

**SEPTEMBER / OCTOBER - 2023**

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**SENIOR CENTER EVENTS**

**We are so excited to kick off a new membership season with all of you!**



**HERE are a few things we've got in store for you...**

- **OPEN HOUSE:**  
September 6th, 2023.  
See details below and on page 3.
- **Party on the Patio at SBPC:**  
September 17 & Oct 29. Fellowship, Friends, Free Food! Join in the festivities after 10 am worship. All are Welcome!
- **Wellness Night:**  
Free Family/Grandparent Seminar, Wednesday, September 27, 2023.  
Details - See page page 7.
- **Service of Remembrance:**  
Saturday, October 28, 2023.  
Details - See page 7.
- **SBPC Small Groups Fall Session :**  
Registration opens. Details on SBPC website - [solanabeach.church](http://solanabeach.church).

**SENIOR CENTER OPEN HOUSE**

**Senior Center Fall Kick Off Annual Open House**

**JOIN THE FUN! EVERYONE IS WELCOME!**

**Senior Related Vendors - Door Prizes - Rhapsody Singers - FREE Lunch - Membership Drive - and so much more!**



**DATE:** Wednesday, September 6th, 2023

**PLACE:** SBPC - Patio & Debin Hall

**TIME:** 10 am - 1 pm

**Be sure to check out full details inside this 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



Do you remember having to write a “What I did on my summer vacation” report in school? Here’s one I’m happy to share as I was filled with awe and wonder in a variety of ways and places....

In early July, I took some time away with my husband to meander east of the Rockies. We had specific dates and places we wanted to be, but we also enjoyed the freedom to wander, rest, hike, and explore God’s beautiful creation. From the great fishing and fireworks in North Platte, Nebraska (ask me about my 24” catfish!), to the stunning beauty of NW Nebraska where we saw God’s fingerprints everywhere.

We weren’t close to Montana (yet), but honestly, the sky there was SO BIG! Fort Robinson, rich in history and tranquil beauty, drew us in for refreshment and awe. We’d go back in a minute!

We drove south to see Scotts Bluff National Monument and Chimney Rock. It’s one of the places where wagon trains went through, bringing the brave and adventurous westward. Eons have worn the hills away, yet the view from the top of Scotts Bluff was simply incredible.

I’m always intrigued by the local flora and fauna: so different, so amazing, so hearty, so beautiful.

We met a world renown botanist on the trail who identified so many of the different plants we were seeing, native to that area, as deer literally bounded by in front of us. We enjoyed a wood bat baseball league game and the Cheyenne Botanical Gardens before arriving in Ft. Collins for fun with our Colorado granddaughters and their parents! This adventure involved 900 miles of driving after flying in and out of Denver.

We were home for a quick week and then hit the road with our two grandsons, ages 9 & 12, driving to Helena, Montana, truly BIG SKY country. The road stretched out before us and the scenery changed dramatically as we traveled north on I-15. Goodbye traffic, Hello nature! We made memories as the boys experienced many “firsts” including a rodeo, swimming in a beautiful lake, seeing wildlife, and watching Old Faithful.... faithfully still erupting in Yellowstone. We traveled 2,647 miles on this journey and were blessed along the way with the Lord’s hand of protection, the astounding beauty in our world, by the amazing and kind people we met, in the celebration of Randy’s brother and sister in law’s 50th anniversary, meeting extended family and reconnecting with family near and dear to our hearts.

We especially enjoyed time catching up with family and friends, and will look forward to the next time we will be together. After three richly full weeks away, we are happy to be home again. We missed everyone here! I am so grateful for time away to re-center, re-connect and recreate. What a blessing to go and a blessing to come home!

I’m looking forward to seeing you all in September at the Open House and often again after that. I want to hear your summer report and where your GPS may be taking you next! I hope it’s with us! Be sure to check out the info at the Open House regarding a repositioning cruise in the spring of 2024. You’ll need a current passport for this grand adventure with good friends! You’ll be refreshed and blessed!

Looking forward to seeing you soon,

We really missed you!

*Cindy*



**NOTE:** At press time, we have received 83 beautiful knit or crocheted hats for seniors at El Refugio in Tijuana. Thanks to all who’ve been busy making hats this summer! We need a total of 160 hats by October...we’re over halfway to the goal. If you would like to knit or crochet adult size hats, and need yarn/pattern, please give us a call at 858-509-2587.

# SENIOR CENTER ANNUAL KICK OFF

## Senior Center Open House

Please plan to join us on Wednesday, September 6th, 2023 from 10 am to 1 pm at SBPC as we kick off another fantastic Senior Center Membership Season.

**September 2023 thru June 2024. Where will your GPS take you?**

- A Musical Journey ~ Entertainment by the “Rhapsody Singers”.
- Join or renew your membership for the Senior Center.
- Visit senior-related vendors for information & services.
- Meet new friends, get reacquainted!
- Enjoy a Lara Pauley lunch - **FREE!**  
\*(lunch reservations are **not** needed in advance for this week only)
- Raffle prizes. \*(must be present to win)
- Indoor and outdoor activity.
- Fun, fun, fun, and more fun!



**WE CAN'T WAIT FOR YOU TO JOIN US!**

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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 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.

PLEASE NOTE: Reservations for lunch are required one week in advance.

Call 858-509-2587 to reserve your lunch.

- Sept 6th: 36th **Annual Senior Center Open House** - This is a FREE Event from 10 am - 1 pm, and **Everyone is Welcome!**
- Sept 13: Jewish Holidays - Beverly Liberman. Just in time to learn about Rosh Hashanah and Yom Kippur.
- September 20: Celebrate August & September Birthdays with Pianist Vincent Young. Birthday Sponsor: SBC Senior Center.
- September 27: Get ready for Gleanings! Pat Kellenbarger & Camille Clemens will give an overview of this "vacation with a purpose" scheduled in October. Bring your questions!
- October 4: Glenn Kramer plays *Name That Tune!*
- October 11: Celebrate October Birthdays with the wonderful melodies and enthusiasm of Peter Seltser. Birthday Sponsor: La Vida Del Mar.
- October 18: Mission Focus: Pathways to Citizenship - Sonya Williams.
- October 25: Oktoberfest with the delightful musical ensemble of Adrienne Nims and Mark Danisovszky.



: Menus will be available at the Open House for September and October.

## 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 on the following Thursdays [Sept. 14 & 28, Oct. 26, Nov. 9, & Dec. 14] 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.*

*Sponsored by George G. Glenner Alzheimer's Family Centers.*

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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. **Monday classes will continue to meet via Zoom only.** The FFC will meet 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. 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:

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!

### The Music Appreciation Class: WELCOME BACK ON CAMPUS!

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 shares his love of music in person!. Back on a new day, join this free class on the 1st and 3rd Thursdays of the month, 10 am to noon in the New Chapel. **Note: Class start date is October 5th.**

### 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: WELCOME BACK!

New instructor, Elizabeth Young, will lead the Silver Age Yoga class this fall 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. Class meets weekly, **beginning Friday, September 8th.**

### 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.

## WAYS TO STAY CONNECTED

### WELLNESS NIGHT - [How to see our kids](#)



Dr. Chinwé Williams Ph.D., Board Certified Therapist, Author, Consultant and Owner of Meaningful Solutions Counseling will be sharing her expertise in the area of adolescent stress/anxiety management, and trauma recovery.

This Free seminar will be based on Dr. Chinwé's best-selling book *Seen: Healing Despair and Anxiety in Kids and Teens Through the Power of Connection*.

Everyone is welcome to attend!

**SAVE THE DATE:** Wednesday Night, September 27, 2023

**PLACE:** SBPC Hispanic Chapel, Parking lot #3

**TIME:** 6:45 pm - 8:15 pm

**For more information/and registration please contact Melissa Bolt at 858-314-9616.**

## SERVICE OF REMEMBRANCE

In  
Loving  
Memory  
of



A Time to Remember,  
Pay Tribute, and be Comforted

**DATE:** Saturday, October 28, 2023

**PLACE:** SBPC Main Chapel

**TIME:** 10 am - 11 am. Refreshment reception to follow.

For more information on Service of Remembrance please contact Karen La-Haise at 858-509-2580 ext. 1221 or Karen@solanapres.org.

## BOOK CLUB

The Book Club will be 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.**

**September Discussion: *Lessons in Chemistry* by Bonnie Gamus**

**#1 NEW YORK TIMES BESTSELLER.**

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.

Copies of ***Lessons in Chemistry*** will be available at the Senior Center office in early August and discussed on Wednesday, September 13 at 1:15 pm in Room 15.



**October Discussion: *One Book San Diego* (announced Aug. 19th)**

Copies of the ***One Book San Diego*** choice will be distributed in September and discussed on Wednesday, October 11th 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](mailto:pletcher.carol@gmail.com).



## BOOK CLUB cont.

### Book Club Special Note

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 will be available at the Open House on September 6th.



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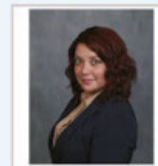


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## KINGDOM BUILDER UPDATE

How you live your life and the choices you make shape your legacy for generations to come, Sharing your story is an important part of that. What do you want to be remembered for? Take some time to think about, and even write down, what is important to you. Here are some questions you might want to include in your reflections:

- Who are the people who have most influenced you and how did their influence play out in your life?
- What words do you hope people use to describe you?
- What values or beliefs have shaped your life and how did that change during your lifetime?
- How has God been active in my life?
- What about your family history has shaped you and how do you hope your life will influence future generations?
- What values do you want to pass on to others?
- What events from your life bring you joy when you reflect on them?

Kingdom Builder Foundation believes your legacy matters. In our work with families we hear again and again about the significance when people share their stories. The mission of Kingdom Builder Foundation is to build God's Kingdom by making grants to Christ-centered ministries and missions through the legacy gifts of members and friends of Solana Beach Presbyterian Church. Monday, October 16th is our next grant application deadline. To learn more about our grant making process and how to submit an application visit [kbfoundation.org/grant-deadlines.html](http://kbfoundation.org/grant-deadlines.html). If you would like more information, you can also contact our Executive Director, Ericka Southcombe at (858)699-5155 or [ericka@kbfoundation.org](mailto:ericka@kbfoundation.org).



## COMPASSION INTERNATIONAL - STEPHANIE



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



### Did you Know...

- Compassion International is a Christian humanitarian aid organization dedicated to releasing children from poverty in Jesus' name. Through sponsorships and donations, they globally empower local churches to provide individualized and holistic care to children in poverty so they are free to learn, grow, play and dream.
- The Senior Center / YOU have actively sponsored, emotionally & financially, a child in El Salvador through Compassion International since 2017.

**Cindy and I thank you for your continued love & support. Keep up the great job!**

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

# BRAIN GAME



## Let's Make a Sandwich!

Unscramble the things you often use to make a sandwich.

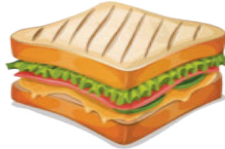
1. drabe \_\_\_\_\_

2. cluteet \_\_\_\_\_

3. oomatt \_\_\_\_\_

4. kryute \_\_\_\_\_

5. upenat trubet \_\_\_\_\_



6. eyljl \_\_\_\_\_

7. drumtas \_\_\_\_\_

8. eshece \_\_\_\_\_

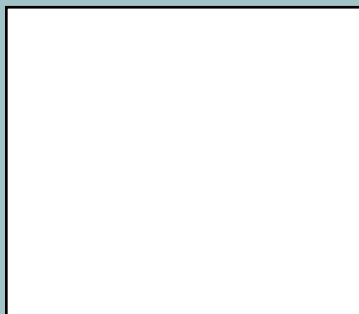
9. febe \_\_\_\_\_

10. gloonab \_\_\_\_\_

ANSWERS: 1. bread 2. lettuce 3. tomato 4. turkey 5. peanut butter 6. jelly 7. mustard 8. cheese 9. beef 10. bologna

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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

### JOHN DENVER TRIBUTE

### Starring Jim Curry



Jim Curry returns to North Coast Repertory Theatre to perform the music of the late **John Denver**. The music "is like an old friend, outlasting trends and standing the test of time," says Mr. Curry. Join acclaimed performer Jim Curry for this tribute to the music of one of the most beloved singer/songwriters ever to grace the stage.

**DATE:** Tuesday, September 19, 2023

**COST:** \$37.00, Includes ticket. \*Meet at NC Rep Theater at 1:30 pm

**SHOW TIME:** 2 pm

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

\* We have seats in Rows A & B.

**RSVP** by calling 858-509-2587 or email [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org).



### Del Mar Historical Society - Alvarado House Tour

The Del Mar Historical Society operates a museum inside the 1885 Alvarado House, a small structure that in 1989 was relocated and placed inside the Del Mar Fairgrounds. Every year, visitors to the San Diego County Fair have the opportunity to look inside the old beach cottage and view its exhibits. If you haven't seen this hidden gem, now is your chance! We'll have a docent tour by SBPC member, Jane Garrison.

**DATE:** Friday, September 29, 2023

**COST:** \$10.00, includes transportation, tour donation. No host lunch at Tony's Jacal.

**DEPARTURE TIME:** 9:45 am **RETURNING:** After lunch

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

**RSVP** by calling 858-509-2587 or email [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org).

## TRIPS cont.

### Birch Aquarium at Scripps Institution of Oceanography and the Little Blue Penguins Exhibit

Enjoy a morning at the Birch Aquarium and come face-to-face with the world's smallest penguin.



We will encounter the Little Blue Penguins as they waddle, swim and glide about their new home, and learn the role these fascinating seabirds have on our ecosystems both in the ocean and on land.

**DATE:** Thursday, October 5, 2023

**COST:** \$30.00 - Includes transportation & ticket. No host lunch at Mendocino Farms.

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

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

**RSVP** by calling 858-509-2587 or email [Elizabeth@solanapres.org](mailto:Elizabeth@solanapres.org).



### Are YOU up for an Adventure?

If so, you'll want to join us on this destination-unknown excursion!

At this time all we can say is that you won't want to miss out on this adventure.

We are going somewhere we have not ever explored before.

Are you curious? Are you in?

Let's go have some fun!



**DATE:** Thursday, October 19, 2023

**COST:** \$20.00 - Includes transportation. No host lunch somewhere.

**DEPARTURE TIME:** 9:30 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](mailto:Elizabeth@solanapres.org).

## TRIPS cont...

You're invited to join an enthusiastic group at Gleanings in Dinuba, CA (not far from Fresno) for an amazing week of fellowship, service, worship and fun!



There's a lot to do and something for every skill and energy level. You might be packing dry soup mix, assist with office tasks, painting or making tied quilts. You'll be living in motel type rooms with bathrooms and all meals furnished.

\*Learn all bout this "vacation with a purpose" on Wednesday, September 27th at the 11:30 am program. (see pg. 4).

**DATE:** Sunday, October 15th thru Friday, October 20th, 2023

**DEPARTURE:** 10 am on Sunday, October 15 **RETURN:** Friday, October 20

**ACTIVITY LEVEL:** 4 (moderate - standing, walking, sitting, stairs may be involved)

**COST:** \$75 includes, 5 nights lodging, 3 meals a day while at Gleanings.

**NOTE:** Not included are 2 lunches & 1 dinner on the travel days. Transportation is by carpool / private vehicles. RV's welcome.

For more information / reservations call Cindy at 858-509-2587.

RSVP deadline September 29, 2023.

## 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](http://www.solanabeachcc.org) or [info@solanabeachcc.org](mailto: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.

## San Diego County Senior Directory

The San Diego Senior Directory is an online information resource. It guides seniors, and caregivers of elderly persons to government, and non profit agencies. the Senior Directory also offers contact information of senior oriented business. Find local San Diego County Senior Centers, free assistance, senior transportation, medical, and disabled transportation, care centers, assisted living, long term insurance, hearing aids, medical centers and much more. For online information visit [sandiegoseniordirectory.com](http://sandiegoseniordirectory.com) or call 858-492-7377, Monday - Saturday 9 am - 6 pm.

## 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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BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



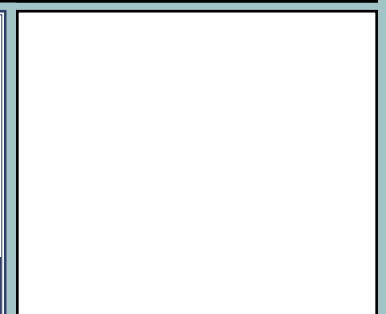
Contact us at [careers@4lpi.com](mailto:careers@4lpi.com) or [www.4lpi.com/careers](http://www.4lpi.com/careers)



**KINGDOM BUILDER FOUNDATION**

## Will it matter that you were here?

[KBFoundation.org](http://KBFoundation.org)



## CELEBRATIONS



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



### AUGUST BIRTHDAYS:

Alison Brown, Tom Golich, Alan Gootgeld, Chiuyee Ho, Bette Johnson, Patricia Marquez, Peggy Ngubo, Zahra Nowbahi, Lara Pauley, 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, 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.

**Birthday Sponsor for August & September: Solana Beach Community Senior Center**

### OCTOBER BIRTHDAYS:

Sandy Bigsby, Beverly Booher, Jean Bruns, Camille Clemens, Steve Cohen, Karen Curd, Linnea Dayton, Cecilia Delvaux, Marie French, Bonnie Haegele, Annette Hilliard, Colin Holman, Vicky Holman, Jim Kaae, Mary Lou Kaae, Karen Karagozian, Christy McIntire, Adele Sloboda, Nancy Summerville, Nancy Stansbury, Judy Weston.

**Birthday Sponsor: La Vida Del Mar**



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

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**We receive no subsidies from federal, state, county  
or local government and appreciate your donation at any time.  
Thanks for your support!**



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