FREE to the Community:
Successful Aging In
Place Workshop

February 11, 2020 | 11:00 am —
What happens after the paycheck stops: Financial planning is an important aspect of aging in place. This presentation by Donaven Yousif of Edward Jones will look at the various options and help you relate them to your own experiences and needs.

NAIPC offers free seminars on the Second Tuesday of each month in Room 2 to discuss issues associated with aging and how to plan for your needs. This informative series is brought to you by Laura Barish* and Rosemarie Litoff.*

*Member of the National Aging in Place Council (NAIPC).

**Brandes Discussion Group**

Meet on Thursday, February 6, at 2:00 p.m. for a lively discussion of current events, moderated by Riley Gordon. Gain an understanding of what's happening in the world today.

This is a FREE event and is open to the public.
Better Breathers Meeting in Room 2

Mon, Feb 10, 2020
1:30 to 3:00 pm

Our speaker will be Beth Schnarr, Registered Respiratory Therapist. Beth is with Alana Healthcare and will discuss proper breathing techniques, focusing on inhalation and the breathing cycle.

The Better Breathers meet on the second Monday of each month. The meeting is FREE and open to anyone in the community — regardless of age — who has an interest in lung diseases.

For more information call Nancy Koehler at (858) 748-4307 or Art Abbett at (619) 977-6810.

Try Yoga

If you’re looking for a gentle, effective way to move your body, tone up, firm up and increase your flexibility, then yoga is for you! Designed specifically for students who want a special, relaxing workout, students learn the techniques of abdominal breathing — the heart of practicing yoga — along with warm-up poses, simple postures that improve strength and flexibility and cool-down movements to reintegrate the body and mind.

We have three different instructors from which to choose, along with class times throughout the day, including Monday evening, so there’s something for every taste and level of ability (including chair yoga).

All classes require a class pass. Check the calendar for days and times.

RB Sunrise Rotary Helps Area Seniors

Need help around the house with a variety of general household tasks? Call the front desk at (858) 487-9324 and ask to be added to the Home Help list, or email brad.sandstrom@wellsfargo.com. Someone will contact you to set up a convenient date and time to take care of your needs.

What is a picture of a thousand words worth?

858.487.9324

www.edbrowncenter.org
Make a Difference in Your Community!

Become an Ed Brown Center Board of Directors Member! With your knowledge and expertise you can help chart a course for the future of the Ed Brown Center for Active Adults, providing a place for seniors to try something new, meet people and live a long and healthy life! Meetings are held once a month. Give us a call at (858) 487.9324 to find out how rewarding Board Service can be!

NEW DAY; NEW TIME! NEW LOCATION!

THE MACULAR DEGENERATION & RELATED EYE PROBLEMS SUPPORT GROUP WILL MEET THURSDAY FEBRUARY 6 AT 1:00 PM SEVEN OAKS COMMUNITY CENTER 16789 BERNARDO OAKS DRIVE SAN DIEGO CA 92128

NEW MEMBERS ALWAYS WELCOME. NEW SPEAKERS ARE BEING LINED UP DEPENDING ON THEIR AVAILABILITY.

FOR MORE INFORMATION PLEASE CALL ROSALIE AT 858-487-1103.
### February 2020

<table>
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<tr>
<th>Sun</th>
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| 9:00 a.m. Gentle Yoga*  
10:00 a.m. SmartPhone 200 for Android  
10:50 a.m. Qigong $6  
1:00–3:00 p.m. Tea Dance  
3:30 p.m. Tappercize*  
6:00 p.m. Gentle Yoga* | 8:15 a.m. Tai Chi*  
9:30 a.m. Adult Fitness*+  
10:30 a.m. Witty Knitters  
11:00 a.m. Watercolor Magic $6  
11:00 a.m. Successful Aging in Place (Rm. 2)  
1:00 p.m. Canasta  
2:00 p.m. Watercolor/Drawing*  
6:00 p.m. Gentle Yoga* | 8:30 a.m. Gentle Yoga*  
9:30 a.m. Hearing Education  
10:15 a.m. PENDING: Zumba Gold*  
12:00 p.m. Watercolor*  
2:45 p.m. Chair Yoga* | 8:30 a.m. Tone, Balance & Stretch*  
9:45 a.m. Adult Fitness*+  
11:15 a.m. Arthritis/Balance*  
1:00 p.m. Macular Degeneration Support Group++  
1:00 p.m. Hand & Foot Cards  
2:00 p.m. Brandeis Discussion Group (Rm. 2)  
2:00 p.m. Play Readers Theatre Rehearsal | 9:00 a.m. Yoga*  
10:00 a.m. Legal Consult  
10:45 a.m. Zumba Gold*  
1:00 p.m. Bingo $ | 8:45 a.m. Singles Breakfast  
9:00 a.m. Watercolor* |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
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2:00 p.m. Play Readers Theatre Rehearsal | 9:00 a.m. Yoga*  
10:15 a.m. Medicare Minute  
10:45 a.m. Zumba Gold*  
1:00 p.m. Bingo $ | 8:45 a.m. Singles Breakfast  
9:00 a.m. Watercolor*  
10:00 a.m. Well Spouse Support Group (Rm. 2) |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 9:00 a.m. Gentle Yoga*  
10:50 a.m. Qigong $6  
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**HAPPY BIRTHDAY TO YOU!**

Charlotte Brokaw  
Lyne Cambou  
Kathleen Dimkoff  
Terry Edwards  
Laurie Goneau  
Judith Hirsh  
Lucy Hogan  
Carolyn Houghton  
Helena Hyman  
Paul May  
Bharat Parkhani  
Gilda Gomes Pereira  
Gene Plagge  
Graciela Quintana  
Sonia Sheeks  
Iris Sussman  
Hiroyasu Tachikawa  
Dorothy Washburn  
Margaret Woolley

If we are missing your birthday, please accept our sincere apologies and let us know so we can update our files!
Sudoku

Grins and Giggles

Be honest. Is this too much?

Lettuce?

858.487.9324

www.edbrowncenter.org
Introducing our 2019 Ed Brown Center Community Team!

The Community Team Members listed on these pages help support the Ed Brown Center for Active Adults through their membership fees, their donations of goods and services, and their professional expertise. We thank them for their generous contributions and hope that you will consider them if and when you need their services.

**Health & Wellness**

**SOKO CANNABIS CREATIONS**
Bob Knuuttila
3570 Carlsbad Boulevard
Carlsbad CA 92008
(858) 354-6245
bknuuttila@gmail.com | sokocanna.com
BOBK15 = discount code for 15% off purchase

**Health or Medicare Insurance**

**HUMANA**
Gregory (Greg) McMullen
CA Lic. #OD13621
5421 Avenida Encinas, Suite N
Carlsbad CA 92008
(858) 342-3487 (TTY: 711)
humana.com/gmcmullen

**SULISTIO INSURANCE**
Esther Sulistio
CA Lic. #OJ17303
13240 Evening Creek Dr. S. #305
San Diego CA 92128
(858) 432-2322
esther@sdinsured.com | sdinsured.com

**Hearing Aids**

**CLEAR CHOICE HEARING AIDS, INC**
Kevin Mokhtar
16483 Bernardo Center Drive
San Diego CA 92128
(858) 485.8558
lenore@cchaid.com | cchaid.com

**In-Home Care & Dementia Support**

**ALTAGOLDEN, INC.**
Laura Barish, CEO
330 W. Felicita Ave, Suite B-4
Escondido CA 92025
(858) 779-9254
laurab@altagolden.com | altagolden.com

**Independent & Assisted Living**

**SEACREST VILLAGE RANCHO BERNARDO**
Marcia Stein
12730 Monte Vista Road
Poway CA 92064
(858) 485-0700
mstein@seacrestvillage.org
seacrestvillage.org

**The Gateway/Gateway Gardens**
Malou Indon, Marketing Director
12750/12751 Gateway Park Road
Poway CA 92064
(858) 487-1197
maria.indon@rhf.org | thegatewayretirement.org

**Jewelry & Watches**

**UNICORN JEWELRY & WATCH BOUTIQUE**
16781 Bernardo Center Drive
San Diego CA 92128
(858) 487-6454 | unicornjewelry.com

**Life & Health Insurance (Medicare)**

**SIMON LOLI INSURANCE**
CA Lic. #0191139
8880 Rio San Diego Drive, Suite 800
San Diego CA 92108
(619) 250-1316
www.simonloliiinsurance.com
si@simonloli.com

**Pest Control**

**R&D PEST CONTROL SERVICES, INC.**
Dave Aspenleiter
11956 Bernardo Plaza Drive #523
San Diego CA 92128
(858) 487-4779 | www.rdpest.com

**Real Estate**

**BRET GEERNAERT, REALTOR**
CalBRE #01978883
Coldwell Banker Residential Brokerage
16789 Bernardo Center Drive
San Diego CA 92128
(858) 354-9002
gearnaertb@yahoo.com | bretgeernaert.com

**Retirement Community**

**CASA DE LAS CAMPANAS**
Stacy Armacost, Director of Sales & Marketing
18655 West Bernardo Drive
San Diego CA 92127
(858) 592-1811
armacost@casadlc.com | casadelascampanas.com

**Senior Living**

**SUNRISE OF SABRE SPRINGS**
Michelle Rosenlund, Rachel Hagopian
12515 Springhurst Drive
San Diego CA 92128
(858) 391-9160
sabresprings.dos@sunriseseniorliving.com
sunrisesabresprings.com

**Senior Services**

**THE HOME HELP TEAM**
Rotary International
(858) 487-9324
brad.sandstrom@wellsfargo.com

**Transportation**

**JEWISH FAMILY SERVICES/ON THE GO**
(858) 637-3210
jfssd.org/otg

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858.487.9324
Ed Brown Singles Club February 2020 Activities

Join the Singles Club — It’s FUN and it’s FREE!

Every Saturday, 8:45 a.m. – Breakfast at Denny’s in RB.
Fourth Thursday of each month, 4:00 pm – Happy Hour at Claim Jumper in Carmel Mountain Ranch.
Tuesday, February 25, 10:30 am – Help us get the word out by helping with Newsletter Folding in Room 2.

For information about additional lunch dates call Sue at (858) 883-2604.

New Playreaders Wanted

The Playreaders Theater is looking for new members. The group rehearses at the Center every Thursday afternoon at 2:30 pm. Please call Ron Horn at (858) 672-1876 for more information.

Want a Free Ride to the Ed Brown Senior Center? Let On the Go and lyft take you!

On the Go, in partnership with the National Council on Aging and lyft, is providing free and discounted lyft rides to and from the Ed Brown Senior Center. Participation requirements for this pilot program are enrollment in On the Go Navigator and completion of future customer satisfaction surveys. Call (858) 637-3210 for more details and to enroll today! Mention “Ed Brown” to waive the enrollment fee.