

encore

a publication for life enrichment

Solana Beach Community Senior Center

NOVEMBER / DECEMBER - 2023

INSIDE THIS ISSUE

- Notes from the Director2
- Ways to Stay Connected3-6 & 10
- Kingdom Builder 7
- Book Club8-9
- Wellness11
- Trips12-13
- Compassion14
- Senior Resources.....14-15
- Celebrations16

SENIOR CENTER EVENTS



- **Daylight Savings Time:**
Set Clocks - Fall Back!
November 5, 2023.
- **SENIOR CENTER CLOSED:**
 - November 20-24, 2023
 - December 25 - Jan 5, 2024
- **Bilingual Worship Service at SBPC:**
November 5, at 10 am in the main Sanctuary. Join together in Fellowship ~ All are Welcome!
- **Women’s Christmas Brunch:**
Saturday, Dec. 9, 2023
For details - 858-509-2587 or view SBPC website – solanabeach.church
- **SBPC Christmas Eve Worship Service :**
1, 3 & 5 pm - Inside, Patio, or online.
No morning worship services. Details on SBPC website - solanabeach.church

SBPC CHRISTMAS CONCERT

DATE: Sunday, December 3, 2023

PLACE: SBPC - Main Sanctuary

TIME: 9 am & 11 am

Join us at SBPC
and rejoice in the season.
All Are WELCOME!



On the same day, enjoy browsing the
SBPC Alternative Christmas Market
(an opportunity for socially conscious gift giving)

LOCATION: Inside Debin Hall

TIME: 9 to 1 pm.

Enjoy your Nov / Dec Encore. HAPPY READING!!



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



grateful
& blessed

Grateful and Blessed. Two words I have come to truly recognize and acknowledge more and more as the years roll by. At this time of year, our hearts and minds turn to holiday gatherings, family traditions, gratitude for life's simple and grand pleasures. I can't help but think how much nicer the world would be if everyone held gratitude a bit higher and blessed one another more freely?

At the early start of each day, I think about my schedule with appointments, trips, visits, meetings, and more and like to pause to wonder what the Lord has in store for me – and those I encounter throughout the day. How will I let the Lord use me, my words, actions, money, time, to bless others?

At the close of each day, I like to think about the wonderful gifts I've received on that day, gifts of friendship, love, meaningful conversations, adventures, smiles, hugs, tears, a good meal, a warm and safe place to sleep.

Some days, I'm heavier on the receiving end of blessings. On other days, it's more even in the blessed and blessing categories. As 2023 winds down to a close, it feels good to look forward with anticipation and to look back with a smile as I consider how I am DAILY both grateful and blessed. Thank you for your part in blessing me and so many others with your time, talent, energy, finances and mostly your love.

I'm eager to see where the Lord leads us – together - as we are grateful for the blessings in the coming year.

Grateful and blessed,

Cindy

Knit Hat Update:

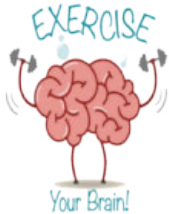
Muchas Gracias and Thank You for more than 235 warm, beautiful, bright, creative hats you crafted for seniors living at El Refugio in Tijuana. Created with skill and love, your handiwork is truly amazing and these hats will be a big blessing to help keep folks warm this winter.

Thank you and muchas gracias!



Can u find Elizabeth?

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 [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.



BELMONT Village

SENIOR LIVING
CARDIFF BY THE SEA

BelmontVillage.com/CardiffByTheSea

©2023 Belmont Village, L.P. | RCFE 374603231



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 833-287-3502

Assisted Living & Memory Care

Santianna is a luxury senior living community offering assisted living and memory care services in a resort-style setting.

Five-Star Amenities & Services

- Wellness & Engagement Programs
- Concierge Physician Program
- Onsite Nursing Staff
- Full-Service Restaurant
- Swimming Pool & Spa

SANTIANNA
Oakmont Signature Living

Call (442) 222-2874 today to schedule your tour!

2560 Faraday Ave • Carlsbad, CA 92010 • santianna.com

RCFE# License Pending



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.



- **Nov 1:** Artist Grace Chow presents 'Chinese Painting: A Personal Journey.' Enjoy the art and learn of the inspiration of this local artist. Grace has taught painting as well as exhibited both her western watercolors/mixed media works and Chinese brush paintings on numerous occasions, in both juried and private shows. We'll have photos of her art on the big screens for your viewing enjoyment. Menu: Asian Rice Bowls
- **Nov 8:** Mission Focus: Compassion International update with Judy Enns. Hear firsthand about the trip to El Salvador last July and get an update on the good things happening there – through your support of our Compassion International sponsored child, Stephanie. Menu: El Salvadoran Papiusas
- **Nov 15:** Blind Pianist, Vincent Young performs a variety of songs celebrating both our Veterans and our gratitude. We'll also celebrate November Birthdays, thanks to sponsor: Mt Miguel Covenant Village. Menu: Lara's Thanksgiving Feast
- **Nov 22:** CLOSED for Thanksgiving
- **Nov 29:** Daniel Newheiser, a graduate of the USC Thornton School of Music with 20 years of experience as a professional musician, you'll enjoy this uplifting performance. Menu: Tomato Bisque & Grilled Cheese
- **Dec 6:** Always a favorite, Janet Hammer and Nathan Fry perform as Double Take. Start the holiday season off with this dynamic duo! Menu: Ham & Turkey Carving Station & Grandma's Potatoes
- **Dec 13:** David Topham plays Marimba - Wood that Sings. Enjoy delightful holiday music and sing along songs. Menu: Holiday Brunch
- **Dec 20:** Glenn Kramer presents Name that HOLIDAY Tune and we'll celebrate December Birthdays, thanks to sponsor: At Home Nursing Care Menu: Roasted Salmon Holiday Feast
- **Dec 27:** CLOSED for the Holidays

WAY TO STAY CONNECTED

Candy packing party for Border Ministries

Join us Wednesday, Nov. 15 at 10am for a Christmas Candy Packing Party! Everything is provided, many hands make light work. These candy satchels will be a delight for our friends in Tijuana.



Mahjong Lessons

Beverly Liberman has graciously offered to teach Mahjong lessons on Wednesdays, beginning Nov. 1st .

The class will meet/play from 10 am each week, Nov. 1, 8, 15, & 29.

Reserve your seat at the class learning table by calling 858-509-2587 before October 23rd.

Cards will be available for participants (\$10) or bring your own.



5



760-489-2938

Anderson
Estate Law Inc.

www.andersonstatelaw.com

Attorneys Mark A. Anderson and Cale D. Beck

Specialists in Estate Planning

- ◆ Revocable Living Trusts ◆ Trust Administration
 - ◆ Charitable Trusts ◆ Probate
 - ◆ Education Trusts ◆ Wills
- ◆ Special Needs Trusts ◆ Powers of Attorney
- ◆ 40 Years Experience ◆ House Calls Available
 - ◆ FREE Initial Consultation

"We help families painlessly transfer their wealth and value to their chosen loved ones."

145 South Fig Street, Escondido, CA

Fill your future
with promise.



Experience SoCal senior living at its finest. Schedule your personal tour today: call **1-877-577-2793** or visit **CovLivingMountMiguel.org** to learn more.

covenant  living

at MOUNT MIGUEL

325 Kempton St. | Spring Valley, CA 91977



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, and updates on the FFC classes please contact Cathy at 858-342-9716.

Fun and Games:

Do you enjoy playing Bridge, Hand and Foot, Canasta, Scrabble, or Mahjong? How about Mexican Train Dominoes, Yahtzee or Rummikub? Games keep your mind sharp. You're invited to come on Wednesdays to Debin Hall at 10 am to see who's playing what and join right in. Knitters & Crocheters are warmly welcome, too! Join the crafter group in Debin Hall as well for a time of handwork & chatting. We'll set up the tables, and provide most games/ craft supplies, you provide the fun! All these groups end at 11:20 to settle in for the program at 11:30 sharp!

Music Appreciation:

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

Book Club:

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

Silver Age Yoga:

It's going GREAT! It's open to all! New instructor, Elizabeth Young, is leading the Silver Age Yoga class in Debin Hall's lower level, Room 16, from 11 am - noon on Fridays. Designed specifically for the needs of seniors of all ability levels, this "chair only" class means no mats and no getting on the floor. There are some standing postures, but these can all be done with the help of a chair if needed. There is no fee, but donations are welcome for non-profit Silver Age Yoga. NOTE: No class Nov. 24, Dec. 22 & 29, and Jan. 5.

Ginny's Sewing Fellowship:

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

ESTATE PLANNING SEMINAR

**SUNDAY, NOVEMBER 5, 11:30 AM
SOLANA BEACH PRESBYTERIAN CHURCH
120 STEVENS AVE, SOLANA BEACH**

**Learn how to create and manage your family's estate plan.
A complimentary light lunch will be served.**

Mark Anderson and Steve Carter, both experts in the development and financial management of estate plans, will present.

If you haven't yet finalized an estate plan, this session will walk you through the process and give you strategies for maximizing success.

If you already have developed an estate plan, learn how the new tax laws will affect you and approaches you can take to "safeguard" your estate.



**Mark Anderson
Estate Planning Attorney**



**Steve Carter
Certified Financial Planner**

To enroll in this FREE seminar please contact the Senior Center office at 858-509-2587. RSVP needed by October 27th, 2023.

Questions or need further information?

Erica@kbfoundation.org

858-699-5155

www.kbfoundation.org



BOOK CLUB

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



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

November Discussion: *Dutch House* by Ann Patchett

The *Dutch House* is the story of a paradise lost, a tour de force that digs deeply into questions of inheritance, love and forgiveness, of how we want to see ourselves and of who we really are.

Copies of *Dutch House* are available at the Senior Center office and will be discussed on Wednesday, November 8 at 1:15 pm in Room 15.



December Discussion: *Four Treasures of the Sky* by Jenny Tinghul Zhang

Brilliant and devastating, *Four Treasures of the Sky* tells the story of Daiyu, who is brought to America against her will and forced to hide who she is even as she grows into her true self.

Copies of *Four Treasures of the Sky* are available at the Senior Center office and will be discussed on Wednesday, December 13 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.

BOOK CLUB cont.



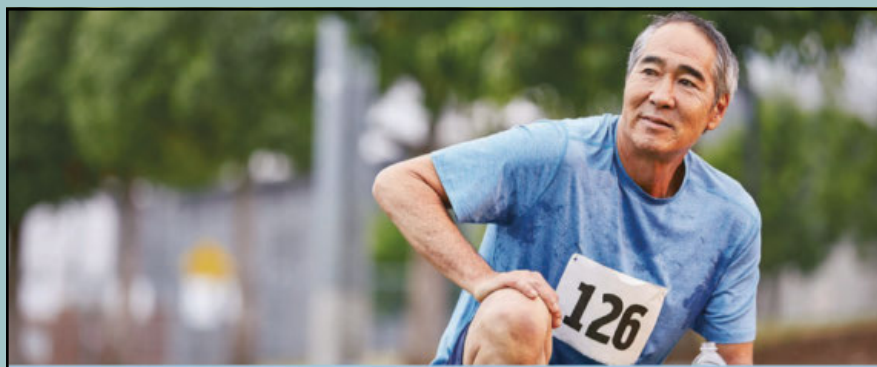
SPECIAL NOTES

Our Book Club membership is growing! The wonderful Solana Beach Library staff is challenged to find enough copies of the requested books to meet our group's need.

To ensure you get a copy of the book each month, please consider the following:

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

9

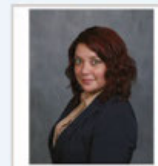


Put your trust in a 2023 Medicare health plan rated 5 out of 5 stars



Earning 5 out of 5 Stars for 2023, our California plan is the nation's largest-running 5-Star-rated Medicare health plan (2012-2023).

Make a more informed choice



Melissa Salcedo
Kaiser Permanente
Medicare specialist

To learn more about Kaiser Permanente Medicare health plans, call me at 1-619-952-7518 (TTY 711 for the deaf or hard of hearing) or visit my website at mykpagent.org/melissas.

When you choose a Kaiser Permanente Medicare health plan, you get quality care and supportive services to help you live well and thrive - all in a single plan that offers great value.

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.

969418216 CA

Y0043_N00035217_CA_M

Kaiser Foundation Health Plan, Inc.
393 E. Walnut St., Pasadena, CA 91188-8514



WAYS TO STAY CONNECTED

SOLANA BEACH CIVIC & HISTORICAL SOCIETY 2023 HOLIDAY BOUTIQUE

Saturday, November 4th from 9 - 2 pm at
La Colonia Park Center, 715 Valley Avenue, Solana Beach.

Handmade Crafts ~ Bake Sale ~ Holiday Decor & More!

For more information, call Pam Dalton at 858-755-8574

SBPC CHRISTMAS IN A SHOEBOX CAMPAIGN

Operation Christmas Child delivers great joy and the Good News of Jesus Christ to children in need around the world through gift-filled shoeboxes.

Shoeboxes will be available at SBPC's main church campus on Sunday, November 5 & 12. Shoebox collection on Sunday, November 19.

For more information contact André Rocha 858-509-2587 X1204.

ALTERNATIVE CHRISTMAS MARKET (ACM) - "CATALOG STUFFING" PARTY

Volunteers needed at SBPC to stuff mailing envelopes containing ACM information.

DATE: Nov 14

TIME: 9am - 2pm

PLACE: SBPC - Room 101

For more information or to get involved contact
Joanne Kellogg at 760-390-9617 / j.kellogg@roadrunner.com

FOSTER HOPE MINISTRY will be providing Christmas gifts for 170 foster youths at SBPC's Christmas Event on December 9 from 1:30 - 4:30pm.

If you would like to make a donation towards foster youth gifts you can do so at the Alternative Christmas Market (ACM) on December 3rd OR through a link on the SBPC church website - solanabeach.church. In addition, Foster Ministry is looking for help with food / baked goods for the foster youth party and volunteers to do crafts with the kids.

If you are interested in helping with baked goods, gifts for the youth, or volunteering at the party please call or email Gretchen Morgan at 858-342-1883 (cell) / gmorgan@gretchenmorgan.com.

WELLNESS



DANCE!! By Sue Grant

In addition to providing physical, psychological, and social benefits, did you know that dancing is also really good for your brain?

In a new study from Germany in *Frontiers in Human Neuroscience*, researchers divided healthy people 63 and older into two training groups. Half of the group did repetitive exercises that did not require new learning, and the other half enrolled in a dance program that required them to continually learn challenging new routines. Classes were held twice a week for six months, and then once a week for the next 12 months.

As seen in MRIs, both groups had increases in gray matter in the hippocampus. The hippocampus is involved in learning, long term memory, and spatial navigation. However, the dancers had increases in more parts of this brain structure, and also had significant improvements in balance.

Atrophy in the hippocampus is part of the normal aging process, especially after age 70, but the great news is that this is one of the brain areas that can actually generate new neurons in response to physical and mental challenges – like dancing! The key to the process, known as neuroplasticity, is to be moving while solving a cognitive task.

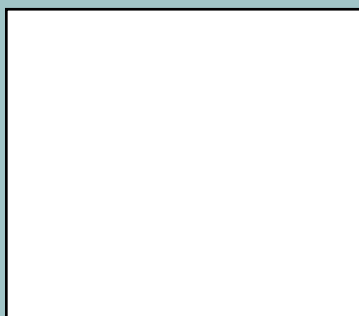
As we get older, many of us are worried about “losing our marbles.” The authors of this study concluded that, “the additional challenges involved in our dance program, namely cognitive and sensorimotor stimulation, induced extra hippocampus volume changes in addition to those attributable to physical fitness alone.”

Even if you think you have “two left feet,” dancing, or doing some kind of activity that challenges you to learn new things while you are moving, will help you to keep those marbles! 11

ADVERTISE HERE
to reach your community



Call 800-950-9952



**SCHEDULE
A TOUR
Today!**



COME JOIN THE FUN!

Luxury Senior Living Options
Assisted Living - Memory Care
Skilled Nursing & Rehabilitation

(858) 259-2222
13010 Hartfield Ave. San Diego, CA 92130
www.stellarliving.com



**CARTER
FINANCIAL, LLC**

Don't leave your financial future to chance.

Make sure you can answer the most important financial questions:

- Will we run out of money during our lifetime?
- Can our income keep up with inflation?
- Will a challenging health situation imperil our plan?
- Are we minimizing taxes over the course of our retirement?

*For the past 37 years we have helped hundreds of families successfully navigate the financial challenges of retirement and achieve **Freedom, Peace of Mind and Confidence.***

steve@carterfinancialLLC.com
(858) 678-0579 • carterfinancialLLC.com
4225 Executive Square, Ste 1030 • La Jolla, CA



TRIPS



Senior Center Trip Activity Gauge

Please be mindful,
and help us assure
everyone's safety.

{Activity Level Gauge}

1...2...3...4...5...6...7...8...9...10

easy

- sitting
- little walking

moderate

- standing
- walking
- stairs may be involved

strenuous

- lots of standing or walking
- stairs or uneven walkways



Lamb's Player Presents

A GHOST STORY

Directed by Robert Smyth

**David McFadzean's thrilling new adaptation
of Charlotte Brontë's masterpiece, JANE EYRE.**
Filled with Wit, Romance, Mystery & Riveting Adventure!

A WORLD PREMIERE

DATE: Sunday, November 5, 2023

COST: \$60.00, Includes ticket & transportation **SHOW TIME:** 2 pm Matinee

DEPARTURE TIME: 12:45 pm **RETURN TIME:** By 6 pm

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

RSVP by calling 858-509-2587

Local Holiday Christmas Lights



DATE: Thursday, December 7, 2023

COST: \$5.00, Includes transportation and local light tour.

DEPARTURE TIME: 4:30 pm **RETURNING:** By 6:30 pm

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

RSVP by calling 858-509-2587

TRIPS cont.

Lamb's Player Presents

R~E~S~P~E~C~T~F~U~L~L~Y CHRISTMAS



Tickets for **R-E-S-P-E-C-T-F-U-L-L-Y CHRISTMAS** are going like Hot Cakes! Make plans to experience LAMB'S new holiday show for 2023. Cast members from Lamb's musical hits R-E-S-P-E-C-T and MILLION DOLLAR QUARTET join in a joyful celebration of great Christmas songs & carols!

DATE: Sunday, December 17, 2023

COST: \$70.00 - Includes transportation.

DEPARTURE TIME: 12:45 pm **RETURN:** By 6 pm

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

Bonus: This excursion includes a peek at the Hotel Del Coronado Christmas tree.

RSVP by calling 858-509-2587



REPOSITIONING COASTAL CRUISE

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

DATE: April 23-28, 2024

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

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

MORE INFORMATION call Cindy 858-509-2580 x 1400

COMPASSION INTERNATIONAL ~ STEPHANIE UPDATE

A letter from our Compassion Child ~ Stephanie

Hello dear friends,
I hope that everyone is in good health and enjoying the blessings that God gives us. My family and I are doing well.

In August I turned 13 and I am very happy because of the birthday wishes you sent me. My whole family was able to celebrate because of your generosity. Thank you!

In October I finished another school year. I think my grades were good and I will be going into seventh grade soon. I also want to tell you about my pet dog called, Mita. She will have puppies soon and I am so excited. I like to take care of her and spoil her.

In my free time I like to spend time with my grandmother, too. I help her do the cleaning and anything else she asks of me.

I like being able to tell you about my life.

I say goodbye and wish you many blessings in your life.
I love you very much, Stephanie. Translator: Sorayda M.



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

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.

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 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).



SRG SENIOR LIVING

be more you

Boredom is not your style, and it's not ours either.

Book a tour and see for yourself!

LA VIDA DEL MAR

LUXURY INDEPENDENT & ASSISTED LIVING RESIDENCES

850 Del Mar Downs Road • Solana Beach • 858.345.4127

RCFE# 374602832 LaVidaDelMar.com

Personal service to assist YOU with ALL your Real Estate needs.



Seniors Real Estate Specialist® SRES®
Valerie Tuck -- REALTOR®
858-353-3377
valerietuckhomes@gmail.com
DRE#01947055

BERKSHIRE HATHAWAY HOMESERVICES | CALIFORNIA PROPERTIES

I'll go the extra mile to make your move as easy and seamless as possible.

TRUST INTEGRITY
Your Forever Agent

© 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.

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

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



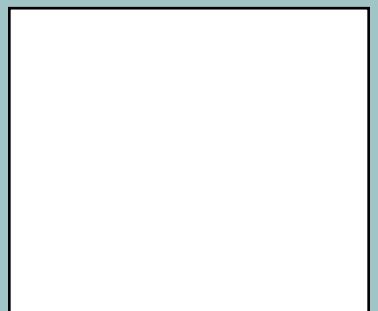
Contact us at careers@4lpi.com or www.4lpi.com/careers



KINGDOM BUILDER FOUNDATION

Will it matter that you were here?

KBFoundation.org



CELEBRATIONS

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



NOVEMBER BIRTHDAYS:

Stephanie Anuskiewicz, Barry Billingsley, Larry Brown, Chris Cook, Jeanine Dreifuss, Rosemary Du Aime, June Eherenfeldt, Carol Filippi, Donna Golich, Ruth Gunther, Micah Hallin, Bobbi Karnes, Susan McEachern, Joann McMahan, Jim Preuss, Jan Squires, Cheryl Storrs, Jan Wier, Dorothea Wolbing

Birthday Sponsor: Covenant Living Mt. Miguel Spring Valley

DECEMBER BIRTHDAYS:

Bob Brouillette, Liz Brown, Frances Claxton, Linda Costello, Juanita Dalry, Sharyn Daly, Carol Duve, Cheryle Genovese, Julie George, Judy Hegenauer, Roberta Hennigan, Adelina Maycock, Carol Jensen-Scoffin, Rosy King, Kathleen O'Classen, Jim Peter, Marilyn Pileggi, Lisa Rights, Ed Siegel, Ron Sonthalia, Jack Summers, Norm Walker

Birthday Sponsor: At Home Nursing Care



Solana Beach Community Senior Center
120 Stevens Ave., Solana Beach, CA 92075
858-509-2587 ~ solanabeach.church
Cindy@solanapres.org / Elizabeth@solanapres.org

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