



Del Mar Community Connections

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

Supporting and Serving Seniors

September 2022 Newsletter



Del Mar Lemon Cake courtesy of DMCC at DMF's Picnic in the Park, Sept. 2018 (Bill Morris)

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



Lemon Cake @ the Picnic

The return of DMF's Picnic in Powerhouse Park event on Sunday, September 25 also means the return of free Del Mar lemon cake! If you're interested in helping DMCC by baking a lemon cake (we'll provide you with the recipe), please call our office at (858) 792-7565. Either way, we hope see you at the Picnic!



Office Closed

On Monday, September 5 DMCC and the Del Mar Community Building will be closed in observance of Labor Day. We will reopen at our regular time on Tuesday, September 6.



***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

DMCC Explorers: SD History Center's *Collecting San Diego* Dijkstra exhibit [IN PERSON]

Friday, September 23rd
10:30am – 2pm
Meet at the DMCB, 225 9th St.



[REGISTER HERE](#)

Or call (858) 792-7565

Sandra and Bram Dijkstra will personally give DMCC Explorers a tour of their own private collection on display at the San Diego History Center's *Collecting San Diego* exhibit. The Dijkstras were ahead of the curve in collecting the work of San Diego's early artists, at a time when San Diego was still stereotyped as a region that had not produced serious art. The couple have always searched out art that moved them, rather than being driven by recognizable "names." As a result, they were able to gather many examples by forgotten and undervalued San Diego artists, including many women. This selection spans over 100 years. The works reveal how artists have interpreted San Diego's unique landscape, culture, and growth, and demonstrate their engagement with new ideas in modern and contemporary art.

After the tour, we will enjoy a no-host outdoor lunch at Panama 66. Please meet at the Del Mar Community Building at 10:30am and the DMCC Sassy Chassis van will take everyone to Balboa Park.

Registration is limited and required. Participants must provide proof of their Covid-19 vaccination + booster status. KN95 masks will be provided to participants to wear while riding on the DMCC van.

\$10 to participate. Participation fees will be donated the San Diego History Center.

Sand Striders Kickoff [IN PERSON]

Tuesday, September 27th
4pm – 5:30pm
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 will coordinate an outing several times per month so that you can enjoy fresh air, exercise, and interesting company. DMCC is hosting a kickoff event - join us for refreshments and to learn more about Sand Striders.

Regular Activities and Programs

\$age Investment Group [REMOTE]

Thursdays, September 1st & 15th
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.

Learn to Play Bridge with Nate McCay [IN PERSON]

Thursdays, 9/1, 9/8, 9/15, 9/22, 9/29

Class I: The Basics 1pm – 2pm
Class II: Getting Comfortable 2pm – 3pm
DMCB Patio, 225 9th St.

This class session has already begun. If you're interested in joining late, please call the DMCC office at (858) 792-7565.



Bridge is the "grand dame of card games," and according to [this article from the AARP](#), there are multiple benefits to playing, because it promotes mental acuity and socialization. In Class I: The Basics, learn the difference between a dummy and a defender as Nate teaches you the essentials. In Class II: Getting Comfortable, refine your bidding skills and hone your strategy as Nate helps you to gain the confidence to drop into a game. Registration required for both classes.

Singing Together [IN PERSON]

Thursday, September 1st & 15th
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 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.

Tuesday Lunch Connections [IN PERSON]

Tuesdays, September 6th & 20th
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. 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.



Meet Your Mayor [IN PERSON]

Friday, September 9th
2pm – 4pm
Del Mar Community Building Patio, 225 9th St.

REGISTER
HERE

Or call (858) 792-7565

On the second Friday of every month, Mayor Dwight Worden invites you to stop by and share what's on your mind during his office hours at the Del Mar Community Building patio.



Retail Therapy Club [IN PERSON]

Mondays, September 12th & 26th
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, September 13th
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 that 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.

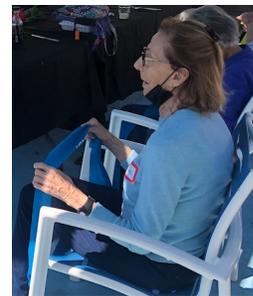
Move with Michael [IN PERSON]

SPECIAL DAY: Tuesday, September 13th
2:30pm – 3:15pm

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!



Remarkable Del Mar History: Myths and Legends – Updated! [REMOTE]

Wednesday, September 14th
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. Watch video of previous sessions by visiting dmcc.cc/remarkabledelmarhistory.



ROMEO [IN PERSON]

Tuesday, September 27th
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

Beverly Boggs

Beverly Boggs has not been volunteering for DMCC for very long, but she always does so with a positive attitude and a smile on her face. When a last-minute volunteer is needed to help with a mailing or administrative task Beverly can be counted on to step up to the plate. Her dedication and hard work with DMCC fundraising mailings are why Development Chair Mary Walshok nominated Beverly for Volunteer of the Month.



Beverly is a second-generation Californian who grew up near San Francisco in the East Bay area. Both her mother and sister were in the nursing profession, but Beverly was far more interested in business, specifically real estate; by the age of 21 she owned her first rental property. After 10 years working for attorneys and attending night school, Beverly decided to attend college full time at Portland State University where she graduated with degrees in Business and Psychology. Beverly set her sights outside of the gray weather in Portland and decided to move to La Jolla in 1985. Two years later, appreciating the serenity of Del Mar, she purchased a home and has lived here ever since.

Beverly has worked as a licensed realtor in Del Mar since 1989. "I find joy in helping people with one of their most important decisions." Beverly's partner, Ron, is a retired scientist from Salk Institute.

Beverly is fairly new to DMCC, but she has been giving back to the community for many years. While living in the Bay area, inspired by her mother's volunteer work with terminal patients, Beverly volunteered at the County Children's Shelter. "My mom set a wonderful example of service to others." She has also been a longtime supporter of Planned Parenthood and volunteered at their Mira Mesa clinic.

DMCC administrative volunteers help to expand the capabilities of the organization by assisting with large mailings, and other administrative tasks. Beverly says there were two experiences that motivated her to volunteer for DMCC. "I was motivated after talking to DMCC Board members and hearing their enthusiasm for their volunteer duties and after watching DMCC's *Secrets of Longevity* program where they discussed the joys of volunteering. I was happy to discover DMCC and am grateful for all the programs DMCC offers." To learn more about Beverly or volunteering for DMCC please visit dmcc.cc/volunteerofthemoth.

Thank You Beverly!

Featured DMCC on Demand

Understanding Artificial Intelligence: Boons and Perils

In August, Sudepto Roy gave the DMCC audience a fascinating primer about Artificial Intelligence. Visit dmcc.cc/programresources to watch the video!



While you're there, you can view video of other past DMCC presentations and events. There are also pages reserved especially for The Health and Wellness Premiere Speaker Series, Page Turners, Remarkable Del Mar History, and Qigong with Ali.



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