

JULY / AUGUST - 2023

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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!

FREE SEMINAR



Join Gin Lao, Spiritual Counselor with Elizabeth Hospice as he presents **FIVE WISHES ~ An Advanced Planning Guide.**

Learn valuable tips on how to talk to your loved ones about what matters to YOU. Learn how to write your wishes down in a legal, user friendly document.

Make plans today to join us on Wednesday, August 16th at 10 am.

*See full details on page 5!

SAVE THE DATE

Senior Center Fall Kick Off Annual Open House



DATE: Wednesday, September 6th, 2023

PLACE: SBPC - Patio & Debin Hall

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 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



The sunshine is finally breaking through and we're gearing up for some summer fun! While we will not be hosting many of our regular activities, including the Wednesday programs & lunch, we've planned a variety of ways to stay engaged this summer.

I hope you'll join us as often as possible!

A BIG THANK YOU to everyone who is knitting, crocheting or using a loom to make warm hats for the folks at El Refugio. I am overwhelmed with your generosity and the beauty of your handiwork. From the gals from SBPC's Community Serve Day Knitting group, our friends at Belmont Village and Redwood Terrace, a host of individual ladies at the Senior Center and their daughters, to generous hearts at SBPC... your amazing talents are adding up! At press time, we have received 28 beautiful stocking caps, well on our way to the 160 needed. Not only do I want to say THANK YOU, I want to cheer you on to continue your good work this summer! If you need yarn, please let me know. Your beautiful creations will be delivered to the folks at El Refugio in Tijuana before it gets cold this fall.

Numerous studies have shown that isolation is one of the WORST things for one's physical and mental wellbeing. It's important to stay connected socially each and every day. Take time to reach out by phone, or better yet, in person to friends and family around you this summer. Initiate a call, plan an outing, visit a friend, meet up for coffee or a walk, invite someone over to chat or play cards.... Take the lead on connecting.... we're all better for it.

Our new summer schedule allows for a weekly gathering, trip or activity. Please join us! While both Elizabeth and I will be taking some time for vacation and recharging our batteries, we both have time in the office as well. Don't hesitate to give us a call to chat and catch up. We're making plans for a great "reunion" at the Open House on September 6th and are looking forward to a robust schedule with a variety of activities, trips and ways to serve in the fall.

Looking forward to seeing you soon,

Cindy



WAYS TO STAY CONNECTED



By popular demand, The Memory Center will continue to meet during the summer.

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, Parking lot #3. Sponsored by George G. Glenner Alzheimer's Family Centers.

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



3



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WAYS TO STAY CONNECTED

Senior Center Summertime Programing for the months of July and August

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



Programs below in **red** NOT running during summer:

- **Wednesday Programs and Lunch**
- **Fun and Games**
- **Book Club**
- **Silver Age Yoga**

Programs below in **blue** MODIFIED over summer:

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. NOTE: No FFC on 8/9.

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 over summer 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. NOTE: We are looking forward to an in-person Music Appreciation Class again this fall!

Book Club:

Enjoy reading and sharing your literary thoughts with friends. Everyone is welcome! Please see pg.14 for modified summer details. Questions? Or interest in joining the Book Club? Contact Carol Pletcher at 858-248-3528.

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. NOTE: Not meeting on Tuesday July 4th & August 1st, and adding an additional meeting date of Tuesday, Aug. 29th.

****All Senior Center activities will begin again in the fall
after the Senior Center Open House
on September 6th, 2023. ****

WAYS TO STAY CONNECTED

5 WISHES - FREE Seminar

Because You Care ~ 5 Wishes is the original user-friendly legal document that's written in easy to understand terms. Talk to your loved ones about what matters to YOU. The 5 Wishes advance care planning guide has been trusted by more than 40 million people across the US.



5 Wishes includes YOUR wishes for:

1. The person YOU want to make care decisions for you when you can't.
2. The kind of medical treatment YOU want or what YOU don't want.
3. How comfortable YOU want to be.
4. How YOU want people to treat you.
5. What YOU want your loved ones to know.

Learn about 5 Wishes (& get a complimentary copy to complete) at [10am on Wednesday, August 16 at SBPC in the Hispanic Chapel.](#)

Our expert presenter is Mr. Gin Lao, Spiritual Counselor w/ Elizabeth Hospice, & member of SBPC.

There is NO FEE to attend the seminar, however, advanced reservations are needed by Aug. 9th to ensure enough 5 Wishes documents. Torrey Pines Senior Living will provide refreshments.

Please call 858-509-2587, or email Elizabeth@solanapres.org.

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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



North Coast Repertory Theatre Presents

ELEANOR

Written by Mark St. Germain

Join us as we explore both the public and private persona of a remarkable woman. Actor, Kandis Chappell takes on the portrayal of a woman who was considered the heart of FDR's presidency.

DATE: Sunday, July 2nd, 2023

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

SHOW TIME: 2 pm

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



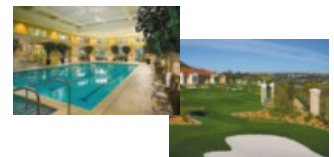
RSVP by calling 858-509-2587 or email Elizabeth@solanapres.org.

Carlsbad Senior Living and Retirement Tour



La Costa Glen

CARLSBAD



This will be a lunch and learn presentation about La Costa Glen. You will receive a short tour that includes seeing the clubhouse and a model apartment. You will learn all about La Costa Glen, a Continuing Care Retirement Community geared for Independent Living with the security of knowing the additional levels of care available.

DATE: Thursday, July 6th, 2023 (Rescheduled from March)

COST: \$5.00, includes transportation, tour & lunch

DEPARTURE TIME: 10:45 am. **RETURNING:** By 2:00 pm

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

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

TRIPS cont.



IMAX Theater at the Ruben H. Fleet Science Center

SERENGETI: A Journey to the Heart of Africa

Prepare to be awed by this immersive giant-screen film about how nature works in one of the world's greatest ecosystems. Nature has orchestrated a perfect symphony in which every species has a distinct role in a larger story—the balance of an entire ecosystem. You will follow the newest members of the animal cast as they imitate their parents and embark on their life's journeys.

DATE: Wednesday, July 12, 2023

COST: \$30.00 - Includes transportation & ticket. No host lunch at local restaurant.

DEPARTURE TIME: 9:30 am **RETURN:** After lunch

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

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



TEA TIME! NOODLE SHOP! PASTRIES!

ENJOY SOME CULINARY DELIGHTS

Guided by Chiuyee Ho



This will be a fun-filled afternoon excursion of eats and treats. We will head to the La Jolla UTC Mall and enjoy a variety of drinks, Asian delights, and a bit of shopping.



DATE: Wednesday, July 19, 2023

COST: \$10.00 - Includes transportation. No host food at local shops & restaurants.

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

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

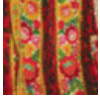
RSVP by calling 858-509-2587 or email Elizabeth@solanapres.org.

TRIPS cont.

MINGEI INTERNATIONAL MUSEUM

Join us as we explore a celebration of art from around the globe and across time.

We'll enjoy a docent tour of the Gallery level including A World of Beads & 25 Million Stiches and other objects in this exhibition that range from Japanese ceramics and indigenous baskets to whimsical folk toys, all celebrating the many ways art connects us as humans. The art objects are intended to spark creativity, imagination, and joy.



This excursion also offers the opportunity to eat at the 2023 Michelin Guide acclaimed **ARTIFACT Mingei Restaurant**, or their adjacent Craft Café. Be sure to check out their information/ full menus online.

DATE: Wednesday, July 26, 2023

COST: \$20.00 - Includes transportation & ticket. No host lunch at local restaurant.

DEPARTURE TIME: 9:15 am **RETURN:** By 3 pm

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



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

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DATE: Wednesday, August 9, 2023

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

DEPARTURE TIME: 11:00 am **RETURN:** By 5 pm

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

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

TRIPS cont.



Take Me Out To The Ball Park! **SAN DIEGO PADRES GAME**

Padres vs the Miami Marlins at San Diego Petco Park



Join us and cheer for your favorite team!

Let's root, root, root for the home team,
If they don't win, it's a shame.
For it's one, two, three strikes, you're out,
At the old ball game.

DATE: August 23rd, 2023

NOTE: The Ballpark accepts credit only. No Cash!

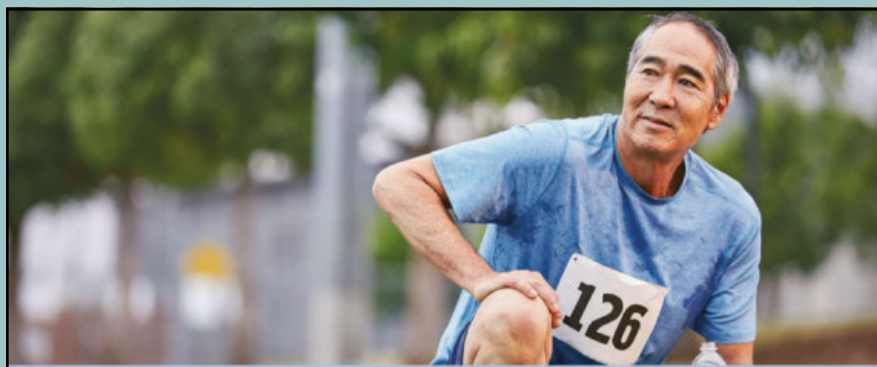
COST: 60.00 - Includes transportation and admission. No host food at park.

DEPARTURE TIME: 11:30 am **RETURN:** After the game.

ACTIVITY LEVEL: 6 (standing, walking, sitting - our seats are in the shade, and a few stairs)

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

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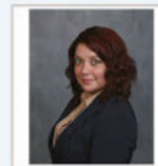


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The Medicare Star Quality Rating System rates Medicare health plans based on major categories that include:

- * 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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SUMMERTIME TIP

6 TIPS FOR CLEANING UP YOUR EMAIL INBOX OVER THE SUMMER



Hide your email address from public exposure – If you have social media accounts, make sure your email address isn't visible. That way, online scraping programs won't be able to collect your address and sell it for spamming purposes.

Unsubscribe – If you no longer want to receive information from a company or an organization, unsubscribe. Most legitimate email lists offer an unsubscribe option, typically in fine print near the bottom of the message.

Mark as spam – If you've never heard of the company, mark them as spam, and set your email program to block or delete any messages from them.

It's also possible that you ordered something from a company and didn't notice their offer to add you to their mailing list. (Typically, you have to uncheck a small box to decline.) You may feel like they tricked you into signing up, but their messages are not spam. Just unsubscribe.

Set up filters – Most email services include options to create filters that will direct messages from specific senders into a designated folder or to be automatically deleted.

For example, you may want to put all messages from online retailers in a "Shopping" folder. If you aren't sure how to do this, it's easy to find step-by-step instructions by searching online for "How to set up filters on [Outlook, Google Mail etc.]."

Create a disposable or junk email account – It's easy to set up a free email account (think Yahoo or Gmail) to use exclusively on sites that require an email registration (to download a report, for example). You can sign into this email account when you need to "verify" it is a real email address, but ignore it the rest of the time.

There are also disposable and temporary email services that will forward messages to your real email address, but keep your primary address out of spammer's hands.

Start over – If your primary email account is so over-run with spam that you don't WANT to clean it up, you can always use the current address as your "junk" account and set up a new one that's only shared with our most important contacts.

Conclusion

Cleaning out your email inbox can seem tedious and time-consuming; it can admittedly be both of these things if you don't have the proper motivation driving you. Taking a little bit of time to set up weekly reminders, remembering to unsubscribe from newsletters you no longer read, using tags to label emails, and using folders more often can go a long way toward keeping your inbox regularly clean and organized. We hope that the above strategies have been helpful to you as you embark on your summer cleaning.

COMPASSION INTERNATIONAL



As a Christ-centered charitable organization, Compassion International strives to be good stewards of the resources you entrust to them. Their financial accountability, reporting processes, and results around the globe are consistently commended. With God's blessing and your ongoing support, Compassion International will continue working to release as many children as possible from poverty in Jesus' name.

We celebrate YOU!
Steph is turning 13 yrs old on August 11.



Happy Birthday Stephanie



- 43 Years serving El Salvador
- 67,301 Children Served
- 290 Churches Serving

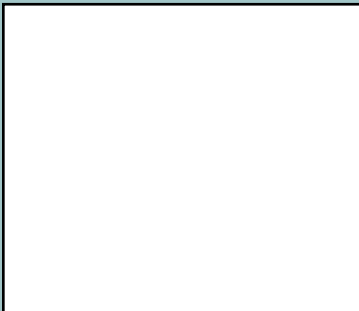


If you would like to make a financial donation for Stephanie and her family, please contact the Senior Center office at 858-509-2587.

Stephanie Yamileth Campos Garcia El Salvador
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KINGDOM BUILDER



Announcing Recipients of Spring 2023 Kingdom Builder Foundation Grants



The faithful legacy giving of members and friends of Solana Beach Presbyterian Church has provided over \$1 million in granting to Christ-centered ministries, both locally and globally. Since its founding by SBPC leaders in 2007, Kingdom Builder Foundation has awarded 181 grants for a total of \$1,046,232 in funding. Members and friends of Solana Beach Presbyterian Church support SBPC Ministries and Missions and member-recommended Christ-centered organizations with their tithes, offerings and legacy gifts. Legacy gifts provide two granting cycles each year – in the spring and fall – during which Kingdom Builder Foundation distributes 5% of invested funds to qualified applicants that are either:

- a Solana Beach Presbyterian Church Ministry or Mission; or
- a non-profit organization, which involves an active SBPC Member in leadership or participation, doing Christ-centered ministry aligned with the SBPC Mission and Vision.

This spring, after prayerful review and discernment of numerous qualified applications, Kingdom Builder Foundation awarded \$68,790 in grants. Congratulations to the following 12 grantees for Spring 2023!

Ascending Leaders <http://www.ascendingleaders.org/> (India) Ascending Leaders coaches churches in the United States and Canada on creating church cultures that are built on discipleship, expanding that work to India in 2021. This grant will provide discipleship culture teaching to churches in India, increasing the number of Indian churches that Ascending Leaders serves from fifteen in 2022 to more than twenty in 2023. Through follow-up work with the existing 15 churches and provides a Pastors Discipleship Workshop for forty more pastors and church leaders with monthly follow up thereafter.

Border Ministries <https://solanabeach.church/border-ministries> (Rosarito) - Funding for the Rosarito Church Build. This grant provides a down payment for the lot next to the existing project to accommodate a sanctuary large enough to host the growing number of new families. Villa Bonita is a new and vibrant community of young families and a commercial development east of Rosarito. The demand for a church is obvious and the locals have demonstrated their desire to grow closer to Jesus at this site already.

Come Build Hope <https://solanabeach.church/come-build-hope> (Tijuana) 5 Casas in Tijuana. This grant subsidizes the costs for participants of this short term mission trip which includes the building materials, foundation slab and tools for the casas. SBPC has built over 213 casas in Tijuana and Rosarito Beach Mexico. Volunteer builders will make the trip to Mexico in partnership with Amor Ministry to build 5 homes for families over Memorial Day weekend.

Communitas International <http://www.gocommunitas.org/> - (France) Support a sabbatical for Justus Heyman after 27 years of full-time ministry. Provides a time for Justus to refocus and renew his life for further service to his current church, Crossroads Church Thoiry <http://www.crossroadsthoiry.fr/>. The congregation is made up of individuals from over 20 countries living and working in the Geneva area. He will be spending the sabbatical in California, Oregon, and France.

KINGDOM BUILDER cont...

Foundation Matthew 6:33 <https://www.foundationmatthew633inc.org/> (Escondido) -“Go YeTherefore” is a food delivery pilot project committed to delivering food to approximately 25 homebound seniors and individuals with disabilities in Escondido on a weekly basis in the coming year. This is felt to be a logical extension of the program which distributes food, diapers, and feminine hygiene products to approximately 140 families twice each week.

Generate Hope <https://www.generatehope.org/> (Coronado) Laptops to Support Programs for Survivors of Sex Trafficking. Purchase of new laptops to support our sheltered care, education rehabilitation, and therapeutic programs for female survivors of sex trafficking in our San Diego Restorative Care Programs. These laptops will specifically support residents in the Transition phase of the program who are pursuing their education and vocational goals.

House of Blessing <https://www.houseofblessing.online/> (Los Angeles) - Supports Christian Transitional Rehabilitation Housing of at risk women to “Just love the women. Help them know Jesus.” This ministry was founded by the mother of an SBPC member in 2012 and is facing significant transition following the founder’s death. Funding will help build capacity for sustainability during this time of ministry transition.

Open Road Global <https://www.openroadcollaborative.org/> (Tijuana) Increase capacity of this ministry which empowers families to live financially secure and dignified lives. Expands current programs in Tijuana refugee shelter to help women break the cycle of poverty, abuse, and violence through skill training, treatment and counseling. Services provided include safe housing, medical treatment, trauma counseling, and life-changing opportunities through sustainable income development.

San Diego Rescue Mission <https://www.sdrescue.org/what-we-do/residential-program/> (San Diego) - Funding for Faith-Based Rehabilitation Curricula to support the spiritual development of the students in the Mission Academy -- a 12-month, faith based, residential recovery and rehabilitation program for men and women experiencing homelessness.

South American Theological Seminary <http://www.satsbrazil.org/> <http://www.ftsa.edu.br/> (Brazil) Jorge and Denise Barro Grant for Post-Doctorate work at Fuller Theological Seminary Research on *The Mission of God as Paradigm of Pastoral Ministry in the areas of missiology and pastoral ministry for a book to help other pastors in Brazil.*

Wellness Ministry <https://solanabeach.church/wellness-ministry> (Solana Beach) Creates a sensory room for children and families at Solana Beach Presbyterian Church. This room will provide a space where children ages 3-14 can go to calm themselves or satiate a need for excess stimulation. This impacts the children that utilize the room, teachers, staff and volunteers, as well as parents who are able to participate in programs instead of being called out to assist with their child(ren).

Worship and the Arts 2023 Choir Tour <https://solanabeach.church/choir-concert> (Southern/Central California). “Kingdom Come” sing & serve Choir Tour 2023 aims to glorify God through uplifting music, hands-on service projects serving the hungry and homeless, and intentional personal connection with others. The choir tour includes concerts in retirement homes in Glendale and Pasadena, and singing with the First Presbyterian of Bakersfield choir for a Saturday concert and Sunday worship service.

In addition to tithes and offerings, legacy giving through the Kingdom Builder Foundation is another way members and friends of Solana Beach Presbyterian Church enter into where God is at work both locally and around the world. 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 reach out to our Executive Director, Ericka Southcombe at (858) 699-5155 or ericka@kbfoundation.org.

BOOK CLUB



September Discussion ~ ***Lessons in Chemistry*** by Bonnie Garmus

NATIONAL BESTSELLER #1 NEW YORK TIMES BESTSELLER

A delight for readers of *Where'd You Go, Bernadette*, this blockbuster debut set in 1960s California features the singular voice of Elizabeth Zott, a scientist whose career takes a detour when she becomes the 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. Except for one: Calvin Evans, the lonely, brilliant, Nobel Prize–nominated grudge holder who falls in love with—of all things—her mind. True chemistry results.

Like science, though, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother but also 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 how 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.

Pick this book up in August, Book Club discussion is on Wed. Sept 13 at 1:15 pm in Room 15.

NOTE: September's Book selection is the One Book One San Diego.
Pick up the book on Sept 13 for discussion at the Book Club meeting on Wed., Oct. 11.

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

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.

RideFACTNOW

SANDAG (San Diego Association of Governments) and FACT (Facilitating Access to Coordinated Transportation) now offer a unique and exciting new specialized transportation service called RideFACTNOW for San Diego County residents with disabilities, and seniors. This on-demand para-transit service operates on a same-day basis, with as little as one-hour notice. RideFACTNOW is intended for and accessible for people using mobility devices, including wheelchairs.

A one way \$10 fee will apply. Call 888-924-3228 or visit factsd.org for information, or to request a ride.

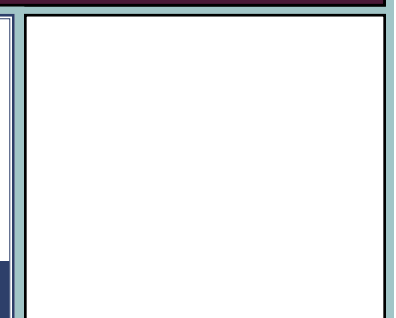
FREE LIFT ASSISTANCE

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>With dining this good, your friends may show up at lunchtime and stay through dinner.</p>  <p>Call 858.345.4127 to schedule a complimentary lunch and tour to taste for yourself.</p> <p>LA VIDA DEL MAR CARF-ACCREDITED INDEPENDENT & ASSISTED LIVING RESIDENCES 850 Del Mar Downs Rd • Solana Beach • 858.345.4127 RCFE# 374602832 LaVidaDelMar.com</p>	<p>Personal service to assist YOU with ALL your Real Estate needs.</p>  <p>Seniors Real Estate Specialist® SRES® Valerie Tuck -- REALTOR® 858-353-3377 valerietuckhomes@gmail.com DRE#01947055</p> <p>BERKSHIRE HATHAWAY CALIFORNIA PROPERTIES HOMESERVICES</p>	<p>I'll go the extra mile to make your move as easy and seamless as possible.</p>  <p>TRUST INTEGRITY Your Forever Agent</p> <p><small>© 2023 Berkshire Hathaway HomeServices California Properties is a member of the franchise system of BHH Affiliates LLC. BHHS and the BHHS symbol are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate. If your home is currently listed, this is not a solicitation for your listing.</small></p>
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<p>WE'RE HIRING! AD SALES EXECUTIVES 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>KINGDOM BUILDER FOUNDATION</p> <p>Will it matter that you were here?</p> <p>KBFoundation.org</p>



CELEBRATIONS

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



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: Belmont Senior Living

AUGUST BIRTHDAYS:

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

SEPTEMBER BIRTHDAYS:

Sandi Berg, Marialice Bopf, Donna Brouillette, Marsha Buske, Barbara Collins, Merrie Jo Cook, Martha Epler, Betty Gootgeld, Sandra Gordon, Lee King, Sue Mitchell, Jean Morgan, Wendy Morris, Morris Pike, Molly McKiechan, Laddie Pottorff, Linda Scales, Mike Stansbury, Gina Strada, Chuck Thomas, Dorothea Wilson, John Wilson.

Birthday Sponsor for August & September: Hospice of the North Coast



NOTE: We will properly celebrate the August and September birthday individuals when we return in September.

**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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Cindy@solanapres.org / Elizabeth@solanapres.org