

SEPTEMBER / OCTOBER 2024

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SENIOR CENTER BIG EVENT

Senior Center Fall Kick Off Annual Open House



DATE: Wednesday, August 28th, 2024

PLACE: SBPC - Debin Hall

TIME: 10 am - 1 pm

We can't wait to see you!
Full details on page 5.

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: Sunday, September 15th

PLACE: SBPC Outdoor Patio

TIME: 11:15 am - 1:00 pm



SERVICE OF REMEMBRANCE



A Time to Remember, Pay Tribute, and be Comforted

SAVE THE DATE: Saturday, November 2, 2024

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.



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

Welcome back to those of you who've been a part of the SBPC Senior Center family in the past. Welcome, welcome, welcome to those of you who are trying out the SBPC Senior Center and the variety of programs, classes, activities, trips, social gatherings, service opportunities and great meals we offer throughout the year. I hope you'll come often and become part of the family. We are better together and each of you are an essential piece!

Welcome
to the
Senior
Center



The summer flew past and we're eager to get back into a regular rhythm and see familiar and new faces again each week. We've got some new things planned in addition to our returning lineup of favorite activities and entertainers. NEW this year, will be regularly scheduled FREE lunches (in addition to your FREE birthday lunch). We've received a generous memorial gift from Tom Grant's family and will be honoring his wishes to support the Senior Center Meal program with a FREE lunch for all who reserve in advance. Watch for details in the Encore each month. You'll find the FREE lunch info where we post the weekly lunch menus and scheduled entertainers.

Like puzzle pieces, we all have different shapes, sizes, gifts, talents, personalities, abilities and likes and dislikes. When we all come together, we can make something beautiful! Please consider joining the Senior Center and participate in some (or all) of the many offerings. We truly are better together! Help us kick off the new season at the Annual Open House on Wednesday, August 28th from 10 am - 1 pm in Debin Hall.

I'll look forward to seeing you soon!

Blessings,
Cindy



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 the
Ministry Center Hall. 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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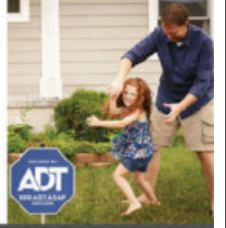
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WAYS TO STAY CONNECTED



The Solana Beach Community **SENIOR CENTER** Wednesday Programs and Lunch

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

Followed by great programs and a delicious meal each week in Debin Hall.
Programs begin at 11:30 am, lunch is served at 12:15 pm.

Lunch is \$9* per person (or \$10 for to-go meals). **Reservations are needed one week in advance and can be made by calling 858-509-2587.**

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

- **August 28:** 2024-2025 Senior Center Open House & Membership Kick Off. Vendor Faire, Give Away Items, **Free** Lunch and Entertainment by the Rhapsody Singers. **Everyone is Welcome!**
- **September 04:** Stuart Whitworth returns with GREAT music! Menu: Crusted Chicken with Veggie Salad. **(RSVP by 8/28)**
- **September 11:** Peter Seltser performs on Patriot Day. Menu: Beef & Chicken BBQ Sliders with Orzo Roasted Vegetable Salad. **(RSVP by 9/04)**
- **September 18:** *Celebrate August & September Birthdays with the Uke-A-Ladies from Westmont Encinitas.* Menu: Aloha Chicken with Cauliflower Rice and Grilled Vegetables. **(RSVP by 9/11)**
- **September 25:** Mission Focus: AJ Pitman presents a Compassion International Update on El Salvador. Menu: Soup and Sandwich. **(RSVP by 9/18)**
- **October 02:** David Topham plays the Wood that Sings. Menu: Stuffed Potatoes & Salad Bar. **(RSVP by 9/25)**
- **October 09:** Professionally trained musician, Daniel Newheiser performs all your favorite tunes. Menu: Mediterranean Grill. **(RSVP by 10/02)**
- **October 16:** Mission Focus: Kingdom Builder Foundation. Menu: Soup & Salad. **(RSVP by 10/9)**
- **October 23:** Celebrate October Birthdays with Adrienne Nims and Mark Danisvowsky performing an October music program. Menu: Oktoberfest. **(RSVP by 10/16)**
- **October 30:** Blind Pianist, Vincent Young, will amaze you with both his talent and personality! Menu: Goulash. **(RSVP by 10/23)**

WAYS TO STAY CONNECTED

Senior Center Open House

Please plan to join us on Wednesday, August 28th, 2024 from 10 am to 1 pm at SBPC as we kick off another fantastic Senior Center Membership Season.

September 2024 thru June 2025 will surely not disappoint you!



- Entertainment is the “The Rhapsody Singers” back by popular demand from last year.
- 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 Senior Center Wednesday week only)
- Raffle prizes. *(must be present to win)
- Fun, fun, fun, and more fun in Debin Hall.

WE CAN'T WAIT FOR YOU TO JOIN US!

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Solana Beach Senior Center, Solana Beach, CA

B 4C 05-0630

WAYS TO STAY 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 10 for specific details.

Feeling Fit Club (FFC):



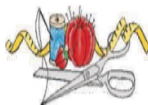
Sue Grant happily leads the Feeling Fit Club each Monday and Wednesday from 8:30-9:30 am. **The FFC classes will meet via Zoom only.** You are welcome to participate on one or both days. There is no fee as FFC is sponsored by San Diego County's Aging and Independent Services. To sign up to receive the Zoom invitation, and updates on the FFC classes please contact 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 9:30 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 am sharp!

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.

Silver Age Yoga:



Open to all! Instructors, Elizabeth Young and Terri Rucker are co-leading the Silver Age Yoga class in Debin Hall's lower level, Room 16, from 11 am - noon on Fridays. Designed specifically for the needs of 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.

WELLNESS

WELLNESS NIGHT - Youth Mental Health



Please join Dr. Chinwé Williams Ph.D., Board-Certified therapist and author and Will Hutcherson youth pastor, national speaker and founder of Curate Hope as they share their thoughts on youth mental health and the church.

This seminar is open to the whole family.
Everyone is welcome to attend!

SAVE THE DATE: Wednesday Night, October 9th, 2024

PLACE: SBPC Debin Hall

TIME: 6:30 pm to 8:30 pm

For more information/and registration please contact Melissa Bolt at 858-314-9616 or by email at - wellness@solanapres.org.

WELLNESS - BRAIN GAME



BONUS WORDS:
PUMPKIN
LEAF

E	A	X	W	A	L	R	S	T	S	T	
T	K	W	Q	U	E	E	F	G	C	N	Y
F	B	O	O	T	S	F	A	E	I	D	L
H	A	E	A	R	C	I	L	S	K	A	I
M	F	E	O	E	A	P	L	S	C	S	E
A	W	H	H	E	P	U	M	P	K	I	N
S	I	H	K	A	R	B	E	T	P	R	D
E	A	A	N	E	Y	N	M	R	O	A	C
O	R	J	X	K	V	S	N	C	G	R	Q
H	L	E	A	F	S	C	A	R	F	I	O



SCARF
TREE

APPLE
FALL

BOOTS
RAKE

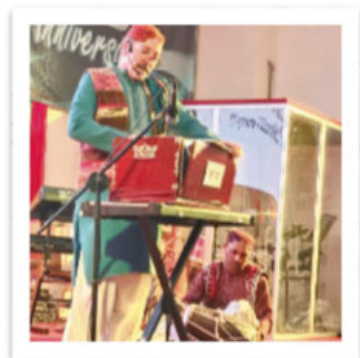
Kingdom Builder Legacy Giving Transforms Lives Locally and Globally

Legacy giving to Kingdom Builder Foundation has resulted in 200 grants to Christ-centered ministries and missions in San Diego County and around the world. Here are two we'd like to share with you.



One such grant was to Generate Hope, a safe place for survivors of sex trafficking to heal and find restoration with long term housing, therapy, education, and vocational support. A 2023 Kingdom Builder Foundation grant provided laptops that supported residents in the transition phase of the program who are pursuing their education and vocational goals. Generate Hope was founded by a licensed clinical social worker and opened their first home in 2009. Since then, they have opened two more homes and served over 160 women, ages 18 and older. All three of their homes were recently accredited with the highest rating of gold star. What's more, 95% of their women rediscover their faith or come to faith, including ten who were baptized last year. Praise God for this desperately needed ministry and for their passion for helping women restore their lives.

Paul Stock shared the following story of life transformation about a 2022 grant that provided funding for creation of a song book. *"In Singapore, Raju (not real name), a young Sindhi believer, lives with his father, who is open but not a believer yet. Raju and his wife are the only believers in all his extended family. Raju's grandmother lives with his uncle and aunt in the same apartment complex. The grandmother has always loved the Sindhi worship songs we've written. Now his grandmother has Parkinson's Disease and is very ill. Yet she still wants to hear the songs. Raju asked me if I would go to his uncle's place and sing for his grandmother. I agreed. He told me that his uncle and aunt are quite hostile to the Gospel, so just sing, don't preach. I sang several songs. The uncle and aunt were present and listening very carefully. I could see they were touched. Afterwards Raju called me all excited. His uncle had videoed me singing and he posted that Christian worship song video to their extended family WhatsApp chat. This was the first time his uncle and aunt had shown any real interest."*



KINGDOM BUILDER cont.

This fall we are looking for other impactful uses of our grant funding. If you know of eligible ministries and missions that are stepping out in faith to grow God's Kingdom in dynamic ways that reflect local investment, global commitment and congregational connection with Solana Beach Presbyterian Church please encourage them to apply for a grant. Our granting deadline is Monday, October 14, 2024.

To find out more about Kingdom Builder Foundation, the ministries it supports, or to recommend a Christ-centered non-profit that may benefit from Kingdom Builder Foundation engagement, visit our website at kbfoundation.org; or call us at (858) 699-5155.



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BOOK CLUB



The Book Club is kicking off another season of great literature and discussions with friends.

If you love to read, want to keep your mind sharp, and extend your social circle; we can't wait for you to join us!

Everyone is Welcome!

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

September Discussion: *Tom Lake* by Ann Patchett

In this beautiful and moving novel about family, love, and growing up, Ann Patchett once again proves herself one of America's finest writers. -*The Guardian*

Tom Lake is a meditation on youthful love, married love, and the lives parents have led before their children were born. Both hopeful and elegiac, it explores what it means to be happy even when the world is falling apart.


Copies of *Tom Lake* will be available at the Senior Center Open House or through the Senior Center office at 858-509-2587.

The book discussion is on Wednesday, September 11th at 1:15 pm in Room 15.

October Discussion: *One Book, One San Diego*



Copies of the *One Book, One San Diego* choice will be distributed in September and will be discussed on Wednesday, October 9th 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.

COMPASSION INTERNATIONAL - STEPHANIE UPDATE

COMPASSION IN EL SALVADOR

Compassion's work in El Salvador began in 1977. Today, more than 52,250 children participate in more than 200 child development centers. Compassion's church-based child development centers are places of hope for impoverished children in El Salvador. Under the guidance of caring Christian adults, children's pressing needs for nutrition and medical attention are met. Children also receive tutoring to help with their academics. Health and hygiene lessons teach them to care for their own physical well-being, and positive social skills are modeled and encouraged.




If you would like to make a financial donation on behalf of our sponsored child, Stephanie and her family, please contact the Senior Center office at 858-509-2587.



Additionally, prayers are welcomed for Stephanie, her family, and those impacted by / involved with Compassion International.



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

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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

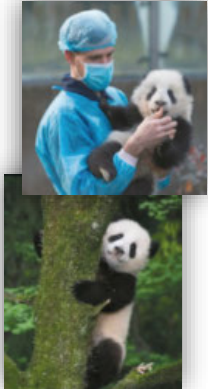
- sitting
- little walking

moderate

- standing
- walking
- stairs may be involved

strenuous

- lots of standing or walking
- stairs or uneven walkways



THE FLEET SCIENCE CENTER PRESENTS **Pandas: An Imax Original Film**



Join us on this sweet and endearing adventure as we set out together to learn about Qian Qian a panda from the mountains of Sichuan. We will follow her story, see her first encounter with nature, and watch as she discovers the freedom and perils of her life the wild.

DATE: Thursday, September 5, 2024

COST: \$30.00 - Includes transportation and theater entrance. No host lunch at the famous Chicken Pie Shop

DEPARTURE TIME: 10:45 am **RETURNING:** By 4:00 pm

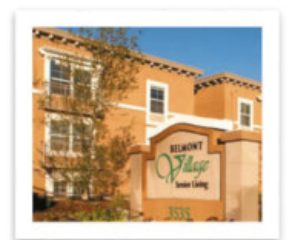
ACTIVITY LEVEL: 3 (standing, walking, sitting, and a few stairs)

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



BELMONT VILLAGE SENIOR LIVING TOUR

Cardiff By The Sea Location



Join us on this excursion and enjoy a
VIP Tour and a Gourmet Lunch

You are invited to see what Belmont Village has to offer. They strive to make every day engaging and purposeful for their residents and offer a wide spectrum of care and support to suit any lifestyle.

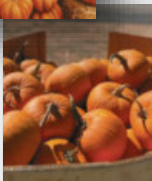
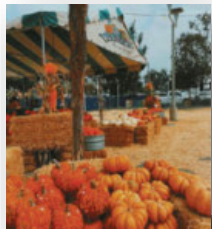
DATE: Tuesday, September 17, 2024

COST: \$5.00 - Includes transportation, VIP tour and lunch

DEPARTURE TIME: 11:00 am **RETURN:** By 2 pm

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

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



Escondido Pumpkin Station Fall is in the air!



It is time to experience the wonders of fall. On this excursion you'll be sure to get your "spirits" lifted as we ride the tram through the sunflower fields, feed the animals, check out the pumpkins, and shop for holiday supplies.

DATE: Tuesday, October 15, 2024

COST: \$20.00 - Includes transportation and admission. No host lunch at Westfield Shopping Center

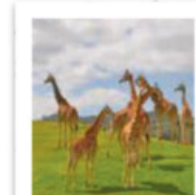
DEPARTURE TIME: 11:00 am **RETURN:** 3:30 pm

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

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



San Diego Zoo



Mark your calendar for a fun-filled animal adventure and come along with us as we spend Halloween at the San Diego Zoo!

Note: A San Diego Zoo ticket is additional and at your expense if you do not have a day, or year membership/pass or valid entrance to the park.

DATE: Thursday, October 31, 2024

COST: \$10.00 - Includes transportation

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

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

RSVP by calling 858-509-2587 or email 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!

Join a group of friends and spend a wonderful week supporting the efforts of YWAM's **Gleanings for the Hungry** in California's beautiful Central Valley. 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. The cost is less than \$20 per day! Transportation is by carpooling in private cars. Flights are available to Fresno as well.

DATE: Sunday, October 20th thru Friday, October 25th, 2024

DEPARTURE: Sunday, October 20 **RETURN:** Friday, October 25

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 and 1 dinner on the travel days and transportation is by carpool / private vehicles. RV's welcome.



For more information / reservations call Pat at 619-997-6856.

RSVP deadline - October 4th, 2024.

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.

Encinitas Community & Senior Center: The Encinitas Community and Senior Center, owned and operated by the City of Encinitas, includes facilities that provide recreational, educational, social, and civic opportunities to the citizens of Encinitas and the surrounding areas. A wide variety of activities and events are available for all ages, from tiny tots to adults 50 and up. For more information call 760-633-2600, or visit their website at <https://www.encinitasca.gov/government/departments/parks-recreation-cultural-arts/recreation-programs/senior-citizens/community-senior-center>.

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.

SENIOR RESOURCES


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.

HOME MEAL DELIVERIES: Meal deliveries, and grocery services are offered to home bound seniors in most San Diego locations. Service offers low cost to free meals. For information contact Meals-On-Wheels at 1-858-452-0391, or visit mealsonwheelsamerica.org.

SENIOR LEGAL SERVICES: Legal services are offered to seniors 60+ for counseling on Power of Attorney, Living Wills, Financial matters and more. This service is offered on a donation basis. Many situations can be handled with a phone interview. Please call (858)565-1392 ext. 205 or ext. 208 to schedule an appointment.

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 known 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.

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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>	 <p>KINGDOM BUILDER FOUNDATION</p> <p>Will it matter that you were here?</p> <p>KBFoundation.org</p>	



CELEBRATIONS



To all our Senior Center friends!

AUGUST BIRTHDAYS:

Alison Brown, Tom Golich, Alan Gootgeld, Chiuyee Ho, Bette Johnson, Pat Marquez, Patty McDean, Peggy Ngubo, Zahra Nowbahari, Lara Pauley, Sharon Romero, Ed Sparks, Rosemarie Urban, Herman Van Betten, Judy Wilkerson, Toni Wong

SEPTEMBER BIRTHDAYS:

Sandi Berg, Marialice Bopf, Donna Brouillette, Marsha Buske, Barbara Collins, Merrie Jo Cook, Betty Gootgeld, Sandra Gordon, Ann Hunter, Lee King, Sue Mitchell, Jean Morgan, Wendy Morris, Morris Pike, Molly McKiechan, Laddie Pottorff, Linda Scales, Mike Stansbury, Gina Strada, Dorothea Wilson, Steve Young

NOTE: August and September b-days will be celebrated when we resume our regular schedule in September.

Birthday Sponsor for August and September: Westmont of Encinitas

OCTOBER BIRTHDAYS:

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

Birthday Sponsor for October: Regal Medical Group



Solana Beach Community Senior Center

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