

encore

a publication for life enrichment

FELLOWSHIP AND ENRICHMENT
FOR THE MATURE ADULT COMMUNITY

SEPTEMBER / OCTOBER 2026

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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 20th

PLACE: SBPC Outdoor Patio

TIME: 11:15 am - 1:00 pm



MATURE ADULT EVENTS

WELCOME BACK!

We are excited for the new season and
look forward to sharing all the wonderful
programs & events we have in store for you.

Please plan to join us on
Wednesday, September 2nd, 2026
from 10 am to 1 pm at SBPC as we
kick off our 39th season at
the Mature Adult Center.

Our theme this year is,
“Making Waves Together:
An Ocean of Possibilities Awaits!”

We Can't wait to see you!

- Entertainment!
- Join or renew your membership.
- Visit Mature Adult-related vendors for information & services.
- Meet new friends, & get reacquainted!
- Enjoy a FREE lunch.
(lunch reservations are **not** needed in advance for this week only)
- Raffle prizes. (must be present to win)
- Fun, fun, fun, and more fun inside Debin Hall.

Everyone is WELCOME!



Mature Adult Center Mission Statement:

With the love of Christ we strive to provide excellent resources, meaningful personal relationships, fulfilling volunteer and growth opportunities for aging well.

NOTES FROM THE DIRECTOR



Welcome Back! Welcome Home! Welcome Everyone!

I've been on some amazing adventures this summer, traveling to Colorado, Arizona, Nebraska, Washington, Alaska and Victoria, BC. I was delighted to go and am so happy to be home! I am very excited to be starting another season with all of you.....longtime friends and brand new friends as well.

Everyone is welcome here!

We're kicking off our 39th season with a big splash on Wednesday, September 2nd. Please plan to join us for this amazing day filled with all kinds of good information, good (and free!) food, good music and good fellowship. We'll begin our "regularly scheduled" groups, games, a great program and lunch on September 9th. While we don't need a reservation in advance for the Open House, we DO need your lunch reservations a week in advance for all our regular Wednesdays. You can sign up at the Open House or give us a call at 858-509-2587 to reserve lunch on Sept. 9th, and beyond.

This edition of the Encore is filled with great opportunities, services and ways to connect. Please note the updated flyer on the transportation program in Solana Beach, the article on *Organizing is Self-Care*, and the opportunities to support some of our amazing mission partners and have lots of fun with both Pathways for Citizenship and New Day Ministry.

So many things are happening this fall; and we've got many great programs, classes and trips planned as well. I truly hope you will find time in your schedule to take advantage of the opportunities to learn, serve and connect with friends.

Here's to another great year together,

Cindy



WAYS TO STAY CONNECTED



Join us every 1st and 3rd Friday
from 10-11:30 am at SBPC in Room 103.

Located in Parking lot #3.

No need to register for this program.

Everyone is welcome and the door is open!

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!

PLEASE NOTE: Memory Café will not meet on Friday, October 16th.

Questions? Call the Mature Adult office at 858-509-2587.

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Mature Adult Center in Solana Beach, Solana Beach, CA

05-0630

WAYS TO STAY CONNECTED

Mature Adult Center Programs

- [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.

- [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 mature adults 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.

- [Ginny's Sewing Fellowship:](#)



Do you like to sew? This group of lovely gals meets at 10 am on the 1st and 3rd Tuesdays 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.

- [Knitters & Crochet Club:](#)



Knitting and crocheting are ideal activity for maintaining dexterity and mental sharpness while enjoying time with friends. This closely knit group meets at 10 am on Wednesdays in Debin Hall. Everyone is welcome to come stitch & chat for awhile and maybe even learn something new with all star loom expert, Lisa Ranft, who will graciously teach you how to use a loom to make hats.

- [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 page 10 for specific details.

- [Get a Dose of GOOD News!](#)



Randy Wright will lead a discussion group featuring Good News to brighten and enrich our lives and get to know each other. Mark your calendars for the 2nd & 4th Wednesdays, beginning September 9th, at 10:15 am in Room 15. Check out Good News Network at goodnewsnetwork.org or bring a good news item to share.

- [Basic Tech Support:](#)



Are you baffled by apps, or need some basic computer guidance? Christopher Slate, Library Technician with the Solana Beach Library, will be at the Mature Adult Center offering one-on-one basic tech support on the 1st & 3rd Wednesdays of each month from 1:15 - 2 pm in Debin Hall. No appointment is necessary.

WAYS TO STAY CONNECTED

How to Be Best Prepared for a Hospitalization

A hospitalization can happen unexpectedly - but being prepared can make all the difference.

Join us for an engaging, interactive, and thought-provoking presentation by Jon Schwartz, the founder of Partner in Aging. He will provide practical strategies to help you navigate one of life's most challenging experiences with greater confidence.

During this presentation, you'll learn:

- ~ How to prepare before a hospitalization occurs.
- ~ The most common mistakes patients and families make - and how to avoid them.
- ~ Simple yet powerful ways to advocate for yourself or a loved one while in the hospital.
- ~ What you can do to help ensure a safer, smoother transition back home.
- ~ What the Partner in Aging's Hospital Advocacy Program is.



Whether you've experienced a hospitalization yourself or simply want to be prepared for the future, you'll leave with valuable knowledge that could make a meaningful difference for you or someone you love. Family members and friends are encouraged to attend.

TIME: 1:15 - 2:30 pm **DATE:** Wednesday, September 23rd **PLACE:** Debin Hall

RSVP: Reservations are helpful in our planning.

Please call Cindy or Elizabeth at 858-509-2587 to reserve your seat.

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WAYS TO STAY CONNECTED



The Solana Beach **MATURE ADULT CENTER** Wednesday Programs and Lunch

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

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

**Lunch is \$10 per person (or \$11 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.

- **September 02: Mature Adult Center Annual Open House. Everyone is Welcome!**
Menu: FREE Lunch - Lara Pauley / Alex Pauley's Wood Fired Pizza. **(NO RSVP needed)**
- **September 09:** Mission Focus: Word of Life Camp.
Menu: Hungarian Paprikash Chicken Meatballs. **(RSVP by 9/02/2026)**
- **September 16:** International Singer and Songwriter, Iris Moné.
Menu: Italian Pasta. **(RSVP by 9/09/2026)**
- **September 23:** Write Out Loud: Mark Twain. *See page 14 for more details!
Menu: Fried Chicken, Potatoes, and Biscuits. **(RSVP by 9/16/2026)**
- **September 30:** Celebrate August & September Birthdays with music prodigy, Vincent Young.
Menu: Salmon Cakes. **(RSVP by 9/23/2026)**
Birthday Sponsor - Belmont Senior Living.
- **October 07:** Celebrate Oktoberfest and play *Name That Tune* with Glenn Kramer.
Menu: Oktoberfest Brats and Fixings. **(RSVP by 9/30/2026)**
- **October 14:** Mission Focus: City to City with Yucan Chiu.
Menu: Shrimp Tacos. **(RSVP by 10/07/2026)**
- **October 21:** Celebrate October Birthdays with the Rhapsody Singers.
Menu: Fall Soup & Sandwiches. **(RSVP by 10/14/2026)**
Birthday Sponsor - Senior Helpers.
- **October 28:** Professional Musician Daniel Newheiser.
Menu: Pumpkin Pot Pie. **(RSVP by 10/21/2026)**

WAYS TO STAY CONNECTED



Medicare Update with Aurora Valdez,
***HICAP Counselor and Community Engagement Coordinator**

*(Health Insurance Counseling & Advocacy Program)

Find out about coming changes in Medicare during the Open Enrollment.
This presentation is strictly informational, no sales.

TIME: 1:15 - 2 pm **DATE:** Wednesday, October 21st **PLACE:** SBPC Debin Hall

RSVP: Reservations are helpful in our planning.
Please call Cindy or Elizabeth at 858-509-2587 to reserve your seat.

SELF-CARE

Organizing is Self-Care

So much of our world today is about validation and kudos from external sources; it can be exhausting. How about doing something just for yourself? You may scoff when you read this, but organizing your things and your space is a form of self-care and love.

Think about giving yourself the gift of time by not constantly searching for your keys under piles of paperwork. Think about giving yourself the gift of safety by walking through a room with clear pathways and not having to move things out of your way. Think about giving yourself the gift of serenity by not dreading your family coming over because you have to move the magazines from the sofa and shove things into drawers.

Here are some tips on how to begin:

Start short - Set a fifteen-minute timer and organize for just fifteen minutes. This stops you from getting overwhelmed. Of course, once the timer goes off, you may be having so much fun you'll want to continue!

Start easy - Pick a category of things that you're relatively indifferent to. It could be spoons or pens, for instance. Collect your pens and pencils. Discard pens that won't work and pencils that are too short. Then, with the pile you have left, think about how many you actually need. Pick the ones you like, donate the rest. Place the pens in the place you're most likely to need them.

Start small - Choose a drawer in your dresser or nightstand. Keep a trash can handy and start tossing things that are no longer in good condition. Donate things that are in good condition but no longer appeal to you. Once you've done that, look at possible categories in the drawer and keep like things together.

Organizing is work, but it doesn't need to be overwhelming. It can bring an unimaginable amount of independence and calm to your everyday life.

My name is Arpita Verghese. I'm a professional organizer. If I can be of any assistance to bring you more independence and calm, I can be reached at 858-877-3655.

My website: <https://ikigaiorganizing.com/>



Now go, just start!

This fall, the Kingdom Builders Foundation is highlighting

National Estate Planning Awareness: A Time to Plan with Purpose

Scripture reminds us that “it is required that those who have been given a trust must prove faithful” (1 Corinthians 4:2). Every blessing we receive—our time, talents, relationships, and resources—is ultimately entrusted to us by God.

National Estate Planning Awareness offers an opportunity to thoughtfully consider how we can continue serving our families, our Church, and God’s kingdom after we pass.

While estate planning often focuses on financial and legal matters, it is also an act of love and faithfulness. A well-prepared plan can:

- Provide clarity and security for your loved ones.
- Ensure your wishes are honored.
- Reduce unnecessary burdens during difficult times.
- Reflect your Christian values through intentional stewardship.
- Extend your legacy by supporting ministries you care about.

Estate Planning Is for Everyone

Estate planning is not reserved for those with significant wealth. Every adult can benefit from having basic documents in place, including:

- A current will or living trust, as appropriate.
- Durable powers of attorney.
- Healthcare directives.
- Updated beneficiary designations.
- A secure list of important accounts and documents.



Reviewing these items regularly helps ensure they continue to reflect your family’s needs and your personal values.

Faithful Stewardship Beyond a Lifetime

Many faithful believers choose to include charitable gifts in their estate plans as one expression of gratitude for God’s blessings. These gifts can help sustain ministries that proclaim the Gospel and serve those in need. Whether large or small, every legacy gift reflects a heart committed to God’s kingdom work.

More information on legacy giving, and how to include Kingdom Builder Foundation in your estate plans, can be found at kbfoundation.org/giving or contact Ericka Southcombe at 858-699-5155 / via email at ericka@kbfoundation.org.

COMPASSION INTERNATIONAL - STEPHANIE

God is at work in El Salvador and what it means for Stephanie and thousands more children across the country.

There's Much To Celebrate

According to Hinmer Garcia Gutierrez, the National director of Compassion El Salvador, *"Praise God that Compassion is equipping our local church partners with new ways to better understand the needs of the children in their care - listening through regular surveys to see where help is needed most and responding with proven initiatives that will make the greatest impact. This empowers us to break the cycle of poverty and despair in young people's lives."*

Please Pray With Us

Let's pray that God provides protection and provision for communities facing food insecurity and opens the way for children and youths in El Salvador to access education, nutrition and new opportunities.

What We're Trusting God For Next

In the coming year, we look forward to working more closely with Christ-centered denominational leaders, mobilizing the Church toward Bible-based discipleship.



Thank you for your continued support of Stephanie through our sponsorship in Compassion International.

Monthly support through Compassion International is \$43.00.

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Mature Adult Center in Solana Beach, Solana Beach, CA

05-0630

BOOK CLUB



If you love to read, want to keep your mind sharp,
and extend your social circle; the
Book Club is the place to be.

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

Everyone is Welcome!

September Discussion: *The Widow* by John Grisham

A small-town lawyer becomes entangled in murder when his wealthy widow client's story unravels, forcing him to find the real killer to clear his name.

"A classic, compulsive, taut and thrilling novel from one of the great storytellers of our time. *The Widow* is John Grisham at his irresistible, unforgettable best." - Author, Chris Whitaker.

Copies of *The Widow* will be available at Open House or the Mature Adult Center.
To reserve/pick up a copy call 858-509-2587. The book discussion is on
Wednesday, September 9th at 1:15 pm in Room 15.



October Discussion: *One Book, One San Diego* (Selection - TBD by August 22, 2026)

Copies of the selected book will be available at the Mature Adult Center.

To reserve/pick up a copy call 858-509-2587.

The book discussion is on Wednesday, October 14th 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.



SBPC Community Bible Study (CBS) for Women

CBS begins its 30-week class on September 14th and runs through May 10, 2027. The study this year is Colossians and Genesis.

CBS is an interdenominational women's Bible study available to all. CBS meets in Debin Hall on Mondays from 10:30 am - 12:30 pm. Additionally, an online class is available on Monday or Thursday mornings if you are not able to attend in person. For more information, or to register, go to the CBS class website at Solanabeach.cbsclass.org. If you need additional assistance, please contact the Mature Adult office at 858-509-2587.

SBPC Community Bible Study for Men

The Men's Bible study is open to those seeking fellowship - men of all ages wishing to learn God's word are invited. This lay-led group meets yearlong on Thursday mornings at SBPC in Room 101 (closest parking is lot #3), and currently studying the Book of Mathew.

Fellowship starts at 6:15 am (also available via zoom), followed by the study at 6:30 am, and adjournment at 7:30 am for those headed off to work, or for those interested in fellowship and breakfast at Denny's afterwards.



If you are interested in joining the Bible study group, please contact the Mature Adult office at 858-509-2587.

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TRIPS



Mature Adult 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



Coronado Ferry Ride, Sightseeing & Lunch

Ahoy Mate! Join us as we set our sights across the bay!
On this excursions we'll enjoy a short one-way cruise
across the beautiful San Diego Bay to Coronado Island
for some light shopping and lunch.

DATE: Thursday, September 10, 2026

COST: \$20.00 - Includes transportation and ferry. NO-host lunch on Coronado.

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

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

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



MINIATURE ENGINEERING CRAFTSMANSHIP MUSEUM & THE GREEN DRAGON MUSEUM / TAVERN

This trip is an amazing opportunity to visit not just one,
but two local museums, and enjoy a lunch at a San Diego Magazine award
winning restaurant/tavern. Our visits will include miniature models
created out of metal and wood, exhibits full of America's
colonial history, and Chef inspired cuisine.

You won't want to miss out on this fantastic adventure!

DATE: Thursday, September 24, 2026

COST: \$15.00 - Includes transportation and museum entrances. NO-host lunch
at the Green Dragon Tavern / Museum.

DEPARTURE TIME: 9:30 am **RETURNING:** By 2:30 pm

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

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

TRIPS cont.



Tour the Marine Corps Museum at MCRD, San Diego

“Oorah!” You won’t want to miss this docent led museum tour.

We’ll gain valuable insight into the mechanics and history of the Marine Corps.

The museum provides an educational setting that portrays the legacy of the Marine Corps for the training of recruits and the continuing education of Marines, supports the recruiting effort, and serves as a bridge to the community.

DATE: Thursday, October 15, 2026

COST: \$20.00 - Includes transportation and museum entrance. No host lunch.

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

ACTIVITY LEVEL: 6 (standing/ sitting and a few stairs)

Please note that while this is a rescheduled trip, we do have limited additional seats. Reservation deadline is Monday, September 21st.

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



Hanging Out At Summer Past Farms

This adventure takes us to a unique country setting in East County. Here we will be delighted by gorgeous views of El Captain mountain, have a chance to stroll through beautiful gardens, be enticed by intoxicating fragrances and charmed by alluring flowers & herbs; we’ll even enjoy some retail therapy - homemade soaps, lotions, oils, honey, etc. Additionally, on our way home we’ll stop for lunch at the renowned DZ Akin’s Restaurant.

DATE: Thursday, Oct 29, 2026

COST: \$25.00 - Includes transportation and farm entrance. No-host lunch at DZ Akin’s

DEPARTURE TIME: 9:30 am **RETURNING:** 3 pm

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

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

TRIPS cont.

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 in the new quilt room. You'll be living in motel type rooms and all meals furnished. The cost is around \$20 per day! Transportation is by carpooling in private cars. Flights are available to Fresno as well.

DEPARTURE: Sunday, October 4. **RETURN:** Friday, October 9.

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

COST: \$100 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.

RSVP: Deadline to register - Sunday, September 27th, 2026.

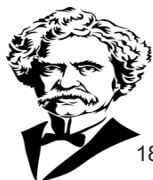
For more information / reservations call Pat at 619-997-6856.



*PROGRAM DETAILS

Join us on September 23rd as *Write Out Loud* brings to life...

Mark Twain, a prolific writer and humorist, who has been called "the father of American literature." Written by RACHAEL VANWORMER.
Performed by PAUL MALEY.



Paul Maley (Mark Twain)

Paul Maley graduated from UCLA's Theatre program in 1984.

He and his wife Sharon moved to San Diego in 1990 to work at Lamb's

Players Theatre, where Paul spent 20 years on staff as a performer/educator.

LPT credits include *The Boys Next Door*, *See How They Run*, *Metamorphoses*, and over 2,000 educational outreach performances. He has also performed with SeaWorld, the San Diego Symphony, Oceanside Theatre Co., Scripps Ranch Theatre, The Salvation Army, and his family's own company StageWorks!

This presentation will be held on Wednesday, September 23rd in Debin Hall at 11:30 am. The Mature Adult Center lunch will follow. Be sure to RSVP if you're planning to stay with us for lunch after the performance - 858-509-2587.

SENIOR RESOURCE

Solana Beach Community Connections (SBCC): A volunteer-driven, non-profit organization providing information, services and resources to local seniors assisting them to age independently in place. To view a full list of the activities, events, services and programs SBCC offers please visit their website at solanabeachcc.org.



Here are a few Sept. & Oct. activities being offered through our friends at SBCC:

Game Days - *La Colonia Community Center

Games and instructions from Let's Play A Game Foundation - You'll learn/can play games such as Mexican Train, Mah Jongg, Play Nine, and Chess to name a few. The September & October schedule can be found online ~ solanabeachcc.org.

Speaker Series - *La Colonia Community Center

- **Reimagining The World Order Post Trump** with Professor David Lake, University of California San Diego on Tuesday, September 8, 2026 at 6 pm.
- **State Ballot Propositions** with The League of Women Voters on Tuesday, October 13, 2026 at 6 pm.

Please Note: Many of the activities that SBCC offers are hosted at

*La Colonia Community Center - 715 Valley Avenue, Solana Beach, CA 92075

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CELEBRATIONS

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slice of happy today!



AUGUST BIRTHDAYS:

Cathy Aakhus, Gail Bedard, Tom Golich, Alan Gootgeld, Chiuyee Ho, Bette Johnson, Zahra Nowbahari, Lara Pauley, Sharon Romero, Ed Sparks, Rosemarie Urban, Judy Wilkerson, Toni Wong

SEPTEMBER BIRTHDAYS:

Sandi Berg, Marialice Bopf, Donna Brouillette, Marsha Buske, Barbara Collins, Sandra Gordon, Loraine Lukash, Jean Morgan, Wendy Morris, Laddie Pottorff 100yrs old, Sheila Rodrigues, Mike Stansbury, Gina Strada, Joanne Tranchina, Dorothea Wilson, Steve Young 🎉

Birthday Sponsor for August and September: Belmont Senior Living

OCTOBER BIRTHDAYS:

Sarah Beach, Sandy Bigsby, Jean Bruns, Paulette Cabral, Nancy Chapman, Camille Clemens, Karen Curd, Linnea Dayton, Cecilia Delvaux, Marie French, Annette Hilliard, Clare Holerbach, Colin Holman, Vicky Holman, Jim Kaae, Mary Lou Kaae, Karen Karagozian, Arlene Kosakoff, Maxine Levine, Christy McIntire, Adele Sloboda, Nancy Sommerville, Nancy Stansbury, Keith Walker

Birthday Sponsor for October: Senior Helpers

The Mature Adult Center receives no subsidies from federal, state, county or local government and appreciate your donation at any time.

Thanks for your support!

Solana Beach Mature Adult Center

120 Stevens Ave., Solana Beach, CA 92075

858-509-2587 ~ solanabeach.church

Cindy@solanapres.org / Elizabeth@solanapres.org