

MAY / JUNE - 2023

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SPECIAL EVENTS

- **May 4 ~ National Day of Prayer**



- **May 26 - 28 ~ Come Build Hope**

Be a part of a team that builds homes and hope for at-risk families in Tijuana & Rosarito.



On site participation or support a project. For more information, call André Rocha at 858-509-2580 x 1204.

- **June 4 ~ SBPC Spring Choir Concert**

Featuring a diverse collection of anthems, guest string players & soloists.

This FREE event will be held in the SBPC Sanctuary at 4pm.

- **June 28 ~ Senior Center 2022- 2023 Season Grand Finale!**

Be sure to join us for the last Senior Center event together until September.

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.
Come be a part of it all!

Reservations are not needed.
Everyone is Welcome!

DATE: Sundays, May 21 & June 25, 2023

PLACE: SBPC Outdoor Patio

TIME: 11:15 am - 1:00 pm



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

Here we are, headed down the home stretch on another great year at the Senior Center! Elizabeth and I are working on plans for the summer....ways to stay connected and have fun after the Grand Finale on Wednesday, June 28th. We will of course give you all the details in the NEXT Encore....but for now, just plan on some summer fun!

While we're gearing up to slow down a bit this summer, I want to challenge you in several ways:

1. **Bring a friend!** We have two FREE lunches coming up in May and June. Why not introduce a friend who might like to engage in some fun, conversation, social connections and a great meal by Lara Pauley. Please make lunch reservations in advance so we can plan accordingly! (See page 4)
2. **Make a new friend.** Exchange phone numbers of someone you'd like to get to know better. Make a commitment to connect over the summer when the Senior Center is not having regular Wednesday activities. Start in May and June, just to practice!
3. **Just say Yes!** If you're a part of the Solana Beach Presbyterian Church family, but haven't become an "official" member, just say Yes! There are new member classes in May and June, both just a few hours (including lunch). It's quick, easy and a valuable next step in discipleship. See me if you have any question or want help getting signed up for the class.
4. **Don't wait.** What are you waiting for? I know I drag my feet on a long list of things. Pick just one thing you have been procrastinating about and take the plunge! Is it clearing out a closet? Looking at a new place to live? Signing up for an exercise class? Learning a new skill? Selling your car and starting an Uber fund? Becoming a volunteer in a new place? Writing your life story? Don't wait any longer. Take a step forward.
5. **160 Hat Challenge:** Do you knit or crochet? Can you make a stocking cap? Would you like to learn? Here's a very tangible challenge for you! Lesley Sagar spoke about Border Ministries in March. I asked how WE might help with the amazing work that is being done across the border in Tijuana. One response is stocking caps! What a blessing this would be to the 160 adults living in a "senior shelter" without much heat in the winter. We can get a jump start this summer for the needed 80 men and 80 women stocking caps. If you have yarn and a pattern, great! If you need yarn and a pattern, please let me know.
6. **Towels & Toiletries:** Pastor Chuy from El Regugio in Tijuana (the "Senior Shelter" we learned about in the Mission Focus in March) is in need of towels. They don't have to be new. Gently used, clean towels are great! There's also a great need for toothpaste, shampoo, soap, and shaving cream for the gentlemen. Any of these items can be dropped off at the Senior Center on Wednesdays and we'll happily get them to Lesley and then onto Pastor Chuy at El Refugio. Cleaning out your linen closet (challenge #4) might work beautifully here! I know it will for me!

Lastly, a word about lunch. Please don't let finances keep you (or anyone you know) away! I know finances can be very tight and I don't want the \$8 lunch price to stop anyone from attending. If a reduced rate, or a free lunch is what works in your budget, by all means, come! We've been blessed with grants from both the Kingdom Builder Foundation and Del Mar Healthcare, Inc. to help cover costs such as this. Note, lunch reservations are necessary 1 week in advance at 858-509-2587. Please see me if you have any questions.

Summer blessings,
Cindy



WAYS TO STAY CONNECTED

Sharp Mesa Vista – Mental Health Resources

Find out how Sharp Mesa Vista's Senior Intensive Outpatient Program can help treat older adults who are dealing with issues such as depression, anxiety, loneliness, and other mental health conditions.

Sharp's common goal is to help seniors overcome their challenges, build a sense of belongingness and connection, and empower them to lead meaningful and fulfilling lives.

If you are struggling with any of the issues mentioned or knows someone who does, please join us for an informational discussion presented by Sharp professional, Stacey Haywood.



DATE: Wednesday, May 31
TIME: 11:30 am to 12:15 pm
PLACE: Senior Center - Debin Hall

Note, this presentation is on a Senior Center Wednesday. If you are joining us for lunch after the program be sure to RSVP in advance by calling 858-509-2587.



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WAYS TO STAY CONNECTED



The Solana Beach Community Senior Center Wednesday Programs & Lunch

The Senior Center opens on Wednesdays at 10 am for fellowship and fun.

Our Wednesday Programs begin at 11:30 am and conclude at 12:15 pm.

Lara Pauley is catering our delicious meals which are served after the program.

The cost for lunch is \$8, or \$9 if you'd like an order to-go (packaging fee included).

Note: Please don't let finances keep you away! We have received generous grants to help cover costs. Questions? Call Cindy @ 858-509-2587.

Reservations for lunch are required one week in advance.

Call 858-509-2587 to reserve your lunch.

let's do
lunch

- **May 3:** “Suites & Treats” with Adrienne Nims. Menu: Glazed Chicken with Coconut Rice, Sautéed Vegetables, Egg Roll, and Dessert.
- **May 10:** Jazz & Classic Rock Guitarist Mark Mayville. Menu: Spaghetti Casserole, Salad, Garlic Bread, and Dessert.
- **May 17:** Acclaimed Singer/Guitarist Kathy Robbins & **Celebrate May Birthdays**. Menu: Brunch for Lunch. B-day Sponsor ~ Partner in Aging.
- **May 24:** SBPC’s Amazing Choir. Menu: Creamy Polenta with Pork & Spring Vegetable Ragout, and Dessert.
- **May 31:** Speaker Stacey Haywood - Mental Health Awareness. Menu: Grilled Burgers, Herb Potatoes, Fresh Corn and Zucchini Ribbon Salad, and Dessert. FREE lunch with advanced reservation!
- **June 7:** Enjoy the musical talents of Vincent Young. Menu: Lemon Chicken, Orzo with Vegetables, Salad, and Dessert.
- **June 14:** Chiuyee Ho - All About Tea! Menu: Grilled Fish, Watermelon & Blueberry Salad, Rice Pilaf, and Dessert.
- **June 21:** We’ll **Celebrate June/July Birthdays** with musician extraordinaire Peter Seltser. Menu: BBQ Beef Sandwich, Pasta Salad with Vegetables, Beans, and Dessert. B-day Sponsor ~ Belmont Senior Living.
- **June 28:** Enjoy the special vocal duo “Double Take”- Janet Hammer & Nathan Fry. Menu: End of Year Summer Kick-Off Grill. FREE lunch with advanced reservation!

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 Room 15, lower level Debin Hall.
Sponsored by George G. Glenner Alzheimer's Family Centers.

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



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

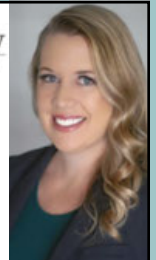
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WAYS TO STAY CONNECTED



Feeling Fit Club (FFC):

Sue Grant happily leads the Feeling Fit Club each Monday and Wednesday from 8:30-9:30 am on Zoom. FFC meets BOTH in person AND on Zoom on Wednesdays. The class will meet in the Fuel Room (in the Children's Ministry building directly across the patio from Debin Hall). This location provides both indoor and outdoor options as well as Wi-Fi for Zoom capabilities. **Monday classes will continue to 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, please contact Cathy at 858-342-9716.



Fun and Games & Fellowship:

Do you enjoy playing Hand and Foot, Canasta, Scrabble, Mahjong, or Bridge? How about Mexican Train Dominoes, Yahtzee or Rummikub? Games keep your mind sharp. You're invited to come on Wednesdays to Debin Hall from 10-11:20 am to see who's playing what and join right in. We'll set up the tables and provide most games, you provide the fun! Prefer a chance to just sit and meet new friends? Come and enjoy the fellowship around the table. The coffee pot is on!



The Music Appreciation Class:

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



Book Club:

Enjoy reading and sharing your literary thoughts with friends. Everyone is welcome! Please see pages 10 & 11 for specific details. Book Club meets May 10th and June 14th.



Ginny's Sewing Fellowship:

Do you like to sew? This group of lovely gals will meet at 10 am on the 1st and 3rd Tuesday of the month in Debin Hall's lower level, Room 16. Join in the fun and fellowship, and they often bring lunch to enjoy together afterwards. For more information on this sewing group please contact Cindy or Elizabeth at 858-509-2587.

Mother's Day Trivia

1. When was Mother's Day made an official U.S. holiday?

- A. 1908
- B. 1914
- C. 1966
- D. 1972

B. 1914

2. Who created the American tradition of Mother's Day?

- A. Susan B. Anthony
- B. Louisa May Alcott
- C. Anna Jarvis
- D. Florence Nightingale

C. Anna Jarvis

3. What is the official Mother's Day flower?

- A. Roses
- B. Tulips
- C. Carnations
- D. Lilies

C. Carnations

4. What's the record for most children born to one mother?

- A. 19
- B. 23
- C. 41
- D. 69

D. 69

Sunday, May 14, 2023



Father's Day Trivia

1. When is Father's Day celebrated?

- A. Second Sunday in June
- B. Third Sunday in June
- C. First Sunday that falls after the 20th of June

B. 3rd Sunday

2. Who founded Father's Day as a day to celebrate the child and father relationship?

- A. Sonora Dodd
- B. William Jackson Scott
- C. Raymond Weeks

A. Sonora Dodd

3. What is the most gifted present that fathers receive this day?

- A. Coffee mug
- B. Neck Tie
- C. Collar shirt

B. Neck Tie

4. What is considered the official Father's Day flower?

- A. Rose
- B. Carnation
- C. Sun Flower

A. Rose

Sunday, June 18, 2023

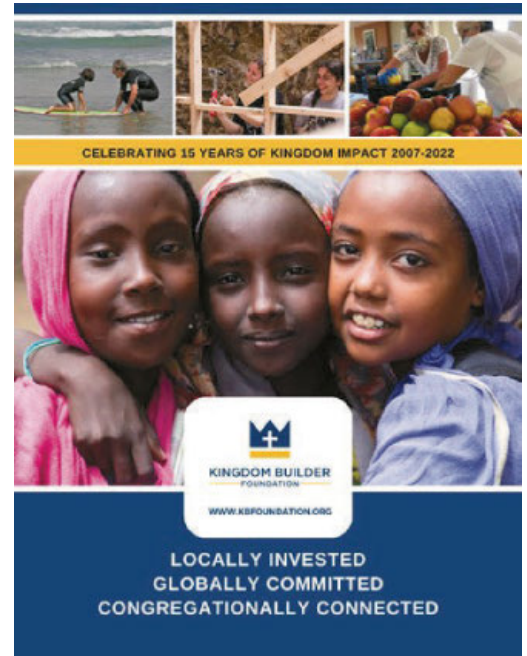


KINGDOM BUILDER UPDATE

Kingdom Builder Foundation Celebrates 15 Years

This year, the Kingdom Builder Foundation looks back on its first 15 years of service, a season marked by steady organizational development, increased grant making throughout the world, and rapid increase in the number of “legacy stewards” who’ve pledged a portion of their estates to the foundation for the purpose of advancing the Good News of Jesus, now and in perpetuity.

To commemorate this milestone, Kingdom Builder Foundation has created its first-ever seminal report, a celebration of many of the organization’s sixty-plus grantees, as well as some of the families whose gifts have made those grants possible. To date, KBF has distributed nearly \$2 million in financial support to 60 different Christ-centered causes both locally and in 18 countries throughout the world.



In the report, current board chair, Jeff Creighton, honors KBF’s founding vision to help “launch and grow Christ-focused ministries that reflect local investment, global commitment and an intimate connection to the membership of Solana Beach Presbyterian Church.”

If you would like to read the report, you can find it on the KBF website (kbfoundation.org), or you can request a copy by calling (858) 699-5155.

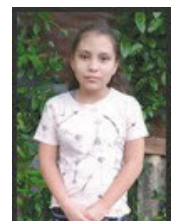


COMPASSION INTERNATIONAL - STEPHANIE UPDATE

Dear Friends,

We are happy to share with you that COVID-19 is no longer an active crisis to the children in our care! Centers are meeting entirely in person or using a hybrid model, depending on the needs of the community. Our church partners comply with their local governmental standards for gatherings. Some communities were affected longer than others, but all the regions we work in have slowly but surely been seeing improvement.

Stephanie Yamileth Campos Garcia
El Salvador
Senior Center Sponsored Child
Since March 10, 2017



Continued next page...

COMPASSION INTERNATIONAL - cont.

Let me be the first to say, "Thank you!" I can't begin to express just what your support means to Stephanie. I know it's easy to wonder how much of a difference you can really make in one child's life, but your faithfulness in giving through the pandemic demonstrated just how far one gift can go.

Your continuous support of Stephanie through the unknown was a constant reminder to them that they matter. That their life is significant, and there is hope for their future. Your giving enabled our church partners to deliver emergency supplies for hungry families during the pandemic. It helped equip our centers to conduct remote and hybrid learning, providing community to Stephanie during quarantine. You didn't just give an allotted amount each month — you gave a child in poverty safety and stability during a time when the world felt scary. So, from the bottom of my heart and on behalf of Stephanie, thank you.

Know that whatever obstacles Stephanie and their family face going forward, your support enables their church to come alongside them. This was true during the pandemic, and continues to be true today. Your support is helping Stephanie and her entire family deal with the long-term effects of COVID-19, and providing them with a space to recover and grow.

Thank you for your heart for Stephanie.

Steven Marble
Sr. Director of Supporter Care



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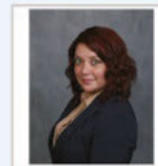


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Kaiser Permanente
Medicare specialist

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The Medicare Star Quality Rating System rates Medicare health plans based on major categories that include:

- * Preventive care * Chronic care
- * Prescription drug services * Customer service
- * Member satisfaction



Every year, Medicare evaluates plans based on a 5-Star rating system. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.

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The **Book Club** enjoys great literature and time spent discussing with friends.
Everyone is welcome to participate!



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

May Discussion: *The Lincoln Highway* by Amor Towles

Set in the 1950s, *The Lincoln Highway* is filled with nostalgia as well as the gentle naïveté and hijinks of those who are young, optimistic, and on a mission. The story follows four boys who set out to travel the country in search of a fresh start. Emmett and Billy want to find their mother who left them when they were young, and Duchess and Woolly are on the hunt for a stashed wad of cash.

Sometimes their dreams are aligned but often they are not. In other words, adventure ensues. There's train hopping and car stealing, and with that comes the inevitability of trouble sparked from both good and bad intentions.

Each of these young men is chasing his dreams, but their pasts - whether violent or sad - are never far behind.

A remarkable work of storytelling that is a 2021 favorite.

—Al Woodworth, *Amazon Editor*

The Lincoln Highway will be discussed on Wednesday, May 10
at 1:15 pm in Room 15.

June Discussion: *Lessons in Chemistry* by Bonnie Garmus



Meet Elizabeth Zott: “a gifted research chemist, absurdly self-assured and immune to social convention” (*The Washington Post*) in 1960s California whose career takes a detour when she becomes the unlikely star of a beloved TV cooking show.

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman.

But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality.

Continued next page...

BOOK CLUB cont...

Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudgeholder who falls in love with - of all things - her mind. True chemistry results.

But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*. Elizabeth's unusual approach to cooking ("combine one tablespoon acetic acid with a pinch of sodium chloride") proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook.

She's daring them to change the status quo.

"Laugh-out-loud funny, shrewdly observant, and studded with a dazzling cast of supporting characters, *Lessons in Chemistry* is as original and vibrant as its protagonist." (Stephen King, via Twitter)

Lessons in Chemistry will be discussed on Wednesday, June 14 at 1:15 pm in Room 15.

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



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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

San Diego Wild Animal Park Adventure

Mark your calendar for a fun-filled animal adventure. Especially those of you who purchased a Zoo / Wild Animal Park membership this past year.

Note: A Wild Animal Park ticket is additional and at your expense if you do not have a yearly pass or valid entrance into the park.

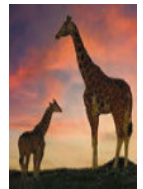
DATE: Thursday, May 18, 2023

COST: \$10.00 - Includes transportation. No host lunch at the park.

DEPARTURE TIME: 9:00 am **RETURN:** 3:00 pm

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

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



North Coast Repertory Theatre Presents

MURDER ON THE LINKS Written by Steve Dietz

Join us as we enjoy a rousing afternoon Murder Mystery. Something's afool and it is our mission to help solve one of Agatha Christie's most intricate whodunits.

DATE: Sunday, May 21, 2023

COST: \$46.00, Includes ticket. *Meet at NC theater.

SHOW TIME: 2 pm

ACTIVITY LEVEL: 4 (standing, walking, sitting, and a few stairs)



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

TRIPS

It's a boat! It's a bus! It's San Diego's only amphibious Sea and Land Adventure!



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DATE: Thursday, June 1, 2023 (Rescheduled from a rainy day in March!)

COST: \$50.00 - Includes transportation & Seal Tour. No host lunch at local restaurant.

DEPARTURE TIME: 8:30 am **RETURN:** By 2 pm

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

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



Japanese Friendship Garden San Diego

Experience tranquility and the beauty of nature on this excursion. The Japanese Friendship Garden includes meticulous stone designs, calming koi ponds, delightful water features, traditional architectural structures and breathtaking vistas.

Not only will you experience the garden's design aesthetics, you'll learn about its significance. The garden was created as an expression of friendship between San Diego and its Japanese sister city Yokohama which binds the two cultures to create a unique experience for visitors all over the world; over 240,000 people from across the United States and the world visit annually.

DATE: June 15, 2023

COST: \$20.00 - Includes transportation and admission. No host lunch at a local restaurant in Balboa Park.

DEPARTURE TIME: 9:30 am **RETURN:** 3:00 pm

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

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

SENIOR RESOURCES ~ SBPC

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!

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.

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.

Partner in Aging is a service based in San Diego County connecting older adults and their families to the most suitable support services and most reliable resources for all aspects of aging. They value treating clients with compassion and strategically customize their recommendations to help YOU age well and live your best life. For information/support call 858-480-1453 or view www.PartnerInAging.com.

SENIOR RESOURCES

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.

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.

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 know 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.

  <p>Our senior living services are about the whole YOU.</p> <p>Please call to schedule a personalized tour and see how <i>a little help can make a big difference.</i></p> <p>LA VIDA DEL MAR</p> <p>CARF-ACCREDITED INDEPENDENT & ASSISTED LIVING</p> <p>850 Del Mar Downs Road • Solana Beach • 858.345.4127</p> <p>LaVidaDelMar.com</p> <p>RCFE# 374602832</p>	<p>Personal service to assist YOU with ALL your Real Estate needs.</p> <p>valerietuck.agent.bhhsocalifornia.com/agent-home</p>  <p>I'LL GO THE EXTRA MILE TO MAKE YOUR MOVE AS EASY AND SEAMLESS AS POSSIBLE.</p> <p>Valerie Tuck -- REALTOR 858-353-3377 DRE#01947055</p> <p>BERKSHIRE HATHAWAY HOMESERVICES CALIFORNIA PROPERTIES</p>	 <p>BERKSHIRE HATHAWAY HomeServices California Properties OPEN HOUSE Valerie Tuck 858-353-3377</p>
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<p>WE'RE HIRING!</p> <p>AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none">• Paid training • Some travel• Work-life balance• Full-Time with benefits• Serve your community	 <p>Contact us at careers@4lpi.com or www.4lpi.com/careers</p>
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<p>NEVER MISS OUR NEWSLETTER!</p> <p>SUBSCRIBE</p> <p>Have our newsletter emailed to you.</p> <p>Visit www.mycommunityonline.com</p>	
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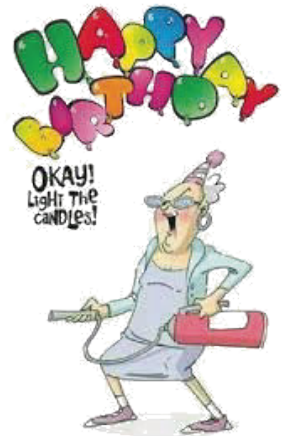
CELEBRATIONS

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

MAY BIRTHDAYS:

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

Birthday Sponsor: Partner in Aging



JUNE BIRTHDAYS:

Sue Busby, Betty Eshelman, Quentin Holmes, JoAnn Keesee, Jeannette Landis, Bob Lane, Eric Lodge, Lois Martin, Nancy O'Connor, Ann Pogue, Joe Smith, Kay Soderholm, Jane Templeman-Larson, Kathy Thorden, Pat Van Betten, Linda Wood, Cindy Wright

JULY BIRTHDAYS:

Elizabeth Arthur, Lynn Belleggie, Irene Brummett, Michael Dalton, Pam Dalton, Dick Fjellman, Ron Grenda, Karin Herrick, Richard Keesee, Carol Larson, DeAnn Leatherman, Maureen Lucchesi, Ginny Maquet, Kathy Mortimer, Sandy Murphy, Jill Peterson, Lauri Secrest, Carol Poole, Barbara Woodward

Birthday Sponsor for June & July: Belmont Senior Living

Some Funny Summer Holidays:

- 5/05 - No Pants Day
- 5/14 - Dance like a Chicken Day
- 5/18 - No Dirty Dishes Day
- 5/26 - World Lindy Hop Day
- 6/01 - Say Something Nice Day
- 6/04 - Hug Your Cat Day
- 6/17 - World Juggling Day
- 6/26 - Chocolate Pudding Day
- 7/02 - I forgot Day
- 7/06 - World Kissing Day
- 7/16 - Ice Cream Day
- 7/19 - Stick Out Your Tongue Day
- 7/21 - Junk Food Day

**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
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858-509-2587 ~ solanabeach.church
Cindy@solanapres.org / Elizabeth@solanapres.org