people each week, or even more often, during the year. Before we wind down for the summer, I hope each of you will make a firm commitment to stay connected with at least a friend or two so that we can maintain the blessings that being in COMMUNITY brings. Don't be shy! Be the first to reach out and call a friend.

Please plan to join us for any of the classes, trips and special events we're planning for the summer. If you're new to the area or don't have a church home, you're warmly invited to join us for worship at 10 am on Sundays at SBPC – YOU are welcome here! And don't forget that while Elizabeth and I will be taking some time away with our families, we'll have coverage in the office for most of the summer months and would love to hear from you!

Looking forward to staying connected,
Cindy

Meet the newest member of the family! A BRAND NEW Honda Odyssey Van! Our HUGE and heartfelt thanks to the generous and gracious donor whose gift enabled us to purchase this safe, easy access, smooth ride vehicle so that we can continue to "move people" in Mature Adult Ministry at SBPC.



**Thank you, Thank you,
Thank you!**

WAYS TO STAY CONNECTED



Join us every 1st and 3rd Fridays from 10-11:30 am
at SBPC in Room 103. Located in Parking lot #3.

No need to register for this program.

Everyone is welcome and the door is open!

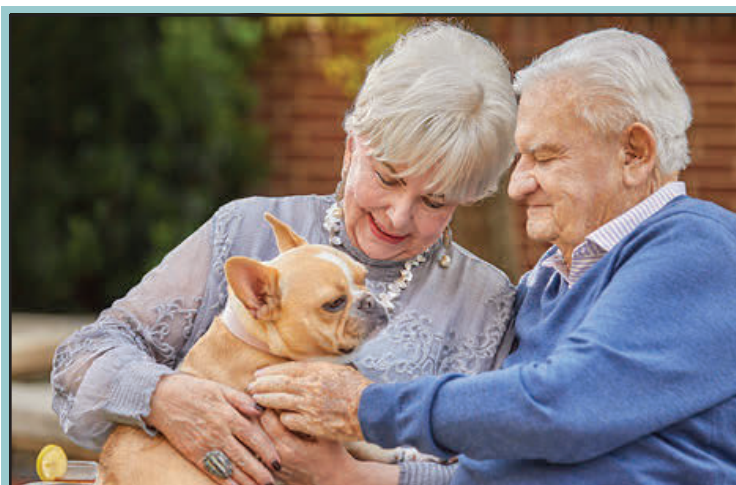
Come get connected and keep your brain active!

The Memory Café is an enjoyable gathering for
older adults to socialize, learn about keeping their
brains healthy, and have some fun!

Questions? Call the Mature Adult office at 858-509-2587.

NOTE: The Memory Café will continue to meet over the summer even though the
Mature Adult Center 2025-'26 membership season ends June 3rd.
The next MAC membership season will kick-off on September 2, 2026.

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Solana Beach Mature Adult Center, Solana Beach, CA

05-0630

WAYS TO STAY CONNECTED

Mature Adult Center Programs

- 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.** 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 Donna at 858-342-0981.

- Silver Age Yoga:



Open to all! Instructors, Elizabeth Young and Terri Rucker are co-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 mature adults 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 yoga on June 19th, and no yoga for the month of July. Yoga will resume August 7.**

- Ginny's Sewing Fellowship:



Do you like to sew? This group of lovely gals meets at 10 am on the 1st and 3rd Tuesdays 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 the Mature Adult office at 858-509-2587. **Note: Not meeting in June & July. Resuming schedule in August.**

- Knitters & Crochet Club:



Knitting and crocheting are ideal activities for maintaining dexterity and mental sharpness while enjoying time with friends. This closely knit group meets at 10 am on Wednesdays in Debin Hall. Everyone is welcome to come knit, crochet and chat for awhile! **Note: No group June 10 thru September 2nd. Schedule will resume on September 9th.**

- 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 page 10-11 for specific details. **Note: No Book Club in July & August. Resuming schedule in September.**

- Get a Dose of GOOD News!



Frank and Toni Wong lead a discussion group featuring only Good News to brighten and enrich our lives. Mark your calendars for the 2nd & 4th Wednesdays, at 10:15 am in Debin Hall. Check out Good News Network at goodnewsnetwork.org or bring a good news item to share. Everyone is welcome! **Note: No group June 3rd - September 2nd. Meeting again on September 9th.**

- Basic Tech Support:



Are you baffled by apps, or need some basic computer guidance? Christopher Slate, Library Technician with the Solana Beach Library, will be at the Mature Adult Center offering basic tech support on the 1st & 3rd Wednesdays of each month from 1:15 - 2 pm in Debin Hall. No appointment is necessary. **Note: No Basic Tech support after June 3rd through August.**

WAYS TO STAY CONNECTED

Biblical Exploration in the Holy Land via Armchair Travel

Join Pat Kellenbarger on Wednesday, May 20th as she hosts an armchair travel featuring inspiring and educational archeological discoveries in the Holy Land.

The video series, hosted by David Nunn, brings the ancient text to life and enables us to walk where Jesus and his disciples walked, via color filming and expert narration.

Everyone is welcome! No passports needed!

The armchair travel experience will meet in Debin Hall, Room 16 at 10 am. There's no fee. Plan to arrive a few minutes early and get refreshments upstairs in the Mature Adult Center before settling in for the adventure downstairs.



DATE: Wednesday, May 20, 2026

LOCATION: Lower level Debin Hall, Room 16

TIME: 10 am - 11:20 am

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Solana Beach Mature Adult Center, Solana Beach, CA

05-0630

WAYS TO STAY CONNECTED



The Solana Beach **MATURE ADULT CENTER** Wednesday Programs and Lunch

The Mature Adult Center opens on Wednesdays at 9:30 am for Activities, Fellowship and Fun.

Enjoy a great program and a delicious meal each week in Debin Hall. Programs begin at 11:30 am and feature some of the most amazing speakers and best musical talents around town. Lunch follows and is served at 12:15 pm. The cost for lunch is \$10.00 (or \$11 for to-go meals).

Reservations are needed one week in advance and can be made by calling 858-509-2587.

Don't let finances keep you away! Special funds are available for you or someone you may know who needs assistance. Please call Cindy at 858-509-2587.

-
- **May 6:** Mission Focus ~ New Day Ministries - "Packing Party."
Menu: Pulled Pork Sandwiches. (RSVP by 05/01/2026)
 - **May 13:** Walt Whitman - An American Poet Immortalized.
Menu: Tuna Cakes. (RSVP by 05/08/2026)
 - **May 20:** Celebrate May B-Days with Singer Margo Sky.
Menu: Chicken Salad. (RSVP by 05/15/2026)
Birthday Sponsor: Bayshire Torrey Pines Senior Living.
 - **May 27:** Hamlet's Guide to Happiness by Rob Crisell.
Menu: Memorial Day Picnic. (RSVP by 05/22/2026)
 - **June 3:** Join us as we end another amazing Mature Adult Center membership season. We'll Celebrate June and July Birthdays and enjoy a Hawaiian luau lunch featuring Tahitian dancers. (RSVP by 05/29/2026)
Birthday Sponsor: Belmont Senior Living Cardiff.

WAYS TO STAY CONNECTED



Cindy and Elizabeth will both be taking some much needed time away this summer. Time spent with family, and time spent revamping the Mature Adult Center (MAC) programs for the 2026-2027 membership season.

With that said, even with the Mature Adult Center set to close for much of June, and all of July & August, we are working on summer plans now to help keep our MAC folks connected - including an up-to-date *Member Directory, Clay Classes, Padres Game, Wine Tasting at the Belmont Village Cardiff, Lamb's Players & more! Watch for summer event details in the July/Aug Encore.

*Membership directories will be available to MAC members on May 27 & June 3rd. Be sure to get your copy! *Please let us know asap if you do not want your contact information listed* - 858-509-2587 or Elizabeth@solanapres.org.

NOTE: If you find a need to contact the Mature Adult Center office over the summer - 858-509-2587. Please leave a detailed message and understand we will get back to you as soon as possible. If you feel you need immediate assistance, please contact the SBPC church office 858-509-2580.

COMPASSION INTERNATIONAL - Stephanie Update

How does Compassion work?

Through child sponsorship, Compassion equips over 8,000 local churches in 29 countries to know, love and protect vulnerable children living in their communities.

With the support of these churches and loving sponsors, such as the Mature Adult Center, we provide for each child's right-now and long-term needs, from medical care to education.

As their needs are met, children are empowered to escape poverty and become change makers, transforming their families, communities and nations.

MAC has sponsored Stephanie Yamileth since March 2017. Over this time your prayers, love and support have provided Stephanie and her family an opportunity to grown in Christ and a way to better their living circumstances. Thank you!

If you would like to make a donation on Stephanie's behalf, please contact the Mature Adult office at 858-509-2587. Monthly support through Compassion International is \$43.00.





God's Masterpiece ~ Mothers!

God took the fragrance of a flower,
The majesty of a tree,
The gentleness of morning dew,
The calm of a quiet sea.

The beauty of the twilight hour,
The soul of a starry night,
The laughter of a rippling brook,
The grace of a bird in flight.

Then God fashioned from these things,
A creation like no other,
And when his masterpiece was through,
He called it simply - Mother.

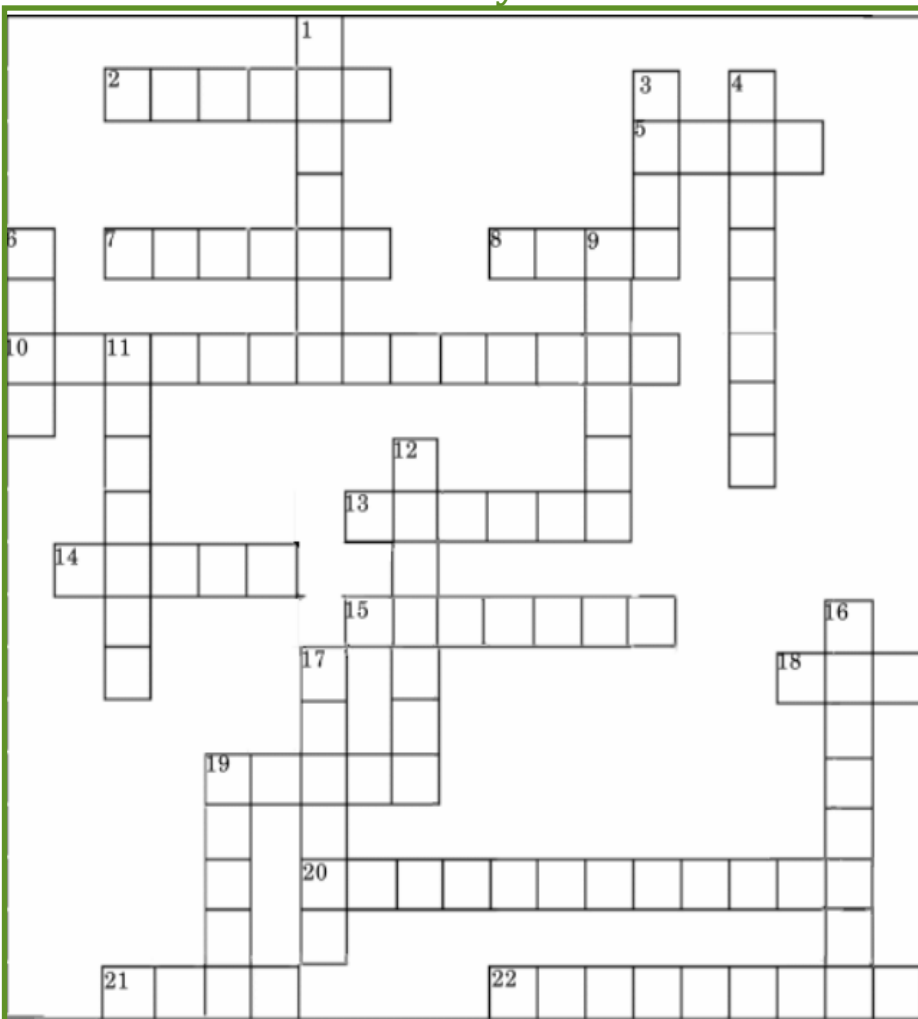
- Herbert Farnham

What Makes A Dad?

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea...
The patience of eternity,
The depth of a family need,
Then God combined these qualities.
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad.

- Unknown

Mother's & Father's Day Deluxe Crossword



ACROSS

- 2 Related group
- 5 Do as told to do
- 7 Evening meal
- 8 Where you live
- 10 Held accountable
- 13 Dad
- 14 Hold in high regard
- 15 Value worth of another
- 18 Wrap arms around another
- 19 DNA
- 20 Gratitude
- 21 Peck on cheek
- 22 Basic personality traits

DOWN

- 1 Roses or daisies
- 3 More than like
- 4 Family history
- 6 Note expressing thoughts
- 9 Mom
- 11 Help or assistance
- 12 Your folks
- 16 Points the way
- 17 Day after Saturday
- 19 Presents

ANSWERS: 1.Flowers 2.Family 3.Love
4.Heritage 5.Obey 6.Card 7.Dinner
8.Home 9.Mother 10.Responsibility
11.Support 12.Parents 13.Father
14.Honor 15.Respect 16.Guidance
17.Sunday 18.Hug 19.Genes
20.Appreciation 21.Kiss 22.Character

EXTENDED TRIP

September 21–October 2, 2026 C.S. Lewis & Other Gifts of the British Isles



Hosted by SBPC's Mark & Lori Vermaire

Delve into the beautiful and fascinating world and words of C.S. Lewis, the gifted and prolific author. Along the way, explore places associated with other famous literary figures, including J.R.R. Tolkien, Jane Austen, and Charles Dickens.

Our adventure begins in dynamic Belfast, Northern Ireland, the birthplace of C.S. Lewis, and along the Antrim Coast, where his family vacationed. We'll continue to England, where he was educated and spent much of his adult life. During our travels, retired pastor and Lewis expert Mark Vermaire will help us see how Lewis' stories enchant, intrigue, and prod us to consider our own faith and life. We'll stroll through the charming university cities of Bath, Oxford, and Cambridge; stand in awe of the Giant's Causeway and ancient Stonehenge; take in the rolling hills and picturesque stone villages of the Cotswolds; and delight in the vibrancy and elegance of London.



For more information or to receive a detailed flyer of this amazing excursion with Witte Spiritual Journeys, please contact Mark & Lori Vermaire (760) 522-2750 or markvermaire@gmail.com.

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BOOK CLUB

If you love to read, want to keep your mind sharp,
and extend your social circle;
the Book Club is the place to be.



The Book Club meets on the 2nd Wednesday
of the month at 1:15 pm in Room 15.

BOOK CLUB

Everyone is Welcome!

May Discussion: *The Frozen River* by Ariel Lawhon

Goodreads Choice Award / Nominee for Reader's Favorite Historical Fiction (2024)

Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community. Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen - one of whom has now been found dead in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own.

Over the course of one winter, as the trial nears, and whispers and prejudices mount, Martha doggedly pursues the truth. Her diary soon lands at the center of the scandal, implicating those she loves, and compelling Martha to decide where her own loyalties lie.

Copies of *The Frozen River* are available at the Mature Adult Center (MAC) or via Libby on your reading device. To reserve/pick up a copy from MAC call 858-509-2587. The book discussion is on Wednesday, May 13th at 1:15 pm in Room 16.



June Discussion: *Hamlet* by William Shakespeare

The Tragedy of Hamlet, Prince of Denmark, often shortened to Hamlet, is a tragedy written by William Shakespeare sometime between 1599 and 1601. The story is set in Denmark and is considered one of the most powerful and influential tragedies in the English language. The story has had seemingly endless retelling and adaptation by others and is widely considered one of the greatest plays of all times.

Hamlet Summary:

The ghost of the King of Denmark tells his son Hamlet to avenge his murder by killing the new king, Hamlet's uncle. Hamlet feigns madness, contemplates life and death, and seeks revenge. His uncle, fearing for his life, also devises plots to kill Hamlet. The play concludes with a duel. To find out what happens next; you'll just have to read the book!



Copies of *Hamlet* will be available at the Mature Adult Center (MAC) or via Libby on your reading device. To reserve/pick up a copy from MAC call 858-509-2587. The last book discussion is on **Wednesday, June 3rd at 1:15 pm in Room 16.**

NOTE: The Book Club is taking a summer break and will return in September.

Questions? Or interest in joining the Book Club.
Contact Carol Pletcher at 858-248-3528
or pletcher.carol@gmail.com.



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<p>Gloria's Great Escapes</p> <p>At Gloria's Great Escapes we curate amazing experiences for our Clients, whether that is a Bucket List trip or arranging a Multi-Generational trip, we can create the unique experience you're looking for.</p> <p>Call us today at 310-430-0876 or email me at gloria@gloriasgreatescapes.com so we can start planning!</p>	<p><i>Medicare Advantage</i></p> <p>With all of the changes taking place in 2025, this is the best time to consult with a Medicare Advantage specialist, to ensure you're on the best plan.</p> <p>If you're turning 65, I can assist you in navigating many options available to you. Feel free to reach out to me at: 310-430-0876 emanelsoninsuranceservices@gmail.com</p> <p>Arrange a your Free/No Obligation Consultation.</p> <p><i>Gloria Emanuelson</i> LIC. # 4099504</p> 	 <p>JOIN WITH US!</p> <p>Regal Medical Group</p>  <p>Bridlewood Medicare Made Easy</p> <p>760-224-3894 MELISSA.MCINTYRE@BRIDLEWOOD.COM WWW.BRIDLEWOODINSURANCE.COM</p>

DAY TRIPS



Mature Adult 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



Mission San Luis Rey & Prince of Peace Abbey

Join us on this National Day of Prayer with an opportunity for prayer at two religious sites in North County. The day includes a self-guided audio tour at the Mission San Luis Rey, followed by a delicious lunch at the San Luis Rey Bakery & Restaurant, and end with a tour at the Prince of Peace Abbey, a Benedictine Monastery founded in 1958.

This will be a beautiful day of reflection & enlightenment. Everyone is welcome!

DATE: Thursday, May 7th, 2026

COST: \$30.00 - Includes transportation and tours.

No host lunch at the San Luis Rey Bakery and Restaurant.

DEPARTURE TIME: 10 am **RETURNING:** By 3:30 pm

ACTIVITY LEVEL: 8 (standing, walking, sitting and a few stairs)

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

Tour the Marine Corps Museum at MCRD, San Diego

“Oorah!” You won’t want to miss this docent led museum tour. We’ll gain valuable insight into the mechanics and history of the Marine Corps.

The museum provides an educational setting that portrays the legacy of the Marine Corps for the training of recruits and the continuing education of Marines, supports the recruiting effort, and serves as a bridge to the community.

DATE: Thursday, May 28, 2026

COST: \$20.00 - Includes transportation and museum entrance. No host lunch.

DEPARTURE TIME: 10:00 am **RETURN:** By 3 pm

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

*Reservation Deadline: May 20th

NOTE: Real ID or Passport required day of excursion.



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

SOLANA BEACH PRESBYTERIAN CHURCH SPRING CHOIR CONCERT



Enjoy an afternoon filled with beautiful music at SBPC. This choir concert will feature Michael John Trotta's "Seven Last Words" followed by a collection of resurrection anthems.

**You won't want to miss this spectacular musical event!
Invite your family and friends.
Everyone is welcome!**

DATE: Sunday, June 7, 2026
COST: Freewill offering
PLACE: SBPC Sanctuary
TIME: 2:00 PM Performance



Extraordinary Desserts & IMAX Wolves



Be sure to come hungry because our adventure starts with lunch & dessert at Extraordinary Desserts. Literally, you'll think you've died and gone to heaven when you see their menu, baked goods, pies and cakes.

Following lunch, we'll head to Balboa Park to take a short stroll around the fountain before heading in to watch a movie at the IMAX Dome Theater - Lost Wolves of Yellowstone.

This afternoon adventure won't be as sweet without you!



DATE: Thursday, June 18, 2026
COST: \$25.00 - Includes Imax and transportation.
No host lunch & dessert at Extraordinary Desserts.
TIME: 11:00 am **RETURNING:** Close to 4:30 pm
ACTIVITY LEVEL: 5 (standing, walking, sitting and a few stairs)

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

A Simple Guide to Planning for the Future

Estate planning isn't just about wealth; it's about clarity, care, and faithfulness. Whether your estate is large or modest, having a plan in place ensures your loved ones are protected and your values are carried forward.

If you already have a plan, consider reviewing and updating it every 3–5 years or after major life changes (marriage, children, retirement, relocation, etc.).

A complete plan often includes:

- A last will and testament and Revocable Living Trust (RLT): Who will receive your property, both physical and financial assets, after you pass away? Does a trust better serve your needs for avoiding probate and maintaining privacy?
- Beneficiary Designations: Have you planned for assets outside your will (such as a 401(k) or IRA) and allocated them to people or organizations you love?
- Pet trusts: Have you planned for who should care for my pet if you're no longer able to? Have you established funds they can use to care for them?
- Durable Financial Power of Attorney: Have you empowered someone you trust to make financial decisions on your behalf?
- Healthcare Directives: Have you specified healthcare wishes through a living will? Have you empowered a medical power of attorney to make decisions on your behalf? Have you specified medical orders?
- Life Insurance: Have you protected and provisioned for those who financially depend on you?
- End-of-life housing arrangements: Have you specified where you want to reside as you get older?
- Digital assets instructions: Have you preserved and protected all your accounts, and have you named a digital executor so someone can close them?
- Funeral and burial wishes: Have you specified your funeral wishes that align with your faith? Have you made your wishes known to ease stress and complications for your family?

A simple way to get started: Kingdom Builder Foundation partners with FreeWill, a secure online tool that allows you to create or update your will at no cost.

- Draft your plan in about 20 minutes
- Make updates anytime
- Print and finalize according to your state's requirements



To get started, you can scan the QR code above or visit FreeWill.com/KBFoundation. If your situation is more complex, you may choose to use your drafted document as a starting point for a conversation with an attorney. Additionally, you can visit FreeWill.com/AHCD to designate medical directives and FreeWill.com/POA to designate a financial power of attorney.

Planning is one of the most loving gifts you can give your family.
It brings peace of mind today and clarity for tomorrow.

To learn more about the Kingdom Builder Foundation, please visit us at kbfoundation.org or by calling 858-699-5155.

MATURE ADULT RESOURCES

Important Numbers for Mature Adult Services & Referral Information

Dial 211 - The 211 information hotline is a free, confidential service that connects people with local resources and services, including those related to food, housing, health, and employment assistance, available in multiple languages.

Aging and Independence Services:

(800) 339-4661

Alzheimer's Association San Diego Chapter:

(800) 272-3900

Del Mar Community Connections:

(858) 792-7565

ElderHelp HomeShare:

(619) 284-9281

Elder Law:

(858) 565-1392 (ext.200)

Encinitas Community & Senior Center:

(760) 633-2600

Free Lift Assistance:

(858) 756-1126

HICAP (Health Insurance Counseling & Advocacy):

(858) 565-1392

Meals on Wheels San Diego County:

(619) 260-6110

Solana Beach Community Connections - <https://www.solanabeachcc.org/>

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CELEBRATIONS

Let's remember to celebrate our Mature Adult Friends!



MAY BIRTHDAYS:

Mary Berend, Shirley Billingsley, Mary Jane Boyd, Janet Caulk, Esta Chambers, Larry English, Nancy Evans, Rita Good, Liz Hallin, Chris Harvey, Betty Kadar, Barbara Loskutoff, Onita Lynch, Debbie Lynn, GG Marshall, Angie Osborn, Ann Peter, Walt Stringer, Mark Vermaire, Frank Wong



Birthday Sponsor for May: Bayshire Torrey Pines Senior Living

JUNE BIRTHDAYS:

Carol Buuck, Sue Busby, Betty Eshelman, Janet Fox, Artene Johnson, JoAnn Keesee, Jeannette Landis, Bob Lane, Lois Martin, Nancy O'Connor, Kay Soderholm, Linda Wood, Cindy Wright

JULY BIRTHDAYS:

Elizabeth Arthur, Lynn Belleggie, Irene Brummett, James Callan, Michael Dalton, Pam Dalton, Dick Fjellman, Mary Forte, Patti Gascon, Jan Grossnickle, Karin Herrick, Richard Keesee, DeAnn Leatherman, Maureen Lucchesi, Mary Jane Macy, Ginny Maquet, Sandy Murphy, Carol Poole, Lauri Secrest, Ruth Simons, Barbara Sullivan, Barbara Woodward, Ani Zadikyan



Birthday Sponsor for June & July: Belmont Senior Living Cardiff

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Cindy@solanapres.org / Elizabeth@solanapres.org