



Del Mar Community Connections

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

Supporting and Serving Seniors

March 2025 Newsletter



Del Mar Historical Society President Larry Brooks hosts Del Mar Trivia at Tuesday Lunch Connections, March 2024

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

Congratulations Veda!

Veda Browning-Schmigel, a Class of 2024 history student at SDSU, was recently honored with the Gordon Clanton Memorial Award by DMCC in collaboration with the Del Mar Historical Society (DMHS). Leaders from both organizations presented Browning-Schmigel with a \$1,000 scholarship for her work in capturing oral histories revealing the wisdom of Del Mar seniors. Veda studied under Del Mar Voices oral history project leader Annie Duval as she interviewed 94-year-old Carol Mason last year. Veda has since graduated with her BA in History and aspires to be an oral historian.



***NOTE:** 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 at least one mRNA booster, and are free from symptoms of respiratory infection.

Spotlight Activities

DMCC Foodie Van: ARTIFACT

Thursday, March 13
9:30am - 2:00pm
Meet at DMCB, 225 9th Street
\$10 per person

[WAITLIST HERE](#)



Or call (858) 792-7565

Ride the Foodie Van! Join friends and neighbors who want to experience the latest food trends for a no-host luncheon at an upscale restaurant - and let DMCC do the driving. We pick the restaurant and reserve a table for you, so that you can focus on enjoying good food and good company.

This month, we're going to ARTIFACT at the Mingei International Museum. Like the museum itself, the culinary offerings are proudly eclectic and international, ranging from carefully pleated rock shrimp gyoza with a yuzu-flavored dashi, to lamb kibbeh with quinoa tabbouleh. Plant-based options, like Thai green curry with sweet potato and crispy noodles, are clearly no afterthought, and desserts like cardamom tapioca with saffron granita hold their own.

Plus, this outing has a special bonus! You'll have time before lunch to explore the Mingei with fellow Foodies. Check out their exhibitions with inspiring objects from around the world, fulfilling their mission of celebrating creativity through folk art, craft, and design.

The DMCC van will depart the Del Mar Community Building (225 9th St.) at 9:30am and will return at approximately 2pm. Registration and proof of Covid-19 vaccination+booster required.

Registration for this outing is currently full, but we are accepting waitlist registrations.

Photos and Beyond with Jami Shapiro [IN PERSON]

Friday, March 14
11am - Noon
Del Mar Town Hall (1050 Camino Del Mar)



[REGISTER HERE](#)

Join DMCC to discover how to approach downsizing with confidence, focusing on preserving what matters most - your cherished memories and photographs. Learn why digitizing photos is crucial for both preservation and sharing, protecting them from physical damage and loss while making them easily accessible to family members. We'll explore practical steps for sorting through years of accumulated photographs and converting them into digital formats that can be enjoyed for generations to come.

DMCC Trailblazers: Special Birding Edition [IN PERSON]

Monday, March 17
9am - 10:30am
Meet at SDRP Ranger Station, 15699 San Andres



[REGISTER HERE](#)

Or call (858) 792-7565

Get some fresh air! Socialize! Get some exercise! Learn something new! Appreciate the unique beauty of our surroundings with the DMCC Trailblazers senior trail-walking group. On the third Monday of each month at 9am, volunteer Lois Higgins leads Del Mar seniors in an easy-rated one-and-a-half to two mile walk along the lagoon in San Dieguito River Park.

This month, **the group will get a special birding experience** with Joseph Rivera, Conservation Manager from San Dieguito River Valley Conservancy, and Del Martian Ed Mirsky. Wander through the picturesque San Dieguito Lagoon as Ed points out local bird species and shares fascinating insights about their behaviors and habitats. Whether you're a seasoned bird enthusiast or just curious about the San Dieguito River Valley, this walk offers a fantastic opportunity to connect with nature and learn about the incredible conservation efforts right in our own backyard. Don't forget your binoculars!

This activity is planned in partnership with park rangers, and will begin from the staging area, where there is ample parking. Please wear good walking shoes and sunscreen and bring your own water.

Accessibility note: This trail is rated 'easy,' and while the terrain is flat, the surface may be variable. Please make DMCC staff aware if you require assistance.

Explorers: JA Cooley Museum [IN PERSON]

Thursday, March 20
9:30am - 2pm
Meet at DMCB, 225 9th St.
\$10 per person



[REGISTER HERE](#)

Or call (858) 792-7565

Join DMCC Explorers to go back in time with a guided tour of the J.A. Cooley Museum and experience over 109 years of auto manufacturing and 36 other rare collections. The museum is the private collection of Jim & Carmen Cooley. It is a showcase of all things vintage with an emphasis in San Diego history. The approximately 10,000 square foot space is filled with displays of artifacts that showcase the history of technology from the late 1800s to the early 1900s. The 40 antique collections include model trains, cast iron toys, spittoons, tools, cuckoo clocks, license plates, World War I posters, phonographs, typewriters, over 2,000 cameras, and musical instruments. The car collection is San Diego's best collection of 100-year-old vehicles, including cars from 1886 through 1981.

Meet at the Del Mar Community Building, take a tour of the museum, then stop for a no-host lunch before returning to Del Mar. Registration limited.

Page Turners: Gretchen Cassel Eick and *Resistance!* [REMOTE]

Thursday, March 27
2pm - 3pm



[REGISTER HERE](#)

Join DMCC and the Del Mar Library monthly to meet authors and share your insights with others about great books at Page Turners. In March, we'll welcome award-winning author Gretchen Cassel Eick to discuss her near-future political thriller *Resistance!*.

The story centers on a young Black American woman living in Paris who wants to make a difference with her life by protecting the accuracy of Artificial Intelligence. But the neo-fascist National Front Party controls the French government, restricting dissent, coopting the Sorbonne's AI program, and rounding up immigrants for deportation. In a world afflicted with climate disasters and an aggressive Russia, she makes a way out of no way as she and other "ordinary" extraordinary people collaborate to resist and save democracy.

DMCC will provide a limited number of complimentary copies of the book to 92014 residents who want to get in on the discussion; please indicate on the registration form if you would like us to reserve a copy for you, and we will be in contact to arrange

Regular Activities and Programs

Writing Your Story [IN PERSON]

Every Monday
10am – Noon
DMCB Multipurpose Room, 225 9th St.

[JOIN WAITLIST HERE](#)



Or call (858) 792-7565

Telling our story can be a very personal and meaningful process. Writing down our thoughts and having the opportunity to read them aloud to an audience of caring listeners enhances the process. By signing up for this 10-week session, you are joining a writing circle — a community of fellow narrators, and experiential learners. Katie Militello will be your facilitator, providing examples of powerful narratives and writing prompts. In the course of each meeting, there will be time to write and opportunities for members to share their writings from the session. In this session, we will be guided by the book *Designing Your Life* by Bill Burnett and Dale Evans. The book will be provided to you at no cost as part of your registration fee.

Signups for the 10-meeting session are first come, first served for a limited number of seats. The entire session is \$30 per participant, and each participant will be given a copy of a book to guide the thematic focus of the sessions. To find out more, call the DMCC office at (858) 792-7565 or email dmcc@dmcc.cc.

Please note that this workshop is currently full; join the waitlist to be notified if a space becomes available or to sign up early for the next session.

Move with Michael [IN PERSON]

Monday, March 3
3:00pm – 4:00pm
DMCB Patio, 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! Registration required.

Tuesday Lunch Connections [IN PERSON]

Tuesdays, March 4 & 18
Noon – 1:30pm
DMCB Patio, 225 9th St.
To register: Call the DMCC office at (858) 792-7565



Del Mar's residents age 85+ enjoy a nice meal from a local restaurant among the fellowship of others - 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.

The Knitting Circle [IN PERSON]

Every Tuesday
2:30pm – 4:30pm
DMCB Multipurpose Room, 225 9th St.)

[REGISTER HERE](#)



Or call (858) 792-7565

Join program leaders Melissa Gans, Toni Wong, and other knitters in creating a knitting community. Open to all skill levels. Beginners will learn basic skills to cast on, knit stitch and cast off. More experienced knitters will have an opportunity to refresh and advance their skills. If you know how to knit, bring your yarn and needles. Registration required. Please note that proof of full vaccination + booster against Covid-19 are required to participate.

Grocery Van [IN PERSON]

Every Wednesday
9am – Noon OR
1pm – 4pm
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 Essential Transportation services required. There are now two separate grocery van shifts; when making a reservation, please specify if you would prefer the morning (9am - Noon) or afternoon (1pm - 4pm) van. **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.

Mah Jongg [IN PERSON]

Every Wednesday
10am – 1:00pm
Powerhouse, [1658 Coast Blvd.](#)

[REGISTER HERE](#)

Or call (858) 792-7565



Join us at the Powerhouse to play American Mah Jongg, a 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
1:00pm – 3:30pm
Del Mar Community Building Patio (225 9th St.)

[REGISTER HERE](#)

Or call (858) 792-7565



No partner necessary; play Chicago 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, March 6 & 20
10am – 11:30am

[REGISTER HERE](#)

Or call (858) 792-7565



Join a group of investment hobbyists who enjoy talking about the financial markets. Try to make sense of current economic conditions and explore a range of strategies to achieve individual investing goals. Discussions are informal and wide-ranging, and pursue topics of general interest not strictly limited to the markets. No prior investment experience necessary!

Water Fitness Shuttle [IN PERSON]

Every Thursday
Pickups begin at 2:15pm
Class held 3pm–4pm
\$4 per participant; pay at pool

Call (858) 792-7565 to register.



Announcing a new service for DMCC's Essential Transportation participants who wish to engage in an effective low-impact physical exercise program! At the Carmel Valley Pool's outdoor Water Fitness class, flexibility, endurance, strength, and coordination are emphasized while eliminating stress on the joints and back. Anyone can join! The DMCC Sassy Chassis will pick you up at home, take you to the Carmel Valley Pool for their accessible fitness class, and then return you to your own door. Participants should bring a swimsuit, towel, sun protection, and a change of clothes. **Accessibility note:** The City of San Diego's Water Fitness Program offers classes to benefit everyone, from the beginning participant to athletes looking for a low to no-impact cross training option. Instructors will offer modifications to accommodate participants with accessibility needs, but all participants should consult their physicians first before attempting physical exercise.

Grief and Loss Group [IN PERSON]

Fridays, March 7 & 21
10am – 11:30am
St. Peter's Episcopal Church Library
1 Parish Ln.

No registration required.



The Del Mar Grief and Loss Group is a supportive, healing space for individuals coping with the pain of loss. Those mourning the loss of a loved one can join others from Del Mar Community Connections and St. Peter's Episcopal Church twice monthly (1st and 3rd Fridays of each month) to gain understanding, comfort, and coping strategies. We offer a compassionate environment where participants can share their feelings, listen to others, and begin to process their grief. Through shared experiences, we find comfort and hope on our journey toward healing. Join trained facilitators Mother Susan Astarita, Pete Martin, and Katie Militello to connect with others who truly understand, and take the next step in your grief journey. This group is open and welcome to all belief systems.

Retail Therapy Club [IN PERSON]

Monday, March 10 & 24
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.

Qigong with Ali [REMOTE]

Tuesday, March 11
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. **This month's focus: Yin Yang.** Visit dmcc.cc/qigongwithali to learn the basics and watch her other classes with DMCC. Registration required.

Remarkable Del Mar History [REMOTE]

Wednesday, March 12
11am - 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 is The Streets of Del Mar. To view past presentations, visit dmcc.cc/remarkabledelmarhistory.

Caregiver Support Group in Partnership with the Alzheimer's Association [IN PERSON]

Thursdays, March 13 & 27
11:30am - 1pm
DMCB, 225 9th St.

[REGISTER HERE](#)

Or call (800) 272-3900



On the second and fourth Thursday of each month, DMCC is hosting a support group in partnership with the Alzheimer's Association. Facilitator Jeanie Grischy and Co-facilitators Arlene Lighthall and Carol Steblay will help family caregivers to build a support system, exchange practical information, and share concerns in a nonjudgmental environment right here in Del Mar.

Singing Connection [IN PERSON]

Thursday, March 13
4pm - 5pm
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 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.

HICAP Medicare Counseling [IN PERSON]

Wednesday, March 19, 10am - Noon
Thursday, March 27, 2pm - 4pm
By appointment only
DMCB, 225 9th St.

[MAKE APPOINTMENT HERE](#)

Or call (858) 565-8772



Get help with Medicare at DMCC HQ from the Health Insurance Counseling and Advocacy Program monthly. HICAP Counseling is a one-on-one service that is free, unbiased, and confidential. Learn about Medicare, get help appealing bills or denials, learn about long term care coverage, learn ways to reduce drug costs, get help comparing plans, or get screened for financial assistance. Counselors are registered with the CA Department of Aging.

ROMEO: Retired Older Men Eating Out [IN PERSON]

Tuesday, March 25
Noon - 1:30pm
En Fuego Cantina, 1342 Camino Del Mar



[REGISTER HERE](#)

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

Reach Out Club Outing: Serving Seniors [IN PERSON]

Friday, March 28
10:15am - 1:30pm
Meet at DMCB, 225 9th St.



[REGISTER HERE](#)

Get involved with DMCC's new community service club for seniors - spend quality time with other Del Martians who enjoy reaching out, giving back, and making a difference in the community! We even provide transportation on the DMCC Sassy Chassis for outings outside of Del Mar. Serve a hot, nutritious meal to seniors living poverty in downtown San Diego. The DMCC Sassy Chassis will take the group to the Gary and Mary Wellness Center to help the Serving Seniors charity, which believes that all seniors, regardless of income, should be able to thrive, engage in their communities, lead purposeful lives, and have a place they call home.

Volunteer of the Month: Michelle Johnson



Michelle Johnson is a person who volunteers to find personal fulfillment and spreads even more joy to others in the process. Michelle has served for a couple of years on our volunteer Essential Transportation team, which provides independence to nondriving seniors, usually as a van host for shopping trips. Michelle was nominated by Essential Transportation client Fran and Transportation Committee Chair Judy Schuckit because, according to Fran, "Michelle does an incredible job as hostess and her energy and enthusiasm are contagious. She is especially helpful to the two regulars who need the most assistance."

Originally from Washington, DC, Michelle grew up in Sacramento, studied at UC Davis, and lived in New York City and San Francisco before making her way to Del Mar in 2020. Her husband Andy owns a branding and graphic design company, and she credits his love for surfing and their shared appreciation for the beauty of the community for bringing them here. For her part, Michelle worked in merchandise planning for 15 years, forecasting sales and purchasing, culminating in a Vice President of Inventory Management role at beauty products giant Sephora. She recently shifted her career, now working as the US Market Development Manager at a UK-based data privacy platform.

The other love of Michelle's life is travel; she has explored 50 countries "and counting!," and is currently excited for an upcoming trip to Bhutan, not least because "they measure Gross National Happiness there!" She recently joined the Del Mar Women's Giving Collective, and she's looking forward to effecting more positive impacts in the wider San Diego community.

DMCC Essential Transportation volunteers are always the most needed volunteers, and they make an enormous difference in the lives of the individual seniors they serve. Whether they are driving their own personal vehicles to help someone get to a medical appointment, or serving as the host on a Grocery Van, they enjoy a flexible schedule and have the opportunity to develop lasting friendships with the clients they serve. When asked why she volunteers for DMCC, Michelle notes that as she has lost her parents and in-laws, she finds "tremendous joy and meaning" in spending time with older adults: "Over the past two years with DMCC, I've found a wonderful community of friends. Each person has fascinating stories to share, and I look forward to our conversations and catching up on their lives. These relationships help fill a special place in my heart and allow me to create the kind of connections I miss having with my own parents." To learn more about Michelle or volunteering for DMCC, visit www.dmcc.cc/volunteerofthemonth. Thank you Michelle!

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