



Del Mar Community Connections

PO Box 2947 Del Mar, CA 92014 www.dmcc.cc 858-792-7565

Supporting and Serving Seniors

January 2023 Newsletter



Prairie Sky plays bluegrass music at a DMCC Sunday Salon, January 2019

Del Mar Community Connections is a volunteer-driven organization providing programs and services to allow our maturing seniors to live safely and independently in the homes they love.

Announcements



DMCC Holiday Closures

On Monday, January 2, DMCC and the Del Mar Community Building will be closed in observance of the New Year. We will reopen at our regular time on Tuesday, January 3.

On Monday, January 16, DMCC and the Del Mar Community Building will be closed in observance of Martin Luther King, Jr. Day. We will reopen at our regular time on Tuesday, January 17.



***NOTE:** We are continually monitoring local Covid-19 transmission data to evaluate the safety of gatherings. We have planned both remote and in-person activities. Please plan to attend DMCC in-person activities **ONLY** if you are prepared to show proof of full vaccination from Covid-19, including an mRNA booster.

Spotlight Activities

Learn to Play Mah Jongg with Linda Levine [IN PERSON]

Mondays, beginning 1/23
2:30pm – 4:30pm
DMCB Patio, 225 9th St.
\$20 per person (entire session)

[REGISTER HERE](#)



Or call (858) 792-7565

Bring your luck and develop your strategic skills at this fun and social game! Volunteer Linda Levine will teach you how to play the game that will "supercharge your mental health." Lessons will take place Mondays on the following dates: 1/23, 1/30, 2/13, 2/27, 3/13, 3/20. Signups for the 6-class session are first come, first served for a limited number of seats. The entire session is \$20 per student, and the 2022 official league card is included for you to keep. To find out more, call the DMCC office at (858) 792-7565 or email dmcc@dmcc.cc. Please note that proof of full vaccination + booster against Covid-19 are required to participate. Weather permitting, classes will be held outdoors on the Del Mar Community Building patio.

Understanding AI: Science Fiction vs. Near-Future Fact [REMOTE]

Monday, January 30
1pm – 2pm

[REGISTER HERE](#)



Or call (858) 792-7565

Join DMCC and Sudepto Roy, VP of Engineering at Qualcomm, in this sequel to his August 2022 presentation [Understanding AI: Boons and Perils](#), to learn even more about artificial intelligence. By popular demand, this presentation will cover: what is science fiction vs. science fact, what we don't know about AI but should, privacy and surveillance issues, safety of our data, and how AI development might affect us in the future. Come ready with your questions! Note: Views expressed in this talk are those of the speaker alone and not of his employer and other affiliations.

Regular Activities and Programs

Tuesday Lunch Connections [IN PERSON]

Tuesdays, January 3 & 17
Noon – 1:30pm
DMCB Patio, 225 9th St.
To register: Call the DMCC office at (858) 792-7565



Del Mar's more mature residents enjoy a nice meal from a local restaurant among the fellowship of others. We have returned to in-person TLC - outdoors on the Del Mar Community Building Patio! Check "The Week Ahead" emails sent on Sunday mornings to learn more about that week's planned meal and program. Reservations required and must

be made by the previous Monday morning. Transportation is provided to this luncheon for those enrolled in DMCC Transportation Services. Generously sponsored by the Del Mar Foundation.

Grocery Van [IN PERSON]

Every Wednesday

9am – 1pm

To register: Call (858) 792-7565 or email dmcc@dmcc.cc



Take a ride on the Sassy Chassis and go on a group trip to Trader Joe's, Ralph's, and Sprouts in Encinitas. We assist riders in shopping, loading, and unloading their purchases. Enrollment in DMCC's free transportation services required. **Please note:** full vaccination against Covid-19, including booster, is required to ride this van. You may not ride the van if experiencing symptoms of respiratory illness. It is required to wear a KN95 or better mask for the duration of the outing.

Mah Jongg [IN PERSON]

Every Wednesday

10am – 1pm

Del Mar Community Building Patio (225 9th St.)

[REGISTER HERE](#)

Or call (858) 792-7565

Join us on the DMCC patio to play this game of skill, strategy, and luck. No partner necessary; experience required. We're always looking for new players; call the DMCC office at (858) 792-7565 or email dmcc@dmcc.cc for more information.



Bridge [IN PERSON]

Every Wednesday

1:15pm – 3:30pm

Del Mar Community Building Patio (225 9th St.)

[REGISTER HERE](#)

Or call (858) 792-7565

No partner necessary; play rubber bridge on a drop-in basis. More players needed for this classic card game! Call the DMCC office at (858) 792-7565 or email for more information.



\$age Investment Group [REMOTE]

Thursdays, January 5 & 19

10am – 11:30am

[REGISTER HERE](#)

Or call (858) 792-7565



Consider sharing some possible investment adjustments you might make in the near future or some general observations on market strategies with all of us at our meetings on

the first and third Thursday of the month.

Retail Therapy Club [IN PERSON]

Mondays, January 9 & 23

11am – 3pm

To register: Call (858) 792-7565 or email dmcc@dmcc.cc



Go on a group shopping trip with friends and neighbors and let DMCC do the driving! Meet at the Del Mar Community Building at 11am, or if you're registered in transportation services, get picked up and dropped off at home. Please call DMCC at (858) 792-7565 or email us at dmcc@dmcc.cc 24 hours in advance to arrange pick up or let us know you'd like to reserve a seat on the van. Check our calendar at dmcc.cc/calendar to find out what destination we plan to visit.

Move with Michael [IN PERSON]

Monday, January 9

2:30pm – 3:30pm

DMCB, 225 9th St.

[REGISTER HERE](#)



Or call (858) 792-7565

Join Physical Therapist Michael Liederman and other DMCCers for lower extremity/upper extremity range of motion and strengthening exercises to help your functional mobility, physical safety, pain management, and more. He will provide emphasis on large muscle groups that assist with walking, standing, stairs and reaching to improve overall functional independence. Have some fun while learning to prevent falls!

Qigong with Ali [REMOTE]

Tuesday, January 10

10:30am – 11:15am

[REGISTER HERE](#)



Or call (858) 792-7565

Qigong is translated as “Energy Work” that increases your “Chi” (life force energy). It is a 4,000-year-old ancient health practice of coordinated body-posture and movement, breathing, and meditation that is accessible to people of all levels of physical fitness. No matter what your relationship to exercise, Qigong offers practices to help strengthen your body, relieve stiffness, and release stagnation. Join instructor Alison Jayne as she teaches you the basics of marrying your mind to your body and helps you to boost your health and enliven your spirit. Visit dmcc.cc/qigongwithali to learn the basics and watch her other classes with DMCC. Registration required.

Sand Striders [IN PERSON]

Wednesday, 1/11 and Wednesday, 1/25

4pm – 5pm

Meet at 19th St. Beach Access Point

[REGISTER HERE](#)

Or call (858) 792-7565



Find your favorite sun hat, apply some sunscreen, and join friends and neighbors for a group walk on the beach at low tide with the Sand Striders! Volunteer Lois Higgins coordinates an outing multiple times per month so that you can enjoy fresh air, exercise, and interesting company.

Remarkable Del Mar History [REMOTE]

Wednesday, January 11

11 am – Noon

[REGISTER HERE](#)



Or call (858) 792-7565

Join Del Mar Historical Society president Larry Brooks as he takes a deep dive into local myths and legends and sorts out the fiction from the stranger truth. This month's topic: **Del Mar Buildings - Then & Now.**

Singing Together [IN PERSON]

Thursday, January 12

3pm – 4pm

Private Residence

[REGISTER HERE](#)



Or call (858) 792-7565

Singing - like laughter, sunshine, and exercise - helps maintain our well-being and happiness. Come and get happy with us as we sing on an outdoor patio at a private Del Mar residence. Song sheets and piano accompaniment provided. Newcomers always welcome! For more information, email dmcc@dmcc.cc or call (858) 792-7565.

ROMEO [IN PERSON]

Tuesday, January 24

Noon – 1:30pm

En Fuego Cantina, 1342 Camino Del Mar

[REGISTER HERE](#)



Or call (858) 792-7565

Back in person! Retired Older Men Eat Out with friends and neighbors at one of Del Mar's favorite restaurants. Reservations are required.

Tech Coaching [REMOTE or IN PERSON]

Tuesdays, 9am – 11am by appointment

To make an appointment: Call the DMCC office at (858) 792-7565 or email dmcc@dmcc.cc.



New expanded service! Del Mar seniors can receive free one-on-one coaching for all their technology needs. Do you need someone to show you how to access email on your iPhone? Do you need help organizing photos on your iPad? Don't know which word processor to use to write the great American novel on your Windows computer? Not sure how to log into the Wi-Fi network your kids set up for you? Turn to DMCC's volunteer tech expert Klaus Gubernator, who will coach you through all your technology needs – in person or over Zoom, whichever makes you more comfortable!

Volunteer of the Month

Barbara Ann Paulovich is especially good at being part of a team. Since joining DMCC's Social and Good Times Committee a couple of years ago, Barbara Ann has helped enormously in planning and operating annual events such as the Cookies and Cocoa Holiday Party, the Spring Ice Cream Social, and the flu clinic held every October. DMCC board member and Social and Good Times Committee Chair Linda Chisari nominated Barbara Ann for recognition, calling her "the best committee member one could hope for! She shows up at all meetings, offers great suggestions, and cheerfully participates in the events our committee organizes. She's especially good at making sure that the hot chocolate she serves is tastefully decorated with peppermint and marshmallows!"

Barbara Ann has been a resident of Del Mar for over half a century. Born in Minneapolis, in her early adulthood she worked as an airline stewardess; then airport ticket agent; then executive secretary, moving all around the country with her late husband Ken. They even lived in London and Tokyo for short periods. During all the jet-setting, they managed to raise a son and daughter, who each graduated from Torrey Pines and UC Davis, and both still live in California.

Barbara Ann's parents set her up from an early age to do whatever she could to help her neighbors for free: "they had me shoveling the sidewalk for the older ladies across the street, and I also helped babysit a disabled kid a few hours a week so that the mom could have a little free time." Barbara Ann has practiced that custom throughout her life, at home and abroad, volunteering for school programs, hospitals, and especially church-based programs that help the less fortunate or military families. She has tutored, sewn quilts, started arts and crafts groups, hosted teas, organized gift drives, worked at thrift shops, prepared meal deliveries, and much, much more.

DMCC special events happen because of the dedication of volunteers. Social and Good Times committee members meet whenever they're planning an event, and work as a team during the planning stage and at the event itself to make it special and fun. Barbara Ann says "How could one resist the name of the Social and Good Times committee! I enjoy working with the other committee members, tossing ideas around and coming up with a plan. It is rewarding to watch guests who might not otherwise get an opportunity to interact with each other enjoying the event – and hearing laughter is such a plus!" To learn more about Barbara Ann or volunteering as a committee member for DMCC, visit www.dmcc.cc/volunteerofthemoth.

Thank You Barbara Ann!

