

encore

a publication for life enrichment

Fellowship and Enrichment for the Mature Adult Community

NOVEMBER / DECEMBER 2026

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MATURE ADULT CENTER HOLIDAY CLOSURES

The Mature Adult Center will be **CLOSED**
in November and December in
observance of the holidays on the
following dates:

- Monday, November 23rd through
Friday, November 27th, 2026
- Monday, December 21st, 2026
through Friday, January 1st, 2027

MATURE ADULT EVENTS

• SERVICE OF REMEMBRANCE

A Time to Remember, Pay Tribute,
and be Comforted



DATE: Saturday, October 31st, 2026

PLACE: SBPC New Chapel

TIME: 10 am - 11 am

• DAYLIGHT SAVINGS TIME

November 1st -
fall back one hour.



• ALTERNATIVE CHRISTMAS MARKET



November 15th -
SBPC Campus at 9 am - 1 pm

• THANKSGIVING DINNER & HOLIDAY COLLECTION

November 18th. Details pg. 5

• SBPC Christmas Concert

December 6th at 10 am or 2 pm



• Women's Christmas Brunch

December 12th. For full details & registration,
call the MAC office at 858-509-2587.

• Christmas Eve Worship



Join us in Worship on
December 24th, at 3 pm, 5 pm, or 7 pm



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 Fall! Hello Winter!



While I'm writing this article, I'm grieving the Padres' elimination from the playoffs. I am also looking forward to turning the page to cooler weather, pumpkin spice everything season, and the coming holidays. I was beyond excited, amazed, and thrilled with the Mature Adult Center's Annual (and largest ever) Open House in early September. I was truly delighted to see so many longtime friends returning and to meet new ones as well. We've hit the ground running, and there's so much more on the horizon to look forward to with great anticipation.

Each fall I find myself with a heart overflowing with gratitude and thanksgiving for the far-too-numerous-to-count blessings in my life.

I'm grateful for family, friends, our new dog — Ransom, for a job that brings new joys each day, for purpose and plans, for rest and refreshment, for travel opportunities and for home sweet home. I am grateful for connections and community with colleagues, neighbors and friends, both near and far. Recently, I heard a friend say she'd learned "to be grateful for the challenges." I'm working through that one as I trust the Lord in ALL things...both the blessings and the challenges in life.

How about you? What are you grateful for today?

Please plan to join us for all the "regular" and "special" events that are coming in the next two months. SBPC's Alternative Christmas Market in November and Choir Christmas Concerts in December — there are so many ways to serve, give, and grow in community. I'm thankful for each of these opportunities to connect, and you're warmly invited and deeply welcome to join us!

Looking forward to another amazing season filled with gratitude, grace, fun, celebration, and fellowship with you,



Cindy



WAYS TO STAY CONNECTED



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

MEMORY CAFE

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!

Biblical Exploration in the Holy Land via Armchair Travel

Join Pat Kellenbarger on Wednesdays November 4th, and December 2nd in Room 15 at 10 am for armchair travel videos featuring educational archeological discoveries in the Holy Lands.

Everyone is welcome and no passport is needed!

Nov. 4: 7 Churches of Revelation / **Dec. 2:** Jerusalem

Plan to arrive a few minutes early and get refreshments upstairs in the Mature Adult Center before your adventure.



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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 the 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 activities 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 a while 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 at 10:15 am in Room 15. Check out Good News Network at goodnewsnetwork.org or bring a good news item to share. NOTE: Good News will only meet on the second Wednesdays of Nov. & Dec. due to the holidays.

· 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

SPREADING HOLIDAY CHEER!

As our monthly Mission Focus for November, we are partnering with the San Diego Rescue Mission (SDRM) to provide two essential items for the many people whom SDRM serves each Christmas. We can help spread holiday cheer by providing NEW body-size bath towels or NEW reusable metal water bottles to be included in the holiday gift bags that will be distributed at the SDRM in December.

Please bring your unwrapped gifts of NEW body-size bath towels or NEW reusable metal water bottles with you to the Thanksgiving Dinner on Wednesday, November 18th. (You can bring them earlier if you are unable to join us on Nov. 18th.) We'll load up the donated items and deliver them to SDRM in time for their team to pack bags in December. Any color or style of body-size towels is great, and the same goes for reusable metal water bottles. The SDRM serves men, women, and children.

Thank you for your generosity and for helping spread holiday cheer!

NOTE: If you'd rather contribute financially and let us do the shopping, please see Cindy or call the Mature Adult Center Office 858-509-2587.

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05-0630

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.

- **Nov. 4:** Pianist Vincent Young.
Menu: Crusted Chicken and Mashed Potatoes. (RSVP by Oct 28)
- **Nov. 11:** Walter Ritter presents: American Memories in Story & Song.
Menu: BBQ Beef Sandwiches and Mac & Cheese. (RSVP by 11/4)
- **Nov. 18:** Peter Seltser - Thanksgiving Dinner & Holiday Collection for the San Diego Rescue Mission. Menu: Thanksgiving Feast. (RSVP by 11/11)
- **Nov. 25:** Mature Adult Center **CLOSED.** 
- **Dec. 2:** Randy Wright and Pastor John Illian present 'Thoughts on Life' (Notes to My Grandchildren). Menu: Steak Frites. (RSVP by 11/20)
- **Dec. 9:** Mission Focus B-I-N-G-O.
Menu: Glazed Salmon. (RSVP by 12/2)
- **Dec. 16:** SBPC Preschool Sing-Along & Santa Christmas Dinner.
Menu: Christmas Celebration. (RSVP by 12/9)
- **Dec. 23 & Dec 30:** Mature Adult Center **CLOSED.** 

WAYS TO STAY CONNECTED

ALTERNATIVE CHRISTMAS MARKET



WHAT IS THE ALTERNATIVE CHRISTMAS MARKET?

Standing above all the decorations and celebrations of the holidays is this simple message: “For God so loved the world, that He gave His only Son.” Giving is the very heart of the Christmas story, and it is the heart of our market as well. Each gift makes an impact on real lives in our community and around the world through the ministries of our mission partners. You can donate a gift in someone’s honor as an alternative to buying material items as gifts during the holiday season. Card inserts explaining each mission partner are available to help you in presenting the gift to those on your list.

The market is an opportunity to purchase alternative gifts that reflect our desire to see God’s love made real in the world. These are gifts that support SBPC’s Mission Partner ministries and organizations that bring healing, justice, and compassion — all signs of God’s kingdom breaking through.

We hope you’ll join us in this meaningful celebration.

Join us for our in person main market or after services on following Sundays for our mini-markets!

Main Market: **Sunday, November 15 / 9:00am - 1:00pm / Debin Hall & Patio**

Mini-Markets: **Sunday, November 22 / Sunday, November 29 / Sunday, December 6 after service**

A catalog for online shopping is also available on the church website solanabeach.church.



HOLIDAY DINNERS...LET LARA PAULEY DO THE COOKING!

Drive-through pick-up Thanksgiving and Christmas Dinners by Chef Lara Pauley are available on November 25th and December 23rd, 2026.

Be sure to fill out an order form (see insert) and return it by the deadline to indicate your meal date and number of meals desired.

Calling Intrested Participants



Are you someone who likes to be involved and up to date on cutting-edge research?
Do you like to express your thoughts and opinions and/or participate?

With increasing regularity, requests for YOUR participation in surveys and studies (some with cash benefits) come to Cindy’s email. If you would like to receive information on these senior participant requests, please contact the Mature Adult Center Office at 858-509-2587.

We will NOT give your contact information out, but will share the request, and you can decide if you’d like to participate and make contact with the organization.

A Christmas Gift

Advent is a season when we wait with anticipation for the gift of all gifts, Jesus Christ, Emmanuel, God with us. It's with this spirit that we consider how we can be generous in giving to God's Kingdom work this Christmas season. Whether it is considering a special gift to an SBPC ministry, supporting the Alternative Christmas Market, or planning a legacy gift, this is a special time of year to lean into generosity. For more information on legacy giving, please visit kbfoundation.org/giving.

Come See KBF at the ACM!

Kingdom Builder Foundation is excited for the 2026 SBPC Alternative Christmas Market. We invite you to come visit our table on Sunday, November 15, so we can personally share stories of how KBF is furthering God's Kingdom work by walking alongside members and friends of SBPC on their stewardship journeys and providing grants to the missions and ministries of SBPC. Most of the ministries and missions participating in the Alternative Christmas Market are grant recipients of Kingdom Builder Foundation. Come and see how the legacy gifts of members and friends of Solana Beach Presbyterian Church are advancing God's kingdom through key investments.



End of Year Tax Planning

As the year draws to a close, consider how thoughtful tax planning can support your financial goals while advancing Christ-centered ministry. Wise stewardship is more than managing resources—it is prayerfully using God's gifts to bless others.

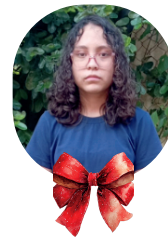
- Review your charitable giving and complete gifts by December 31.
- Gather and retain receipts; gifts of \$250 or more require written acknowledgment from the charity.
- Consider donating appreciated stocks or securities to potentially reduce capital gains taxes.
- If you are age 70½ or older, ask your IRA administrator about a Qualified Charitable Distribution.
- Review planned gifts to children or grandchildren. For 2026, the annual federal gift-tax exclusion is \$19,000 per donor, per recipient. Gifts above that amount may require reporting but do not necessarily result in gift tax, so consult your tax or estate-planning adviser.
- Review beneficiary designations on retirement accounts, life insurance, and other assets as part of legacy planning.
- As always, please consult your tax or financial adviser about strategies appropriate for your circumstances.

COMPASSION INTERNATIONAL

As sponsors through Compassion International, we have the JOY of celebrating Stephanie on her birthday (August 11th) and the EXTENDED JOY of celebrating Christmas with Stephanie and her family. Each month, our Mature Adult Center provides a donation to support Stephanie's involvement in her local ministry and care center, as well as food and school items. An additional check for food and personal items arrives before her birthday. The same is planned for Christmas, and with your help, we can share Christmas JOY with both Stephanie and her family in extra groceries, household items, and special treats. Any financial contributions can be brought to the Mature Adult Center on Wednesdays, or via a check in the mail to the Mature Adult Center at any time. In addition, we'll have a Christmas card at the Mature Adult Center for everyone to sign on the first Wednesday of November.

**Thank You for helping make Stephanie's
Christmas a JOY-FULL celebration!**

Stephanie Yamileth Campos Garcia
Sponsored since March 10, 2017
16 Years Old



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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 16.**

November Discussion: *My Brilliant Friend* by Elena Ferrante

Beginning in the 1950s in a poor but vibrant neighborhood on the outskirts of Naples, Elena Ferrante's four-volume story spans almost sixty years, as its main characters, the fiery and unforgettable Lila and the bookish narrator, Elena, become women, wives, mothers, and leaders, all the while maintaining a complex and at times conflicted friendship. This first novel in the series follows Lila and Elena from their fateful meeting as ten-year-olds through their school years and adolescence.

Through the lives of these two women, Ferrante tells the story of a neighborhood, a city, and a country as it is transformed in ways that, in turn, also transform the relationship between two women.
--Goodreads.

Copies of *My Brilliant Friend* are available at the Mature Adult Center office. To reserve/pick up a copy, call 858-509-2587. The book discussion is on Wednesday, November 11th at 1:15 pm in Room 16.

December Discussion: *Culpability* by Bruce Holsinger

Set at a summer rental on the Chesapeake Bay, a riveting family drama about moral responsibility in the age of artificial intelligence, from the bestselling author of the "wise and addictive" (New York Times) *The Gifted School*.

When the Cassidy-Shaws' autonomous minivan collides with an oncoming car, seventeen-year-old Charlie is in the driver's seat, with his father, Noah, riding shotgun. In the back seat, tweens Alice and Izzy are on their phones, while their mother, Lorelei, a world leader in the field of artificial intelligence, is absorbed in her work. Yet each family member harbors a secret that implicates them in the accident.

BOOK CLUB cont.

During a weeklong recuperation on the Chesapeake Bay, the family confronts the excruciating moral dilemmas triggered by the crash. Noah tries to hold the family together as a seemingly routine police investigation jeopardizes Charlie's future. Alice and Izzy turn strangely furtive. And Lorelei's odd behavior tugs at Noah's suspicions that there is a darker truth behind the incident—suspicions heightened by the sudden intrusion of Daniel Monet, a tech mogul whose mysterious history with Lorelei hints at betrayal. When Charlie falls for Monet's teenage daughter, the stakes are raised even higher in this propulsive family drama that is also a fascinating exploration of the moral responsibility and ethical consequences of AI.

Culpability explores a world newly shaped by chatbots, autonomous cars, drones, and other nonhuman forces in ways that are thrilling, challenging, and unimaginably provocative.

--Goodreads.

Copies of *Culpability* are available at the Mature Adult Center office. To reserve/pick up a copy, call 858-509-2587. The book discussion is on Wednesday, December 9th at 1:15 pm in Room 16.



Questions? Or interest in joining the Book Club.

Contact Carol Pletcher at 858-248-3528 / pletcher.carol@gmail.com.

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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



Tour and Lunch at Wesley Palms: San Diego Coastal Senior Living



Wesley Palms offers the perfect setting for your unique lifestyle, providing independent living, assisted living, and specialized memory care. Here you'll find more than just a residence; you'll discover a vibrant community where joy and contentment flourish.

Patio homes, walking paths, dog parks.... In a rental community.

DATE: Thursday, November 5th, 2026

COST: \$5.00 - Includes transportation, tour, lunch.

DEPARTURE TIME: 10:15 am **RETURNING:** By 2:30 pm

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

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



Lamb's Players Theater's Festival of Christmas presents:

FARGO - NORTH OF NORMAL



Enjoy the festive 2 pm matinee followed by a brief stop at the Hotel Del to see the beautiful Christmas decorations. While we may arrive in time for a snack or coffee nearby, we will not be stopping for a meal on this trip, so be sure to eat lunch beforehand.

A delightful story returns. What do a rising star, a real estate mogul, a precocious child and an octogenarian all have in common? They are looking at the same "dream" property to be their new home by Christmas! As you might suspect, this leads to hilarious misunderstandings and joyous discoveries with great music of the season at its heart. Written and directed by Kerry Meads.

DATE: Sunday, November 29th, 2026

COST: \$60.00 - Includes transportation, and theater production.

DEPARTURE TIME: 12:30 pm **RETURNING:** By 6:30 pm

ACTIVITY LEVEL: 2 (standing, walking, sitting and a few stairs)

*Seats are located
in the first two rows.

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

KPBS Behind-the Scenes Tour



Join us on this adventure as we enjoy a no-host lunch before a behind-the-scenes tour of KPBS.



Situated at the gateway to San Diego State University, the KPBS facility houses integrated studios for KPBS TV, FM radio, and digital news operations. Come to see all the KPBS action! During the tour, you'll explore television and radio studios, visit production spaces where stories are created, and learn how journalists, producers, and technical teams work together to deliver trusted local news and engaging programming to the San Diego community. You'll also discover how your support as a KPBS member makes this work possible — from reporting in the field to broadcasting stories that inform, inspire, and connect our region across multiple platforms.

DATE: Thursday, Dec. 3rd, 2026

COST: \$15.00 - Includes transportation and tour. No host lunch nearby before the tour.

DEPARTURE TIME: 11 am **RETURNING:** By 3:30 pm

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

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

North Coast Repertory Theater Presents:



Inside the clicking and scrolling of our screen-centered contemporary lives, is there any room for a good old-fashioned story anymore? Join the hilarity with the Christophersons as they face horrors of horrors — a weekend without Wi-Fi, without phones, even without electricity! Is conversation enough to bridge the connection? Will imagination spark reconciliation? Is the perfect family holiday even possible anymore? Find out in this surprising, genre-bouncing, theatrical family comedy, world-premiere play with music created for NC Rep that will warm your heart.

DATE: Sunday, Dec. 27th, 2026

COST: \$36.00 - Includes ticket and 2 pm performance.

MEETING TIME: 1:30 pm at N. Coast Theater for ticket(s)

ACTIVITY LEVEL: 2 (standing, walking, sitting and a few stairs)

*Seats are located in the first two rows.

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

SBPC BIBLE STUDY



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 year-long on Thursday mornings at SBPC in Room 101 (closest parking is lot #3).

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.

Additionally, these studies are open to any men wishing to learn more about scripture. Available in person and via Zoom, there's a day, time, and place for YOU!

- **Mondays** (Zoom & in Person at Christ Presbyterian Church). The group is studying the book of Hosea — Zoom is at 7:15 am, Study at 7:30 am (Adult Ed Room), Dismiss at 8:30 am.
- **Tuesdays** (Zoom only). The group is studying the Acts of the Apostles — Zoom at 7:15 am, Study at 7:30 am, Dismiss at 8:30 am.
- **Wednesdays** (Zoom only). The group is studying the book of Ezekiel — Zoom at 6:45 am, Study at 7:00 am, Dismiss at 7:30 am.
- **Thursdays** (Zoom & in Person at SBPC). The group is studying the book of Ezekiel — Zoom at 6:15 am, Study at 6:30 am (Room 101), Dismiss at 7:30 am.

All gentlemen are welcome! To get more info or to receive the Zoom link, please call the Mature Adult Center Office at 858-509-2587.

SBPC Community Bible Study (CBS) for Women



CBS began its 30-week class on September 14th and runs through May 10th, 2027. CBS is studying Colossians and Genesis, and although CBS has started, you are still welcome to attend.

CBS is an interdenominational women's Bible study available to all. CBS meets in Debin Hall on Mondays from 10:30 am to 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.cbssclass.org. If you need additional assistance, please contact the Mature Adult Center Office at 858-509-2587.

SENIOR RESOURCES

CALL 2-1-1: 211 San Diego is a free, 24-hour confidential phone service and searchable online database.

MISSION & VISION:

As a local nonprofit organization, 211 San Diego is the region's trusted source for information and connections to community, health, and disaster resources. Help is available 24 hours a day, 365 days a year, and in more than 200 languages. They maintain a database of more than 6,000 services and resources that are updated on a real-time basis, and their Community Connectors help connect San Diegans to the accurate information they need.

They believe access to health and social services provides a foundation for individuals and families to build and sustain healthy lives, so they collaborate with service providers in the San Diego region to build a more efficient, equitable, and accessible system that addresses the whole health of a person through integrated, person-centered care.

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Birthday Sponsor for November: Torrey Pines Senior Living

DECEMBER BIRTHDAYS:

Barbara Anderson, Bob Brouillette, Liz Brown, Helen Chapman, Frances Claxton, Linda Costello, Sharyn Daly, Carol Duve, Julie George, Kelly Goodwin, Judy Hegenauer, Cynthia Hsueh, Kathleen O'Classen, Jim Peter, Marilyn Pileggi, Lisa Rights, Ed Siegel, Jack Summers – who's turning 100 years young!

Birthday Sponsor for November: Kingdom Builder Foundation

We receive 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