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FELLOWSHIP AND ENRICHMENT FOR THE MATURE ADULT COMMUNITY

JANUARY/FEBRUARY 2026

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HAPPY NEW YEAR 2026

In the arms of the New Year, may you find hope and light anew. Experience golden days, in countless, brilliant, warming ways. Enjoy laughter & love, with great health in tow, and may happiness forever flow.



Thank you for being such a wonderful part of 2025 at the Mature Adult Center.

MATURE ADULT EVENTS

Mature Adult Center Closures:

- Jan. 1-3 in observance of the holiday. Normal activities will resume on Jan. 6th, 2026.
- Monday, January 19th, 2026 ~ Martin Luther King Jr. Day
- Monday, February 16th, 2026 ~ Presidents Day

Kingdom Builder Foundation - Financial Journey Event:

- Sunday, Jan. 11th, SBPC Chapel, 11:30 am

Everyone is Welcome!
Full details pg. 7.

Extended Travel Trips:

- Gleanings for the Hungry
- Repositioning Cruise
- CS Lewis & British Isles

Full details pgs. 8-9.

AARP Tax Aide is back in February:

- Feb. 4 through April 15 from 8 am-1 pm, Debin Hall, Rm 15. Details pg.15.

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



In November, we captured a list of what we're most thankful for at the Wednesday gatherings in Debin Hall. Of the 65+ responses, more than half were for "family and friends." In addition to family and friends, the following made the grateful list:

Time, Wednesdays at the Mature Adult Center, Music, Pumpkin Pie, Love, Fellowship, Church, Rain, My Memory, Sunshine, Coffee, Vacation, Being Active, Brain Clarity, Card Games, the Ocean, Grandkids, Cindy & Elizabeth, God's Love, We are Upright, Flowers, A New & Beautiful Day, Pecan Pie, Good Health, Care-givers and Jesus! As we venture into another New Year, please know how deeply grateful both Elizabeth and I are to be starting 2026 with Y-O-U!

Are you one to make a New Year's Resolution? Do you keep it? Or how long might it last? A quick look at Pew Research shows that between 30-48% of Americans make resolutions (or set goals) each New Year. Of those, the average length of success in keeping the resolutions or working toward the goal is generally between two and three months. Only 9% of those making New Year Resolutions are successful. I wondered why…and apparently the theme seems to be that we resolution-makers are aiming for BIG changes rather than taking small, steady steps to growth, improvement and reaching the goal.

For 2026, I'm willing to make a plan, set a goal, and take tiny steps to achieve success. And, I'm pretty sure I'll both enjoy the process and learn something along the way. I've purchased a copy of The One Year Bible – daily readings that will cover the entire Bible in 365 days. And, I'll be using Eugene Peterson's *The Message* (contemporary language) version. I'm eager to try out a small step plan to achieve success for my goal in 2026.

How about you? Do you have a New Year's Resolution or goal for 2026? If so, I'd love to hear about it and we can be accountability partners! It's always better to work with a friend!

Happy New Year! May the Lord shower you with good health, true friends, purpose in your days and blessings in abundance!



WAYS TO STAY CONNECTED

memory cafe

Join us every 2nd and 4th Thursday 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!

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

NOTE: **Starting in February 2026 the Memory Café will meet on the 1st & 3rd FRIDAYS of the month.** Same great location and time!



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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 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!

- **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 10-11 for specific details.

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

Frank and Toni Wong lead a 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 Room 15. Check out Good News Network at goodnewsnetwork.org or bring a good news item to share. Note: Good News will meet in Room 16 on Feb 11th & 25th.

- **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.

Biblical Exploration in the Holy Land via Armchair Travel

Join Pat Kellenbarger on Wednesday, January 7th, and then again on Wednesday, February 4th as she hosts an armchair travel featuring inspiring and educational archeological discoveries in the Holy Land.

The video series, hosted by David Nunn, brings the ancient text to life and enables us to walk where Jesus and his disciples walked, via color filming and expert narration.

Everyone is welcome! No passports needed! These armchair travel experiences will meet in Debin Hall, Room 15 at 10 am on the first Wednesday of the month. There's no fee. Plan to arrive a few minutes early and get refreshments upstairs in the Mature Adult Center before settling in for the adventure!



DATES: Wednesday, January 7, Rm 15
Wednesday, February 4,*Rm 16
LOCATION: Lower level Debin Hall, Room 15/*16
TIME: 10 am - 11:20 am
RSVP Helpful: By calling 858-509-2587

*Room change during AARP Tax-Aide season.

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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.



NOTE: The Mature Adult Center is increasing the lunch cost to $10 ($11 to-go) beginning January 7, 2026. Inevitably, rising consumer costs have affected us all.

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.

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.

let's do lunch

- **January 7:** Musician Mark Mayville plays it all - Jazz, Rock, Blues and more. Menu: New Year's Soup, Sandwich, and Salad. **(RSVP by 1/02/2026)**
- **January 14:** Guest singer, Margo Sky. Menu: Turkey Tetrazzini. **(RSVP by 01/07/2026)**
- **January 21:** Emergency Preparedness for Mature Adults. Menu: Beef Enchilada Bake. **(RSVP by 01/14/2026)**
- **January 28:** Celebrate January Birthdays and play Music Bingo with Glenn Kramer. Menu: Crusted Chicken w/Lemon Caper Sauce. **(RSVP by 01/21/2026)**
- **February 4:** Mission Focus: Community Serve Day. Menu: Soup, Salad & Sandwiches. **(RSVP by 01/28/2026)**
- **February 11:** Love is in the air with Janet Hammer & Nathan Fry - musical duo *Double Take*. Menu: Valentine Luncheon. **(RSVP by 02/04/2026)**
- **February 18:** Celebrate February Birthdays with Singer Peter Seltser. Menu: Salmon & Tomato Basil Orzo. **(RSVP by 02/11/2026)**
- **February 25:** Chinese New Year - Travel in China with Chiuyee Ho. Menu: Shrimp Fried Rice. **(RSVP by 02/18/2026)**

COMPASSION INTERNATIONAL - Stephanie Update

A LETTER FROM STEPHANIE

"Hello Dear Friends, God bless you. I hope you are in very good health together with your beloved family and friends. My family and I are doing very well, thanks to God's grace. It is a joy to write you this nice letter since it is the only way we can communicate and sharing things about my life. School is going well for me, although sometimes it is hard to pay attention, but I have been trying my best to change and be more attentive in class so I can get very good grades. At school, we practice sports and do some exercises, which keep our bodies strong. I really enjoy spending time with my classmates. I also want to tell you that I eat a lot of fruits and vegetables because they are very healthy for our bodies and full of vitamins that help us grow. I like to eat a lot of chicken soup with vegetables, and I also love bean soup – it's one of my best foods. My favorite foods are pupusas and beef tacos; they are super delicious. My request is that you continue praying for me, as I have a hearing problem – I can't hear very well, and I hope that God will heal me. I send you a big hug and pray that God continues to bless you greatly. I will always keep you in my prayers."

Written by our sponsored child, Stephanie, and translated by Gary C.



Thank you for your continued love, support, and prayers for Stephanie and her family. If you would like to make a donation on Stephanie's behalf please contact the Mature Adult office at 858-509-2587.

KINGDOM BUILDER FOUNDATION - Financial Journey Event



Rooted in Wisdom

The Heart, Health, Habits and Hope of Your Financial Journey

Hosted by:

KINGDOM BUILDER FOUNDATION

Join us Sunday, January 11th in the Solana Beach Presbyterian Church Chapel at 11:30 am

Certified Financial Planner Steve Carter will be moderating a panel discussion - *Rooted in Wisdom: The Heart, Health, Habits, and Hope of Your Financial Journey.* Panelists will share their experiences and field questions around Biblical stewardship and generosity. The focus will be on current and planned giving as an expression of gratitude for God's abundant love and grace.

Light refreshments will be provided.

Everyone is welcome and No registration is required. If you have questions or would like more details on the event or have a specific request you would like to address with the panel, please contact Kingdom Builder Foundation Executive Director, Ericka Southcombe at 858-699-5155 or ericka@kbfoundation.org.

We look forward to having you join us!

RECAP: DATE: Sunday, January 11, 2026. PLACE: SBPC Chapel. TIME: 11:30 am.

EXTENDED TRIPS

GLEANINGS FOR THE HUNGRY

You're invited to join an enthusiastic group at Gleanings in Dinuba, CA (not far from Fresno) for an amazing week of fellowship, service, worship and fun!

Join a group of friends and spend a wonderful week supporting the efforts of YWAM's **Gleanings for the Hungry** in California's beautiful Central Valley. There's a lot to do and something for every skill and energy level. You might be packing dry soup mix, assist with office tasks, painting or making tied quilts. You'll be living in motel type rooms with bathrooms and all meals furnished. The cost is less than $20 per day! Transportation is by carpooling in private cars. Flights are available to Fresno as well.

DATE: Sunday, March 8th thru Friday, March 13th, 2026
DEPARTURE: Sunday, March 8. **RETURN:** Friday, March 13.
ACTIVITY LEVEL: 4 (moderate - standing, walking, sitting, stairs may be involved)
COST: $75 includes, 5 nights lodging, 3 meals a day while at Gleanings.
NOTE: Not included are 2 lunches and 1 dinner on the travel days and transportation is by carpool / private vehicles. RV's welcome.

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

RSVP deadline - March 1, 2026.

NEW! EXTENDED TRIPS

Extended Group Travel Opportunities with Friends from SBPC's Mature Adult Center in 2026

In addition to our monthly day trips to local attractions, theater and educational adventures, here are some travel opportunities for longer excursions. Register early as space fills fast and you don't want to miss the boat or plane!

May 2-6th, 2026
Holland America's Repositioning Cruise from San Diego to Vancouver, BC

Pat & Camille are leading the charge once again on a very affordable repositioning cruise with Holland America. Your adventure begins in San Diego, includes one day in Victoria and ends in Vancouver, BC. Extend your cruise or return to San Diego by air or train, it's all up to you.

For more information, please contact Pat (619-997-6856) or Camille (760) 815-6347.
*A passport is required.

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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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!

January Discussion: *The Heart in Winter* by Kevin Barry

October 1891. A hard winter approaches across the Rocky Mountains. The city of Butte, Montana is rich on copper mines and rampant with vice and debauchery among a hard-living crowd of immigrant Irish workers. Here we find Tom Rourke, a young poet and ballad-maker of the town, but also a doper, a drinker, and a fearsome degenerate. Just as he feels his life is heading nowhere fast, Polly Gillespie arrives in town as the new bride of the extremely devout mine captain Long Anthony Harrington. A thunderbolt love affair takes spark between Tom and Polly and they strike out west on a stolen horse, moving through the badlands of Montana and Idaho, and briefly an idyll of wild romance perfects itself. But a posse of deranged Cornish gunmen are soon in hot pursuit and closing in fast. With everything to lose and the safety and anonymity of San Francisco still a distant speck on their horizon, the choices they make will haunt them for the rest of their lives.

In this love story for the ages - lyrical, profane and propulsive - Kevin Barry has once again demonstrated himself to be a master stylist, an unrivalled humorist,
and a true poet of the human heart.

Copies of *The Heart in Winter* are available at the Mature Adult Center (MAC) or via Libby on your reading device. To reserve/pick up a copy from MAC call 858-509-2587.The book discussion is on Wednesday, January 14th at 1:15 pm in Room 15.

February Discussion: *Lady Tan's Circle of Women* by Lisa See



Goodreads Nominee for Readers' Favorite Historical Fiction 2023

An immersive historical novel inspired by the true story of a woman physician in 15th-century China.

According to Confucius, "an educated woman is a worthless woman," but Tan Yunxian - born into an elite family, yet haunted by death, separations, and loneliness - is being raised by her grandparents to be of use. Her grandmother is one of only a handful of female doctors in China, and she teaches Yunxian the pillars of Chinese medicine, the Four Examinations - looking, listening, touching, and asking - something a man can never do with a female patient.

From a young age, Yunxian learns about women's illnesses, many of which relate to childbearing, alongside a young midwife-in-training, Meiling. The two girls find fast friendship and a mutual purpose - despite the prohibition that a doctor should never touch blood while a midwife comes

cont...

BOOK CLUB cont.

in frequent contact with it - and they vow to be forever friends, sharing in each other's joys and struggles. No mud, no lotus, they tell from adversity beauty can bloom.

But when Yunxian is sent into an arranged marriage, her mother-in-law forbids her from seeing Meiling and from helping the women and girls in the household. Yunxian is to act like a proper wife - embroider bound-foot slippers, recite poetry, give birth to sons, and stay forever within the walls of the family compound, the Garden of Fragrant Delights.

How might a woman like Yunxian break free of these traditions and lead a life of such importance that many of her remedies are still used five centuries later? How might the power of friendship support or complicate these efforts? A captivating story of women helping each other, Lady Tan's Circle of Women is a triumphant reimagining of the life of one person who was remarkable in the Ming dynasty and would be considered remarkable today.

Copies of *Lady Tan's Circle of Women* will be available at the Mature Adult Center (MAC) or via Libby on your reading device. To reserve/pick up a copy from MAC call 858-509-2587. The book discussion is on Wednesday, February 11th at 1:15 pm in *Room 16. (*Room change to accommodate AARP).

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











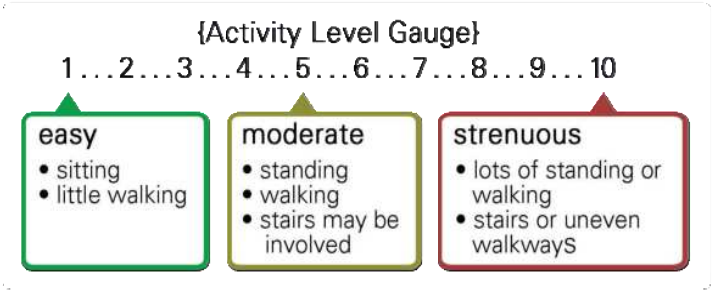


DAY TRIPS



Mature Adult Trip Activity Gauge

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



A TASTE OF OASIS - Rancho Bernardo Health and Wellness Center

Bring a friend & kick off 2026 with a full day of fun and New Year's cheer!

On this journey to Oasis, you will have the opportunity to experience first hand what Oasis has to offer. The lineup will include High-Quality Lectures, Full Fitness Classes (active & low impact), Free Food, Drinks, Gifts & Opportunity Drawings and plenty of opportunities to reset, recharge, and be inspired. NOTE: If you had the chance to go with us to Oasis on our last excursion; you won't want to miss this!

DATE: Friday, January 9th, 2026
COST: $10.00 - Includes transportation
DEPARTURE TIME: 9 am **RETURNING:** By 3:00 pm
ACTIVITY LEVEL: 4 (standing, walking, sitting and a few stairs)

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

EMBARK ON AN UNFORGETTABLE JOURNEY WITH SEA OTTERS



IMAX THEATER

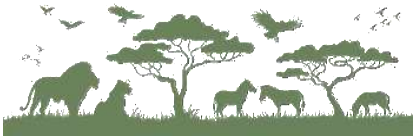
Join us on this adventure as we discover the wild beauty of Vancouver Island's rugged coast and follow Finn, an irresistible otter pup, as he explores life in the sea.

This documentary brings you closer than ever to the ocean's most playful and endearing creatures.



DATE: Thursday, January 29, 2026
COST: $30.00 - Includes theater ticket and transportation. No host lunch at the Chicken Pot Pie Shop - lunch before the show but we ask you for flexibility due to changing show times.
TIME: 10:00 am **RETURNING:** By 3:30 pm
ACTIVITY LEVEL: 5 (standing, walking, sitting and a few stairs)

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



SAN DIEGO WILD ANIMAL PARK ADVENTURE

A Roaring Good Time is Guaranteed!

Mark your calendar for a fun-filled Animal Adventure!
Lions, Tigers, and Elephants, Oh My!

We'll be visiting the park in February since seniors 65 yrs. and older get in for FREE. ID required at entry.

DATE: Thursday, February 5, 2026
COST: $10.00 - Includes transportation. No host lunch at the park.
DEPARTURE TIME: 9:00 am **RETURN:** By 3:00 pm
ACTIVITY LEVEL: 8 (standing, walking, sitting, and a few stairs)

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

LAMB'S PLAYERS THEATRE



Join us as we travel to Lamb's Theater on beautiful Coronado Island. Once there, we will enjoy a live theatrical production of *The Trip to Bountiful.*

Texas senior Carrie Watts plans her escape from an oppressive Houston apartment with her son and daughter-in-law to find her way back to the country home of her youth. A rich and soulful adventure!

DATE: Sunday, February 22, 2026
COST: $80.00 - Includes ticket and transportation.
DEPARTURE TIME: 12:30 pm **RETURN:** By 5:30 pm
ACTIVITY LEVEL: 4 (standing/ sitting and a few stairs)

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

MATURE ADULT CENTER RESOURCES

Free Lift Assistance:

Have you or a loved one ever fallen and needed a little help getting up? Help is available through a community service known as “Lift Assist.” This non-emergency service is available through most of North County (excludes Escondido & Camp Pendleton) by calling 858-756-1126. Note, the number when called will be answered by emergency dispatch who will help you activate this service.

San Diego Elder Care Directory:

The Elder Care Directory is a publication of the San Diego Union Tribune and is updated on a regular basis. It provides information on services available to and of interest to seniors including housing, in-home solutions, nutrition services, health care, caregiving information, mental health services, financial matters, equipment and services for special needs, insurance, transportation, and end of life issues. To view online - sanhttps://www.sandiegouniontribune.com/eldercare-directory or pick up a printed hard copy at the Mature Adult Center.

Solana Beach Presbyterian Church:

SBPC is a hub for resources for you! If you are in need of care, prayer support, are grieving, or dealing with mental health issues, help is available through Pastoral support, Deacon & Care ministries. Please don’t hesitate to contact church office for assistance at 858-509-2580 x 1205.

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Do you call SBPC your church home? Would you like to SERVE in a meaningful way? We are always looking to add to our list of helping hands in the following ways that fit into YOUR schedule:

Memorial Receptions: bake cookies, serve as an usher or reception hostess.

Care: Friendly visitation, make calls, write cards of encouragement, provide transportation.

Meal train: Provide (prepare or purchase) a meal for someone recovering from an illness, grieving, etc.

Communion: Help prepare the communion elements, serve home communion with another Deacon or Elder on Communion Sunday.

Welcome Baby: Knit/Crochet baby items to welcome a little one. Gifts for mom too. Join in delivering gifts & visit.

Prayer: After-worship prayer, Prayer Chain, special prayer events.

We welcome your participation!

SPECIAL VALENTINE CRAFT WITH KAREN

Want to get a jump on your Valentines and have some fun?

Then you won’t want to miss this special crafting class Karen Sullivan!

Karen will be joining us to teach another one of her amazing crafts just in time for Valentine’s Day.



DATE: January 28, 2026
TIME: 10 am - 11:20 am
PLACE: Mature Adult Center
COST: Donation

Everyone is welcome; but space is limited!

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

AARP® Tax-Aide™
FOUNDATION



Tax-Aide February 4th - April 15th, 2026.

Under the auspices of the AARP Tax-Aide program, income tax assistance and tax form preparation for 2025 Federal and California Returns are being offered FREE of charge beginning February 4th through Wednesday, April 15th, 2026. This tax preparation service is available to low and middle income taxpayers, with the primary focus on those who are 60 and older.

The AARP Tax-Aide assistance is on a "First-Come, First-Serve - No Appointment Needed System," on Wednesdays from 8 am to 1:00 pm at the Solana Beach Presbyterian Church in Debin Hall's lower level Rm. 15. Additionally, the AARP Team provides assistance on Saturday mornings at St. James Catholic Church in Solana Beach. Please contact St. James directly if you need more information.







CELEBRATIONS

Let's remember to celebrate our Mature Adult Friends!



JANUARY BIRTHDAYS:

Lee Aitchison, Lilian Cereghini, Barbara Conjonte, Carol Crines, Aida Davies, Dick Freeland, Renate Hausmann, Arlene Hodges-Layl, Patricia Laidlaw, Pat Leverett, Kathalijn Nelson, Becky Sparks, Patricia Straight, John Watson, Irene Young, Amel Yohana

Birthday Sponsor for January**:** Partner in Aging

FEBRUARY BIRTHDAYS:

Howard Anderson, Fred Bruns, Dawne Dickinson, Joe Forte, Barbara Jenkins-Lee, Elaine Jensvold, Gene Karnes, Jane Morton, Betsy Penberth, Carl Provder, Cheryl Rodzach, Ann Sandstrom, Patricia Sarkar, Sidney Simons, Pam Sonthalia, Trudy Synodis, Karen Sullivan, Glory Tsung, Cathy Tyre

Birthday Sponsor for February: At Home Nursing Care

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