

Del Mar Community Connections

Coffee & Conversations 2010

Join us the 2nd Monday of each month for stimulating talks & fellowship!

January 11 - 10:30 am to 12:30 pm

Circumventing Age-Related Memory Loss with David Kaminskas, MD, Del Mar Neurology, Inc. Refreshments immediately following. Join us on the bus! La Vida Del Mar, 850 Del Mar Downs Rd., Solana Beach

February 8 - 1:30 to 3:30 pm

Valentine's Day Tea Celebration

Enjoy light refreshments, musical entertainment and visit with old friends. Powerhouse Community Center, 1658 Coast Blvd.

March 8 - 10:30 am to 12:30 pm

Keeping Fit as We Age with Mitch McConnell

Learn techniques to appropriately challenge your body at any age, anywhere. Refreshments immediately following. Join us on the bus! The Gym at Del Mar, 2010 Jimmy Durante Blvd., Suite 11

April 12 - 10:30 am to 12:30 pm

Staying Informed About Your Own Health Options

Jackie Davis, Health Librarian, Sharp Hospital, will teach us how to find information about conditions, symptoms, and the doctors you choose. Light refreshments served. City Hall Annex, 235 11th St.

May 10 - 10:30 am to 12:30 pm

Readings from Our Lives with Mai Lon Gittlesohn and her class. Light refreshments served. Del Mar TV Studio, 240 10th St.

Please RSVP
by the Wednesday
before each Talk.
Need a ride? Bus
service or volunteer
drivers available -
just ask!
(858) 792 - 7565
or email: heather@dmcc.cc

