encore

a publication for life enrichment

FELLOWSHIP AND ENRICHMENT FOR THE MATURE ADULT COMMUNITY

JULY / AUGUST 2026

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MAKE NOTE

~ The Mature Adult Center (MAC) office will be closed on Friday, July 3.

~ Special MAC Wednesdays together over summer: July 22, August 12...see details on pg. 6-7.

~ July 28: Belmont Village Wine Guy...see insert flyer for details.

~Solana Beach Community Connections (SBCC) summer events...see pg. 8.

MATURE ADULT EVENTS

The Mature Adult Center will be closed to regular activities

June 10 - September 1, but will offer some special gatherings and trips during this time apart.

See special gatherings and trip details inside this edition of the Encore Newsletter!

SAVE THE DATE

Fall Kick Off
Annual Open House

DATE: Wednesday, September 2, 2026

PLACE: SBPC - Debin Hall

TIME: 10 am - 1 pm



You won't want to miss this fun event!

Everyone is WELCOME!

Details on page 3.

WE are ALL in this TOGETHER

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



Summertime and the living is easy! By the time this lands in your mailbox we'll be well started into our summer schedule and we will be looking forward to a slower pace and new ways to stay connected. We've got some special events planned and a few daytrips too. Be sure to check out the Encore and call us with your reservations to attend.

Both Elizabeth and I will be doing some travelling this summer and will be back refreshed and ready to start the next season with you on Wednesday, September 2nd. Please mark your calendars now to join us for the 39th season kickoff at the annual Open House. If you would like to reach us during the summer months, don't hesitate to give us a call. We're happy to help!

Wishing you a happy and safe summer!

Cindy

Our heartfelt thanks go to the following:

- Toni & Frank Wong for leading the Good News Discussion Group
- Pat Kellenbarger for leading the Biblical Archeological Armchair Travel
- Lisa Ranft for spearheading the Knitting & Crocheting group
- Arline Torres & Liz Hallin for organizing Hand & Foot games each Wednesday
- Pat Leverett for leading the charge in Mexican Train Dominoes
- All the gals for the faithful Mahjong games
- Chris Slate from the Solana Beach Library for the bi-monthly Tech Support
- Lara Pauley & Maria Toth, & Alex Pauley for the amazing meals we enjoy each week
- Mike & Liz Hallin for all their behind-the-scenes work in helping things run smoothly
- The Mature Adult Ministry Leadership Team for guidance and support
- Michelle Mullin for her faithful leadership of the Memory Café
- Sue Grant and her amazing team that make Feeling Fit Club happen
- Elizabeth Young & Terri Rucker for co-leading Silver Age Yoga
- Meg Harris, RN, for all the TLC & Blood Pressure Screenings each month
- Carol Pletcher and all those in shared leadership in our amazing Book Club
- Solana Beach Librarian, Angela Steele, for coordinating the books for the Book Club
- Camille Clemens & the gang for their faithfulness in leading the Sewing Fellowship
- SBCC for coming alongside our community
- All our wonderful Birthday Sponsors



WAYS TO STAY CONNECTED

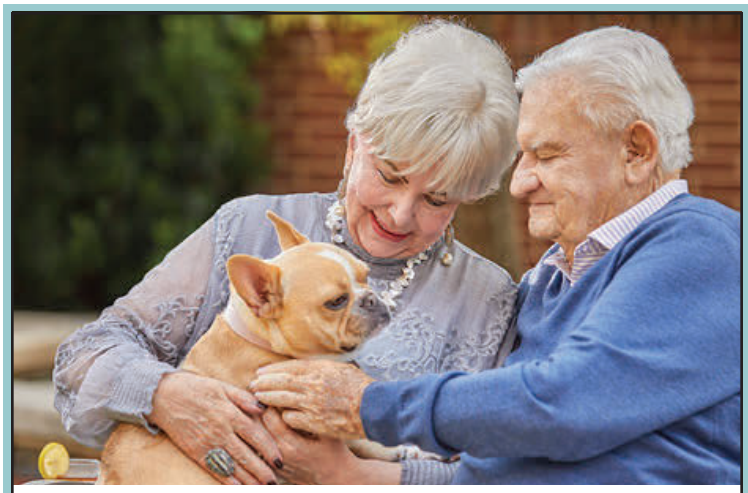
Please plan to join us on Wednesday, September 2nd, 2026 from 10 am to 1 pm at SBPC as we kick off another fantastic season.

The future looks delightful for the Mature Adult Center's 39th Season - September 2026 to June 2027!



- Entertainment!
- Join or renew your membership.
- Visit Mature Adult-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 week only)
- Raffle prizes. *(must be present to win)
- Fun, fun, fun, and more fun inside Debin Hall.

WE CAN'T WAIT FOR YOU TO JOIN US!



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WAYS TO STAY CONNECTED

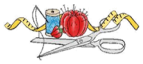
Mature Adult Center Programs

- **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. **Note: FFC will continue to meet over summer.**

- **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. **Note: No yoga for the month of July. Yoga will resume August 7.**

- **Ginny's Sewing Fellowship:** 

Do you like to sew? From Sept. thru May 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 the Mature Adult office at 858-509-2587. **Note: No sewing fellowship in the month of July. Sewing retreat August 3,4,& 5, Room 16. Regular schedule will resume in September.**

- **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 knit, crochet and chat for awhile! **Note: Not meeting in July & August, or September 2nd. Regular schedule will resume on September 9th.**

- **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! **Note: No Book Club in July & August. Regular schedule will resume in September.**

- **Get a Dose of GOOD News!** 

This discussion group featuring only Good News to brighten and enrich our lives. Mark your calendars for the 2nd & 4th Wednesdays, at 10:15 am in Debin Hall. Check out Good News Network at goodnewsnetwork.org or bring a good news item to share. Everyone is welcome! **Note: Not meeting in July & August. Regular schedule to resume on September 9th.**

- **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 basic tech support on the 1st & 3rd Wednesdays of each month from 1:15 - 2 pm in Debin Hall. No appointment is necessary. **Note: No Tech Support in July & August. Resuming in September.**

WAYS TO STAY CONNECTED

Join us every 1st and 3rd Fridays 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!

memory cafe

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!

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

NOTE: The Memory Café **will continue** to meet over the summer.
Memory Café **will not meet** on Friday, July 3rd in observance of the holiday weekend.



American Literary Heroes Return to SBPC's Mature Adult Center...

American Literary Heroes, presented by Write Out Loud is a unique program highlighting four iconic American writers who have left a lasting impact on the social consciousness of the United States, as well as across the globe. We enjoyed meeting Walt Whitman in May and this summer, actors will bring **Henry David Thoreau** and **Emily Dickinson to life**, using selections of their works and bits of their lives.

Born-July 12, 1817
Died-May 6, 1862



Coffee with Henry David Thoreau

Join us on Wednesday, July 22, for a live glimpse of the life of an American naturalist, essayist, poet, and philosopher whose books, journals, and poetry amount to more than 20 volumes.

This FREE event with Henry David Thoreau will take place in the SBPC Chapel on Wednesday, July 22nd, at 10 am. Light refreshments/coffee.

Written by RICHARD PLATT and Performed by STEVE SMITH.

An RSVP to attend is required by Friday, July 17th.
Mature Adult office 858-509-2587 / cindy@solanapres.org.

Born Dec, 10, 1830
Died May 15, 1886



Lunch and Learn with Emily Dickinson

Join us on Wednesday, August 12, for a live glimpse of the life of Emily Dickinson whose innovative use of form and syntax made her a pioneer in modernist literature.

The cost for this event is $15.00 (includes program & lunch), and will take place in Debin Hall on Wed., August 12, at 10 am.

Written and Performed by **RHIANNA BASORE**.

An RSVP to attend is required by Friday, August 7th.
Mature Adult office 858-509-2587 / cindy@solanapres.org.

Performer Bios



Steve Smith (Henry David Thoreau)

Steve Smith is an actor, director, and teaching artist specializing in Shakespeare, stage combat, and developing new plays. Most recently, he's been recognized with a Best Actor award for his work in *Perseids* at the Hollywood Short + Sweet Festival. Write Out Loud audiences may know him as Henry David Thoreau in *Ripples From Walden Pond*. Elsewhere around San Diego, he most frequently works as a director and actor/mentor at the Theatre School at North Coast Rep, has served as Shakespeare Consultant and New Works Festival Producer for New Village Arts, an instructor for Playwrights Project, and more.

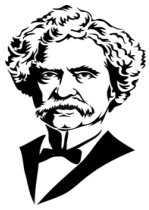


Rhianna Basore (Emily Dickenson)

Rhianna Basore is an international actor, award-winning director, and published writer who made her feature filmmaking debut in *Reykjavik with Crapshoot*! She's appeared Off-Broadway and abroad, co-created the web series *In The Zoom Room*, and founded Self Trust Fund and Miz. Understood Media. Her work has been featured in The Wall Street Journal, LA Times, and New York Times, exploring the surreal intersections of identity, desire, and the stories we tell ourselves about who we are meant to be.

Coming on September 23rd...

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!

WAYS TO STAY CONNECTED

Solana Beach Community Connections (SBCC)

Here are a few activities being offered through our friends at SBCC

Sr Tech Connect is offering a class on how to use Uber



Date: July 20 & 22
Time: 11 am
Place: La Colonia Community Center ~ 715 Valley Avenue, Solana Beach, CA 92075

Games Days

Games and Instruction from Let's Play A Game Foundation - You'll learn/can play games such as, Mexican Train, Mah-Jongg, and Rummikub to name a few.
Date: 2nd Thursday each month
Time: Noon to 2 pm
Place: La Colonia Community Center ~ 715 Valley Avenue, Solana Beach, CA 92075

55+ Solana Striders (Walking Group)



Date: 1st Monday of each month
Time: 8:30 am - 10 am
Place: Starting Location at SB City Hall ~ 635 S HWY 101, Solana Beach, CA 92075

To see a full list of the activities and events SBCC offers please visit the Solana Beach Community Connections website at https://www.solanabeachcc.org.

COMPASSION INTERNATIONAL - Stephanie Update



Stephanie is turning Sweet 16 on August 11, 2026.
What an exciting time for her!

Please be sure to help us lift her up and celebrate her from afar.

The Mature Adult Center has sponsored Stephanie Yamileth since March 2017. Over this time your prayers, love and support have provided Stephanie and her family an opportunity to grown in Christ and a way to better their living circumstances. Thank you!

Compassion
Releasing children from poverty in Jesus' name

If you would like to make a donation on Stephanie's behalf over the summer, please contact the Mature Adult office at 858-509-2587. Monthly support through Compassion International is $43.00.

EXTENDED TRIP

September 21–October 2, 2026
C.S. Lewis & Other Gifts of the British Isles

Hosted by SBPC's Mark & Lori Vermaire

Delve into the beautiful and fascinating world and words of C.S. Lewis, the gifted and prolific author. Along the way, explore places associated with other famous literary figures, including J.R.R. Tolkien, Jane Austen, and Charles Dickens.

Our adventure begins in dynamic Belfast, Northern Ireland, the birthplace of C.S. Lewis, and along the Antrim Coast, where his family vacationed. We'll continue to England, where he was educated and spent much of his adult life. During our travels, retired pastor and Lewis expert Mark Vermaire will help us see how Lewis' stories enchant, intrigue, and prod us to consider our own faith and life. We'll stroll through the charming university cities of Bath, Oxford, and Cambridge; stand in awe of the Giant's Causeway and ancient Stonehenge; take in the rolling hills and picturesque stone villages of the Cotswolds; and delight in the vibrancy and elegance of London.

For more information or to receive a detailed flyer of this amazing excursion with Witte Spiritual Journeys, please contact Mark & Lori Vermaire (760) 522-2750 or markvermaire@gmail.com.

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– 4TH OF JULY –
TRUE OR FALSE?

___ THERE'S A JULY 4 PARADE JUST FOR DOGS.
___ YOU CAN'T SEE FIREWORKS FROM SPACE.
___ THERE'S A U.S. TOWN CALLED "HOTDOG."
___ ABRAHAM LINCOLN WAS A GREAT WRESTLER.
___ THE STATUE OF LIBERTY WAS MADE IN THE U.S.
___ THE AMERICAN FLAG WAS CHANGED 26 TIMES.
___ THE FIRST HOT DOG WAS INVENTED ON JULY 4.
___ THOMAS JEFFERSON HAD A PET MOCKINGBIRD.
___ GEORGE WASHINGTON HAD WOODEN TEETH.
___ THE LIBERTY BELL WEIGHS LESS THAN A BEAR.
___ ONE U.S. PRESIDENT WAS BORN ON JULY 4.
___ SIX U.S. FLAGS WERE PLANTED ON THE MOON.
___ AMERICA'S FIRST ZOO OPENED ON JULY 4.
___ THE FIRST U.S. FLAG HAD 32 STARS.





TRIVIA ANSWERS

T- There are parades just for dogs.
T- You cant see fireworks from space.
F- There is not a U.S. town called "Hotdog."
T- As a youth, Abe was a champion wrestler.
F- The Statue of Liberty was made in France.
T- The American flag was modified 26 times.
F- First hot dog was made in 1876 in Coney Island.
T- The bird's name was Dick.
F- Just a myth; he did wear dentures though.
F- The Liberty Bell was 2,080 pounds.
T- Calvin Coolidge the 30th president.
T- During the Apollo Mission.
F- On July 1, 1874 in Philadelphia.
F- The first U.S. flag had 13 stars.

4th of July Word Search

INDEPENDENCE
STARS
STRIPES
EAGLE
FREEDOM
PATRIOTIC
FIREWORKS
JULY
FLAG
AMERICA
PARADE
BELL
RED
WHITE
BLUE

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

Some silly 4th of July jokes...

- **What did the colonists wear to the Boston Tea Party?** Tea-shirts.
- **What was the most popular dance in 1776?** Indepen-dance.
- **What does the Statue of Liberty stand for?** It can't sit down.
- **If you cross a patriot and a dog with curly hair, what do you get?** A Yankee Poodle.
- **Was the Declaration of Independence written in Philadelphia?** No, it was written in ink.
- **Did you hear about the angry firecracker?** He was so mad that he exploded!
- **What did Luke Skywalker say on the 4th of July?** "May the 4th be with you!"
- **What is the most popular sport on the 4th of July?** Flag football.
- **Did you hear the one about the Liberty Bell?** Yeah, it cracked me up too!
- **What does the Statue of Liberty say when visitors leave?** "Stay in torch!"
- **Why did the corn on the cob go to the 4th of July parade?** Because it heard there would be a-maize-ing floats!
- **What are the most patriotic flowers?** Yankee Doodle Dandylions.
- **Why did the hot dog go to the 4th of July party?** Because it heard it was buns of fun.
- **Why did Paul Revere ride his horse from Boston to Lexington?** Because the horse was too heavy to carry!

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DAY 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	moderate	strenuous
• sitting • little walking	• standing • walking • stairs may be involved	• lots of standing or walking • stairs or uneven walkways

The Wine Guy at Belmont Village



Travel with us to the beautiful retirement community of Belmont Village in Encinitas for an afternoon of fun.

On this adventure, we'll learn a bit of California wine history from wine scholar Rob Crisell and partake in tasting a few of his suggested local favorites.

DATE: Tuesday, July 28, 2026
COST: $5.00 - Includes transportation, light bites and wine tasting.
DEPARTURE TIME: 1:30 pm **RETURNING:** By 4:30 pm
ACTIVITY LEVEL: 3 (standing, walking, sitting)

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

SAN DIEGO PADRES VS COLORADO ROCKIES

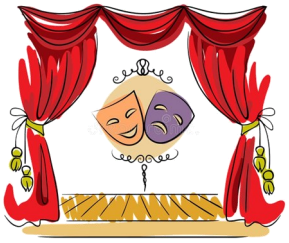


Join us as we Root, Root, Root for our favorite team!

DATE: Wednesday, July 29, 2026
COST: $65.00 - Includes transportation, parking, and ticket. No host food at ball park.
DEPARTURE TIME: 11:45 am **RETURN:** After the game. Note:1:10 pm game time.
ACTIVITY LEVEL: 8 (standing/ sitting and stairs)

NOTE: This trip has a great deal of walking and stairs, our seats are in the shade but dress for all weather - layer, you are allowed a clear regulation size purse or tote bag in the ballpark, and credit card purchases only (this is a no-cash stadium). Tickets for this game are limited.

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



American Rhythm
Lamb's Players Theater Coronado

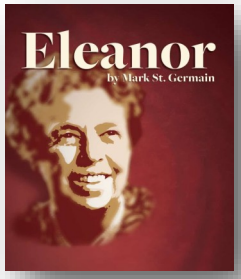
Be sure to join us as we enjoy...
A Celebration of 100 Years of Amazing Music!

You won't want to miss this spectacular musical event by Kerry Meads & Vanda Eggington, and a fabulous cast & band that take you on a gorgeous and exhilarating journey from ragtime to swing, and jazz to rock & roll.

DATE: Wednesday, August 19, 2026
COST: $70.00 - Includes transportation and show.
No host lunch and time to wander nearby before the 2 pm performance.
TIME: 11:00 am **RETURNING:** Close to 6 pm
ACTIVITY LEVEL: 5 (standing, walking, sitting and a few stairs)

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

NORTH COAST REPERTORY THEATRE



While sitting on a park bench in Washington, D. C., contemplating the death of her husband, former First Lady Eleanor Roosevelt candidly reveals the many facets of her storied life in a riveting one-woman play. Award-winning actor Kandis Chappell deftly illuminates the witty, feisty, vulnerable woman who was considered the heart of FDR's presidency. Exploring both the public and private persona of this remarkable woman, Mark St. Germain (*Dancing Lessons, Becoming Dr. Ruth, Freud's Last Session*) captures the essence of the woman who left an indelible mark on American history. For those who love honest, pull-no-punches drama, this is one you cannot miss! By: Mark St. Germain / Directed by: David Ellenstein

DATE: Sunday, August 30, 2026
COST: $60.00 - Includes ticket. NOTE: Meet at theater at 1:30 pm.
TIME: 2 pm performance
ACTIVITY LEVEL: 3 (standing, walking, sitting and a few stairs).

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

KINGDOM BUILDER FOUNDATION

SPRING 2026 GRANTEES

Through the faithful discernment of the Kingdom Builder Foundation Granting Committee, the legacy gifts of members and friends of Solana Beach Presbyterian Church (SBPC) provided grants of over $79,000 to the following 12 ministries and missions this Spring granting cycle. For more information on these ministries, please see the associated websites, or contact KBF.

- Amor Ministries www.amor.org Food Bank 2026
- Ascending Leaders www.ascendingleaders.org Strengthening 30 Churches
- Come Build Hope https://solanabeach.church/come-build-hope Youth Scholarships
- Global Care Alliance www.globalcarealliance.org Kaule Worship Center
- La Paloma Pantry https://www.fcceonline.org Cold Storage
- New Day Urban Ministries (Presbytery of San Diego) https://solanabeach.church/new-day-urban-ministries Neighbor Love: Food Security Hub
- OM Somali Discipleship School www.om.org Discipleship School for Somali Women
- SBPC Communications and Media and SBPC Facilities www.solanabeach.church LED Video Wall Permanent Housing
- SBPC Summer Internships www.solanabeach.church SBPC One Youth Summer Internship
- SBPC Student Ministries www.solanabeach.church Catalina Leadership Camp
- Word of Life Camp Hungary - SBPC Mission Partners Bela and Ildiko Dobos https://solanabeach.church/hungary-partnership Solid Foundations Scholarship Fund
- Young Life San Diego Metro https://sdmetro.younglife.org Summer Internship Experience

Kingdom Builder Foundation grants support Solana Beach Presbyterian Church ministries and missions, and member-connected Christ-centered organizations engaged locally and around the world. Each grant is prayerfully discerned by the KBF Granting Committee and funds initiatives that spread seeds of hope and advance God's kingdom in ways both tangible and spiritual.

For more information about how Kingdom Builder Foundation grants are helping change lives and how you can engage, please visit our website at kbfoundation.org, or reach out to our Executive Director, Ericka Southcombe at (858) 699-5155 or ericka@kbfoundation.org.

The deadline to submit applications for Fall Granting is Monday, October 19, 2026.

KINGDOM BUILDER FOUNDATION

Important Numbers for Mature Adult Services & 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.

Aging and Independence Services:	(800) 339-4661
Alzheimer's Association San Diego Chapter:	(800) 272-3900
Del Mar Community Connections:	(858) 792-7565
ElderHelp HomeShare:	(619) 284-9281
Elder Law:	(858) 565-1392 (ext.200)
Encinitas Community & Senior Center:	(760) 633-2600
Free Lift Assistance:	(858) 756-1126
HICAP (Health Insurance Counseling & Advocacy):	(858) 565-1392
Meals on Wheels San Diego County:	(619) 260-6110

Solana Beach Community Connections - https://www.solanabeachcc.org/



CELEBRATIONS

Let's remember to celebrate our Mature Adult Friends!



JULY BIRTHDAYS:

Elizabeth Arthur, Lynn Belleggie, Irene Brummett, James Callan, Michael Dalton, Pam Dalton, Dick Fjellman, Mary Forte, Patti Gascon, Jan Grossnickle, Karin Herrick, Richard Keesee, DeAnn Leatherman, Maureen Lucchesi, Mary Jane Macy, Ginny Maquet, Sandy Murphy, Carol Poole, Lauri Secrest, Ruth Simons, Barbara Sullivan, Barbara Woodward, Ani Zadikyan



The Birthday Sponsor for July was Belmont Senior Living Cardiff.

AUGUST BIRTHDAYS:

Cathy Aakhus, Allan Chapman, Tom Golich, Alan Gootgeld, Chiuyee Ho, Bette Johnson, Zahra Nowbahari, Sharon Romero, Ed Sparks, Rosemarie Urban, Judy Wilkerson, Toni Wong

Birthday Sponsor for August and September TBD.



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