

encore

a publication for life enrichment

Solana Beach Community Senior Center

MAY/JUNE 2025

INSIDE THIS ISSUE



H
I

F
R
I
E
N
D

- Notes from the Director2
- Memory Café3
- CarFit Program4
- Loving Tributes5
- Ways to Stay Connected.....6-7
- Healthy Living.....8-9
- Book Club10
- Compassion International11
- Trips12-14
- Senior Resources15
- Celebrations16

UPCOMING EVENTS

- May 1 ~ **National Day of Prayer**
- May 2-4 ~ **Come Build Hope**
Prayer is welcome for those who are building homes and hope for at-risk families in Baja.
- May 14 ~ **Solana Beach Transportation Options.** See insert.
- May 26 ~ **Memorial Day Holiday**
- May 30 ~ **CarFit**
See page 4 for details.
- June 15 ~ **Choir Concert**

This FREE event will be held in the SBPC Sanctuary starting at 6 pm.
Everyone is Welcome!

SBPC ~ PARTY ON THE PATIO

Celebrate our community in an all ages
Party on the Patio

Fellowship, Friends, and 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: May 18, 2025
Time: After 10:30 am worship service
Place: SBPC outdoor patio



- June 4 ~ **Senior Center 2024-2025 Season Grand Finale!**

Be sure to join us for the last Senior Center event together until the August 20th's Senior Center New Season Kick-off.
- June 11 ~ **Book Club Season Finale**
See page 10 for details.



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



Spring has sprung and summer is on the way! Yahoo! I am grateful every day to see the flowers in bloom, the days are getting longer and the baseball season is off to a spectacular start..... Go Padres!

This year we're wrapping up our "regular season" a bit early and will start the summer season with a big celebration on Wednesday, June 4th. Don't miss this last hurrah before the schedule changes. We've got some great things in the works for the summer months and we're already looking forward to next season's kickoff on Wednesday, August 20th.

I've started a new habit during the Lenten season, finding and recording at least one thing that brought me JOY each day. I'm planning to continue this activity of seeking daily joy and will continue to add to my growing list. In a world where it seems the bad news often outnumbers the good news, I'm determined to find at least one thing that brings a smile to my face, each and every day. Would you like to join me in this finding daily joy adventure? I'd love to have you come along! We can compare lists along the way and maybe compile them to form a mountain of JOY.

Before we launch into the summer, I have to ask, *Do you have a Betty?* Betty and Eleanor, two lovely ladies who were both longtime members of SBPC and inaugural members of the Senior Center, decided to stay connected through thick and thin. They always made time for at least a quick phone call to check in with one another and share any joys or sorrows. Many years ago, Betty and Eleanor gave a "presentation" at the Senior Center, explaining the simple beauty of their friendship and what it meant to each of them as they continued to turn the calendar pages. Eleanor exclaimed, Everyone needs a *Betty!*"

Before we wind down this season on June 4th, my hope for you, and my challenge to you, is to "*Find a Betty*" – a person with whom you can regularly chat, someone you can smile with, laugh out loud, or even grumble or complain, someone you can be in close community when we're apart. Betty and Eleanor highly recommended it! It changed their lives for the better. If you don't know anyone, I'm very happy to help you get connected.

Lastly, we're eager to extend our intergenerational connections and are working on ways to bring the young, and young at heart, together for some fun interactions. Keep your eyes open for these special connections coming this summer.

Joyfully yours,
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.
No need to register for this program.
The door is open!*

Questions? Call the Senior Center office at 858-509-2587.

3



BELMONT *Village*

SENIOR LIVING
CARDIFF BY THE SEA

760-436-8900

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



Authorized
Provider

SafeStreets

833-287-3502



Assisted Living & Memory Care

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

Five-Star Amenities & Services

- Wellness & Engagement Programs
- State of the Art Fitness Center
- Concierge Physician Program
- Onsite Nursing Staff
- Full-Service Restaurant
- Swimming Pool & Spa

SANTIANNA
Oakmont Signature Living

Call (442) 325-8090 today
to schedule your tour!

2560 Faraday Ave • Carlsbad, CA 92010 • livesantianna.com
RCFE# License Pending



For ad info. call 1-800-950-9952 • www.lpicommunities.com Solana Beach Senior Center, Solana Beach, CA A 4C 05-0630

WAYS TO STAY CONNECTED: SPECIAL CLASS



CARFit - Custom Driving Safety Program

To help older drivers over the age of 55 remain mobile, Scripps Health Trauma Injury Prevention Team and the Solana Beach Community Senior Center located at Solana Beach Presbyterian Church will host a **CarFit** event.

CarFit was designed to help older drivers learn how the effects of aging can change the way they fit in their vehicle and how their driving can be affected.

CarFit is a FREE, interactive and educational program designed to improve older driver safety. A 15-minute in-person appointment with a certified CarFit technician will provide information ensuring the safest “fit” for drivers and their vehicles.

CarFit’s 12-point checklist on the driver and the car includes evaluating:

- Seat-belt adjustment
- Car pedals
- Seat and steering wheel positioning
- Visibility through windows and mirrors

Often after adjusting these vehicle components, drivers report feeling safer and more comfortable. Also, participants will learn how to better maintain and strengthen their driving skills.

All drivers who attend will receive a free resource bag filled with informative goodies and places to go for further evaluation.

DATE: Friday, May 30th, 2025

PLACE: Solana Beach Presbyterian Church - Parking Lot #1

TIME: 9 am - 11:00 am - Appointment Time with Registration

Registration is required
and spots are limited.

To reserve your spot email ~

InjuryPrevention@ScrippsHealth.org

(or) call 619-686-3644.





thank
you



A Mother's Love

No gift on earth is greater, No treasure held
above, The joy that comes from knowing,
A Mother's endless love.

In spite of how it's tested, It grows from year
to year, Providing strength and comfort...
It's gently draws us near.

It warms and it protects us, And guides us
from afar, Shedding light upon us,
Like a bright and shining star.

And when all things are measured,
Not one shall rise above, Or be compared in
Value, To a Mother's endless love!

~Author unknown

An Ode To Dads

Dads are the rock that holds us strong,
A compass to guide us all along,
The foundation of our lives they create,
A stronghold of love that's never late.

With strength and support,
they stand by our side,
A beacon of hope that never hides.

Dads are the world we live in each day,
And their love is what lights the way.
Thanks for always being there!

~ Author Melodia Ortez

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



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 lunch funds are available for you or someone you may know who needs assistance. Please call Cindy at 858-509-2587.



- **May 7:** Art for Everyone with Summer Wyman (details on pg.14.) Menu: Spring Vegetable Soup with Ham & Cheese Sandwich. **FREE lunch with reservation. (RSVP by 04/30/2025)**
- **May 14:** Safe Driving Through the Ages - Stay Safe Longer with guest speaker Pualani Vazquez (details pg.14.) Menu: Salmon with Spring Risotto. **(RSVP by 05/07/2025)**
- **May 21:** Celebrate May Birthdays and stroll down memory lane with musician Jim Biachi.
Menu: Turkey Pot Pie Upside Down. **(RSVP by 05/14/2025)**
May Birthday Sponsor: Regal Medical Group
- **May 28:** Enjoy the sounds of classically trained musician Daniel Newheiser.
Menu: Grilled Chicken. **(RSVP by 05/21/2025)**
- **June 4:** Celebrate June and July Birthday and ring out the Senior Center season with country music duo - Two the Moon. Menu: Pulled BBQ Beef and Chicken. **(RSVP by 05/28/2025)**
June & July Birthday Sponsor : Gloria Emanuelson - Great Escape Travel & Medicare Advantage

NOTE: June 4th will be the last Senior Center gathering for the 2024-2025 membership season.
Be sure to sign up and join us for the last bash of the year!

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):



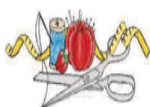
Sue Grant happily leads the Feeling Fit Club each Monday and Wednesday from 8:30-9:30 am. **The FFC classes will meet via Zoom only.** You are welcome to participate on one or both days. There is no fee as FFC is sponsored by San Diego County's Aging and Independent Services. To sign up to receive the Zoom invitation, and updates on the FFC classes please contact Donna at 858-342-0981.

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 am 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 weekly on Tuesdays through June 3rd 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:** Watch for the summer schedule updates coming soon.

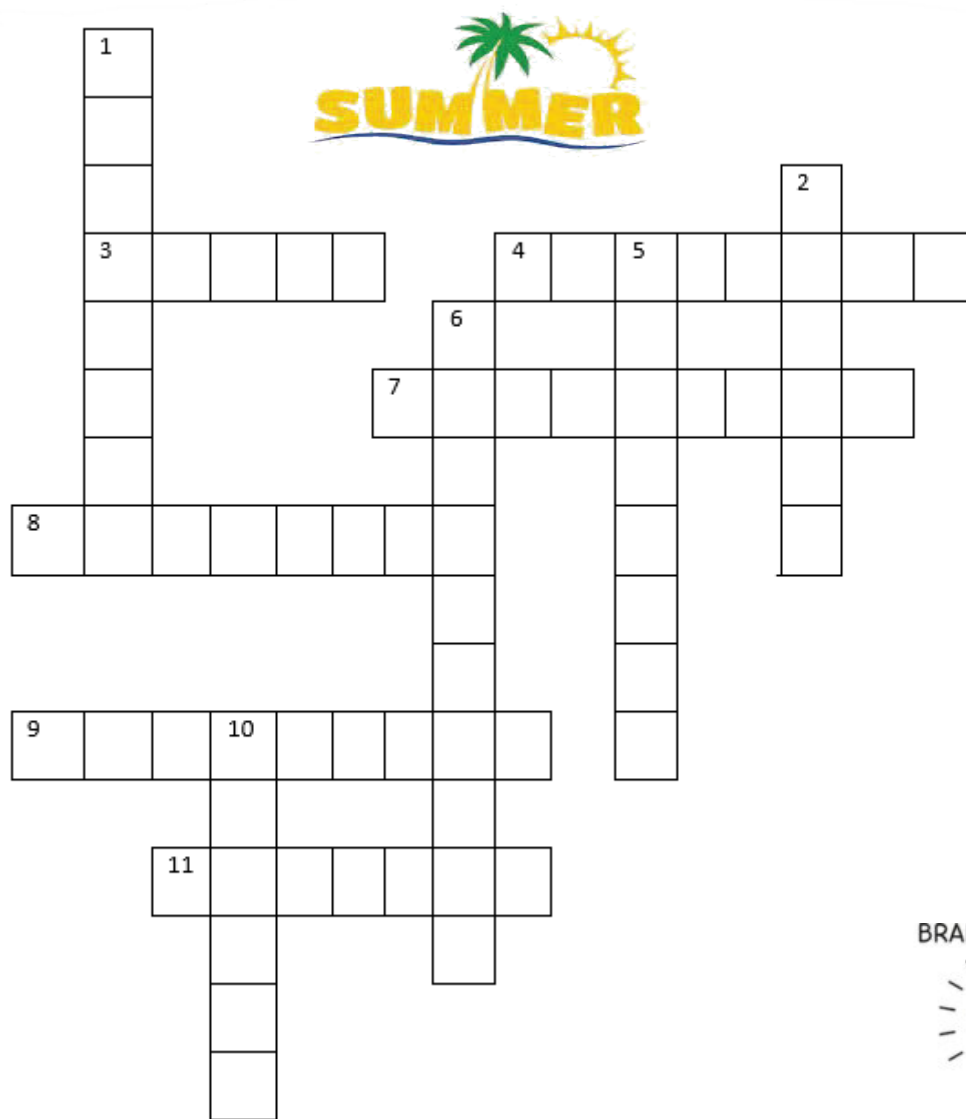
Silver Age Yoga:



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. **NOTE:** Chair Yoga will meet through June, not in July, and resume August 8th.

HEALTHY LIVING

Can You Solve the Summertime Crossword Puzzle? **Have Fun!**



Across

- 3. Vacation destination
- 4. Activity to cool off
- 7. Tending flowers
- 8. Hot summer weather
- 9. Worn to protect skin from the sun
- 11. Popular summer vegetable

Down

- 1. Meal cooked on the grill
- 2. Meal in the grass
- 5. Sweet summer treat
- 6. Summer fruit cut into slices
- 10. Worn to stay cool in the summer

Answers: 1. Barbecue, 2. Picnic, 3. Beach, 4. Swimming, 5. Ice Cream, 6. Watermelon, 7. Gardening, 8. Heatwave, 9. Sunscreen, 10. Shorts, 11. Cornucob




HEALTHY LIVING

Word Scramble - Unscramble the letters to find words that relate to summer.

- | | |
|---------------|---------------|
| 1. ROCILTAP | 5. DMNOELAE |
| 2. PIRERKNSL | 6. LFSREIIEF |
| 3. ARXEL | 7. CNIGAPM |
| 4. PUALNYGDRO | 8. SLSASNEUSG |

Word Scramble Answers:
 1. Tropical, 2. Sprinkler, 3. Relax, 4. Playground, 5. Lemonade, 6. Fireflies, 7. Camping, 8. Sunglasses

Brainteasers - Can you solve these visual word puzzles?

- | | | |
|---|---|--|
| 1.  3.14 | 3. TRIP  | 4.  MILLION |
| 2. SOMEWHERE | | |

Brainteaser Answers:
 1. Apple Pie
 2. Somewhere over the rainbow
 3. Trip around the world
 4. One in a million

9

<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>NEVER MISS OUR NEWSLETTER!</p> <p>SUBSCRIBE</p> <p>Have our newsletter emailed to you.</p> <p>Visit www.mycommunityonline.com</p> 
<p> CARTER FINANCIAL, LLC</p> <p>Don't leave your financial future to chance.</p> <p>Make sure you can answer the most important financial questions:</p> <ul style="list-style-type: none"> • 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? <p><i>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.</i></p> <p>steve@carterfinancialLLC.com (858) 678-0579 • carterfinancialLLC.com 4225 Executive Square, Ste 1030 • La Jolla, CA</p>	<p>MAKE THE MOST OF YOUR <i>retirement</i> LIFESTYLE.</p> <p>Set on 55 beautiful acres in coastal Carlsbad, La Costa Glen offers residential living with maintenance-free homes, resort-like amenities and priority access to long-term care, if ever needed.</p> <p>Call 1-760-334-5258 to schedule a personal tour.</p> <p> La Costa Glen CARLSBAD Expect More From Retirement.</p> <p> LaCostaGlen.com</p> <p><small>State of California License #374600637. Certificate of Authority #265. Offerings depicted are subject to change.</small></p>



BOOK CLUB

The Book Club is rounding out another great season of literature and discussions with friends.

If you love to read, want to keep your mind sharp, and extend your social circle; we'd love for you to still join us!



Everyone is Welcome!

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

May Discussion: ***The Women* by Kirstin Hannah**

In Kristin Hannah's *The Women*, Frankie McGrath is a young woman from a wealthy family who decides to enlist as a nurse in the Vietnam War after her older brother is killed in action.

In doing so, she leaves her sheltered and comfortable life in California to serve in a war-ravaged country working under dangerous conditions. When she returns, the atmosphere in America is hostile to veterans, dismissive of women's contributions in the war and she struggles to reassimilate.

In a story about patriotism, friendship, remembrance and defying expectations, *The Women* tells an often-overlooked story of the courageous women who served in Vietnam.

Copies of *The Women* are available at the Senior Center office to reserve/pick up a copy call 858-509-2587. The book discussion is on Wednesday, May 12th at 1:15 pm in Room 15.




June Discussion: ***Trust* by Herman Diaz**

Trust by Hernan Diaz is a historical fiction novel that explores the power of money and the nature of truth. The story is told through four sections: a novel, a memoir, an autobiography, and a diary.

Copies of *Trust* will be available at the Senior Center office and will be discussed on Wednesday, June 11 at 1:15 pm in Room 15.

NOTE: This will be the last book club meeting of the 2024-2025 Senior Center season.

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

COMPASSION IN ACTION

- **Compassion Causes** - Launched a new fundraising platform to help release children from poverty. The platform started with 50 churches and a goal of 200 by July 2025.
- **Community Awareness** - Compassion staff train communities to reduce stigma around mental health and encourage children to speak up when they're struggling.
- **Child Training** - Compassion teaches children healthy coping skills to help them build resilience.
- **Screening for Distress** - Compassion trains staff to screen for signs of distress or suicidal ideation.
- **Sharing the Gospel** - Compassion shares the gospel with children in an age-appropriate and culturally relevant way.
- **Compassion's Mission** - to release children from poverty in Jesus' name.



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

11

<p>ADVERTISE HERE to reach your community</p> <p>Call 800-950-9952</p>	<p>WE'RE HIRING! AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"> • Paid training • Some travel • Work-life balance • Full-Time with benefits • Serve your community 	<p>4ipi</p> <p>Contact us at careers@4ipi.com or www.4ipi.com/careers</p>	<p>COMPLETE, QUALITY CARE IN YOUR COMMUNITY</p> <p>We want to make sure you get the most out of your healthcare by having the right doctor and medical group to meet your needs.</p> <ul style="list-style-type: none"> • One of SoCal's largest physician-led medical groups • Thousands of primary care physicians and specialists • Hundreds of urgent care centers, hospitals and labs • Expanded access options: in-person, online and telehealth • Free online and in-person nutrition, health education and fitness classes at HealthyWayEvents.com <p>To learn more about our local doctors and services, visit us at: RegalMed.com</p>
<p>Gloria's Great Escapes</p> <p>At Gloria's Great Escapes we curate amazing experiences for our Clients, whether that is a Bucket List trip or arranging a Multi-Generational trip, we can create the unique experience you're looking for.</p> <p>Call us today at 310-430-0876 or email me at gloria@gloriasgreatescapes.com so we can start planning!</p>		<p><i>Medicare Advantage</i></p> <p>With all of the changes taking place in 2025, this is the best time to consult with a Medicare Advantage specialist, to ensure you're on the best plan.</p> <p>If you're turning 65, I can assist you in navigating many options available to you. Feel free to reach out to me at: 310-430-0876 emanuelsoninsuranceservices@gmail.com</p> <p>Arrange a your Free/No Obligation Consultation.</p> <p><i>Gloria Emanuelson</i> LIC. # 4099504</p>	



Trips

Hello Friend,

The Senior Centers regularly scheduled activities will be modified after our last gathering on Wednesday, June 4th. *See page 6-7 for details. The summer months of June, July and August will mark a time for Cindy and Elizabeth to revamp and collaborate on what is next for the Senior Center and include some much needed rest.

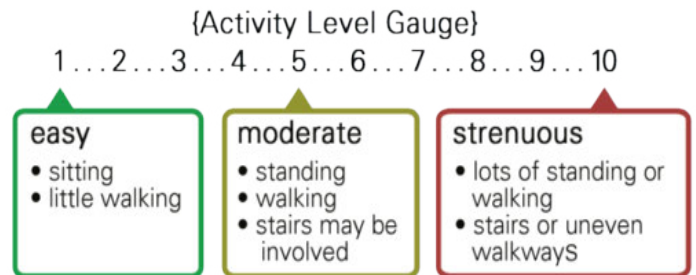
Be reminded, even though the Senior Center will not offer many of the same regular activities, it is still super important for you to stay connected and active.

The Senior Center will offer a few trips over the summer to help with that, but we also suggest you look into other events in your area, and make it a point to spend time with family and friends.



Senior Center Trip Activity Gauge

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



IMAX - Fleet Science Center & Planetarium Show

Buckle up, we are going to soar with the Blue Angels!

On this excursion we'll explore the Fleet Science Center and enjoy a documentary in the dome theater.



The documentary features never-before-seen footage that chronicles a year with the Navy's elite Flight Demonstration Squadron - from selection through the challenging training and demanding show season - showcasing the extraordinary teamwork, passion, and pride that fuels America's best, the Blue Angels.

DATE: Tuesday, May 20, 2025

COST: \$30.00 - Includes transportation, Science Center entrance & show.
NO host lunch at the Chicken Pot Pie Shop.

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

ACTIVITY LEVEL: 5 (standing, walking, and sitting)

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

TRIPS cont.

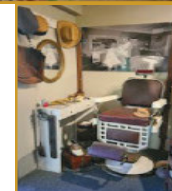


San Dieguito Heritage Museum

Join us as we step back in time
almost a 100 years.



A docent led tour of the museum will give a glimpse of the history of Leucadia, Encinitas, Olivenhain, Cardiff, Solana Beach, Del Mar and Rancho Santa Fe. You'll get the opportunity to explore several historic homesteads and view ancient artifacts.



Be sure not to miss the wagon on this one!

DATE: Tuesday, June 17, 2025

COST: \$20.00 - Includes transportation and docent tour. NO host lunch nearby after tour.

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

ACTIVITY LEVEL: 7 (standing, walking, and sitting)

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

Any San Diego Baseball Sports Fanatics In The House?



This adventure is for YOU!

Join us as we Root, Root, Root for
our favorite team.



San Diego Padres vs. Washington Nationals



DATE: Wednesday, June 25, 2025 - 1:10 pm Game Time

COST: \$60.00 - Includes transportation and ticket. No host food at park.

DEPARTURE TIME: 11:30 am **RETURNING:** After game

ACTIVITY LEVEL: 8 (standing, walking, and sitting)

NOTE: The ballpark accepts credit only. NO cash!

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

TRIPS cont. - SPECIAL OPPORTUNITY

Do you like history, have a longing to learn more, and want to grow spiritually?
Then this trip is a once-in-a-lifetime opportunity; one you won't want to miss!



Join us on a fascinating tour of Germany with Pastor Mark Vermaire



Mark Vermaire has been a pastor for 40 years and served most recently as Senior Pastor of The American Protestant Church of The Hague in The Netherlands. But Mark's avocation has been to explore the wonders of people, cultures, sights, and history that spark our imaginations and challenge our routines. He has traveled widely, and while in Europe, loves to explore yearly Christmas Markets, the rich history and geography of the continent, and the life-affecting story of Dietrich Bonhoeffer.

Join Pastor Mark Vermaire from monumental Berlin to medieval Nuremberg and from significant WWII sites to December Christmas Markets. Following the life of Dietrich Bonhoeffer, a critical voice of resistance against Nazi Germany, we visit his family home, the location of his "seminary in exile" in today's Poland, a beautiful monastery in the northern Alps where he had safety to write, and concentration camps where he suffered. As we walk in his footsteps, we have an opportunity to talk together about what we can learn from his faithful witness. Evenings will give us time to delight in the magic of German Christmas Markets with wonderful offerings of food and crafts. Along the way, touch on the lives of J.S. Bach, Martin Luther, "Mad" King Ludwig, and others. It's a well-rounded and thought-provoking tour that's sure to grow your life in rich and beautiful ways, making the Christmas season of 2025 especially memorable.

For complete information on this trip - See insert -
2025 Dietrich Bonhoeffer & Christmas Markets of Germany.



SENIOR LUNCH PRESENTATION INFORMATION

ART FOR EVERYONE WITH SUMMER WYMAN (May 7): Get your artistic juices flowing and join in the fun as we come alongside Summer Wyman, professional artist, mother and local entrepreneur, to create a springtime California poppy masterpiece. Everyone will partake in this hands-on experience using watercolor and graphite on paper.

SAFE DRIVING THROUGH THE AGES - STAYING SAFE LONGER (May 14):
Join Pualani Vazques - Injury Prevention Community Outreach Coordinator with Scripps Mercy Hospital in a discussion about safe driving as we age.

We are all living longer than ever before, and some of us may have concerns about remaining independent and how long one will be able to drive safely. Older drivers are the most experienced, but due to age related factors can also be risky. During this 45 minute discussion we will look at the risks associated with driving during the golden years, how to remain in control of your independence, have a chance to ask questions, get resources and share concerns.

SENIOR RESOURCES

Important Numbers for Older Adult Services and Referral Information

Dial 211 - The 211 information hotline is a free, confidential service that connects people with local resources and services, including those related to food, housing, health, and employment assistance, available in multiple languages.

<u>AARP Community Action Team:</u>	(619) 641-7020
<u>Adult Protective Services:</u>	(858) 495-5660
<u>Aging and Independence Services:</u>	(800) 339-4661
<u>Alzheimer's Association San Diego Chapter:</u>	(800) 272-3900
<u>Consumer Fraud:</u>	(619) 531-3507
<u>ElderHelp HomeShare:</u>	(619) 284-9281
<u>Elder Law:</u>	(858) 565-1392 (ext.200)
<u>HICAP</u> (Health Insurance Counseling & Advocacy):	(858) 565-1392
<u>Metro Transit System Transportation</u> (ADARide):	(877) 232-7433
<u>Renter's Rights:</u>	(858) 571-1166

15



HAGAN SU PUBLICIDAD
PARA LLEGAR A TU COMUNIDAD

LLAMEN AL (800) 950-9952



Care and comfort at a moments notice

Senior Helpers

Call your local office today
858-523-9170




KINGDOM BUILDER
FOUNDATION

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

KBFoundation.org

CELEBRATIONS

Let's remember to celebrate our Senior Center Friends!



BIRTHDAYS ARE GOOD FOR YOUR HEALTH.
STUDIES SHOW THAT PEOPLE WHO HAVE
MORE BIRTHDAYS LIVE THE LONGEST.



MAY BIRTHDAYS:

Mary Berend, Shirley Billingsley, Mary Jane Boyd, Janet Caulk, Esta Chambers, Larry English, Nancy Evans, Rita Good, Liz Hallin, Chris Harvey, Betty Kadar, Max Larson, Barbara Loskutoff, Onita Lynch, Debbie Lynn, GG Marshall, Angie Osborn, Ann Peter, Jan Ruskin, Frank Wong



Birthday Sponsor for May: Regal Medical Group

JUNE BIRTHDAYS:

Carol Buuck, Sue Busby, Betty Eshelman, Quentin Holmes, Artene Johnson, JoAnn Keese, Jeannette Landis, Bob Lane, Eric Lodge, Lois Martin, Nancy O'Connor, Kay Soderholm, Don Strada, Jane Templeman Larson, Kathy Thorden, Pat Van Betten, Linda Wood, Cindy Wright

JULY BIRTHDAYS:

Elizabeth Arthur, Lynn Belleggie, Irene Brummett, James Callan, Michael Dalton, Pam Dalton, Dick Fjellman, Patti Gascon, Jan Grossnickle, Karin Herrick, Richard Keese, Carol Larson, DeAnn Leatherman, Maureen Lucchesi, Ginny Maquet, Kathy Mortimer, Sandy Murphy, Jill Peterson, Lauri Secrest, Carol Poole, Barbara Woodward



Birthday Sponsor for June and July:

Gloria Emanuelson - Great Escape Travel & Medicare Advantage

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!