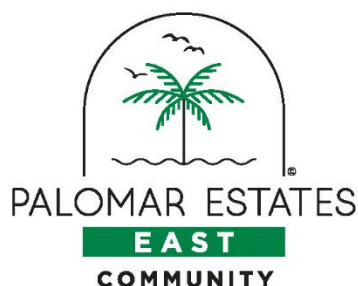




Emergency: 911

Non-Emergency: 1-661-325-3239 *after hours*



650 South Rancho Santa Fe Road
San Marcos, CA 92078

Website: www.peerasm.org

Park Manager/Office: Kasey Koenig
Park Manager/Maintenance: Felipe Diaz
Office Assistant: Patty Mackay
Phone: (760) 727-2010
Fax: (760) 727-2844
palomareast@gmail.com

Office Hours:
Monday-Friday 8am-12pm & 1pm-4pm

Clubhouse Hours:
Monday-Sunday 8am-9pm

Haven Management Services

Property Management Company
3491 Concours Street, Suite 204
Ontario, CA 91761

President: Katie Davis
Phone: (909) 930-9759 x 3005
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Millennium Housing

611 Anton Blvd Suite 890
Costa Mesa, CA 92626
www.millenniumhousing.com

President: George Turk
Vice-President: Lori Carraway
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Director, Resident Services: Stacey Kazmierski
Phone: (949) 515-5100
Fax: (949) 515-5101



August Editorial

Thinking of activities that characterize August, I decided that for many, August is the month that kids return to school. There is a focus on buying school supplies, possibly new clothes, and figuring out schedules...including drop-off and pickup schedules.

So what does this have to do with our community? Upon reflection, I realized it has more relevance than might be expected. The relevance? – The importance of learning.

For children, learning and exercise opportunities in schools can greatly affect their opportunities following school years. For aging adults, learning and exercise opportunities can affect their quality of life and even their longevity.

The Exercise Neuroscientist Podcast

As I researched the impact of learning and exercise on aging adults, I first came across a podcast that was aired in May 2024: "The Exercise Neuroscientist: NEW RESEARCH, The Shocking Link Between Exercise and Demetia." Although this podcast is long (1 hr 30 min), I found it informative.

The remainder of this editorial, as well as the article on pages 10 and 11, highlight some of the research on learning, exercise, and prevention of cognitive decline.

Cognitive Health and Older Adults

(Excerpts from an article by the National Institute on Aging)

Cognitive health is the ability to think, learn, and remember clearly. It is needed to carry out many

Drop us a line or an article anytime at
PEE.TheBreeze@gmail.com

Also, the PEERA website is: peerasm.org

everyday activities effectively. Cognitive health is just one aspect of overall brain health.

Many factors contribute to cognitive health. Genetic, environmental, and lifestyle factors may contribute to a decline in thinking skills and the ability to perform everyday tasks, such as driving, paying bills, taking medicine, and cooking. Although genetic factors can't be controlled, many environmental and lifestyle factors can be changed or managed.

Scientific research suggests that there are steps you can take to reduce your risk of cognitive decline and help maintain your cognitive health. These small changes can add up: Making them part of your routine can support your brain function now and in the future.

What Is Brain Health?

Brain health refers to how well a person's brain functions across several areas. Aspects of brain health include:

- Cognitive health — How well you think, learn, and remember,
- Motor function — How well you make and control movements, including balance,
- Emotional function — How well you interpret and respond to emotions (both pleasant and unpleasant)

Joanne Price, Editor, *The Breeze*



Monthly Contributors to *The Breeze*

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Patty Gonzales—Creative Director/
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Kasey Koenig, George Turk, Lanny Lippencott, the Social Club, and the PEERA Board

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August Editorial

- Tactile function — How well you feel and respond to sensations of touch, including pressure, pain, and temperature, and
- Sensory function — How well you see, hear, taste, and detect odors.

Brain health can be impacted by age-related changes in the brain, injuries such as stroke or traumatic brain injury; mood disorders such as depression, substance use disorder, or addiction; and diseases such as Alzheimer's and related dementias.

Growing Evidence on Heart/Brain Connections

Research findings suggest that some factors related to heart disease may also be linked to cognitive health. For example, one study showed that higher levels of cardiovascular risk factors such as body mass index, blood sugar, and systolic blood pressure (upper number) were associated with worse cognitive health later in life. Other data suggest that obesity — a known risk factor for heart disease — may also be associated with an increased risk for developing dementia. Taking better care of your overall cardiovascular health can help protect your brain and your heart.

Eat Healthy Foods

Many studies suggest that a healthy diet can help reduce the risk of many chronic diseases such as heart disease or diabetes.

In general, a healthy, balanced diet consists of fruits and vegetables; whole grains; lean meats, fish, and poultry; and low-fat or nonfat dairy products. You should also limit solid fats, sugar, and salt. Be sure to control portion sizes and drink enough water and other fluids.

There is also mixed evidence that certain diets can help keep your brain healthy, preserve cognitive function, or reduce the risk of Alzheimer's.

For example, some observational studies reported that people who eat a Mediterranean diet have a lower risk of developing dementia.

Researchers continue to study these diets as well as individual foods and dietary supplements to learn more about possible effects on cognitive health.

At this time, no vitamin or supplement is recommended for preventing Alzheimer's or other forms of cognitive decline. However, recent clinical trials have shown that taking a daily multivitamin may improve memory and cognition in older adults.

Be Physically Active

Several studies have supported a connection between physical activity and brain health. For example, one study found that higher levels of a protein that boosts brain health were present in both mice and humans who were more physically active than in sedentary peers.

An observational study with cognitively normal, late-middle-aged participants found that more time spent doing moderate levels of physical activity was associated with a greater increase in brain glucose metabolism — how quickly the brain turns glucose into fuel — which may reduce the risk for developing Alzheimer's.

And a randomized controlled trial showed that exercise can increase the size of a brain structure important to memory and learning, resulting in better spatial memory. Although these results are encouraging, more research is needed to determine what role exercise may play in preventing cognitive decline.

Keep Your Mind Engaged

Staying engaged in other meaningful activities as you grow older may also have important cognitive benefits. For example, one study found that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities.

Millennium Memo



The Budget is final now, and includes \$350K Capital Improvements. The Surplus is “only” projected to be about \$200K, with the rest coming from reserves.

As is the case most years, the biggest items are streets & driveways, budgeted at a combined \$240K. Other big projects include Clubhouse HVAC (\$32K), Card Room Remodel (\$33K), Sauna (\$20K), Dog Park (\$10K), Mailboxes (\$9K)...quite a diverse list.

These upgrades would not be possible without the funds generated by your Income Certs. Thank you for your cooperation.

SPARC in Palomar East

My mother used to say that a person couldn't go to bed unless he/she learned at least one new thing during the day. The 52 of you who attended last month's Senior Resource Fair won't have that problem.

There were 10 educational booths, activities such as tie-die & rock painting, smartphone assistance, a FREE Lunch (chicken teriyaki sliders prepared by Cathy Byrd!), shaved ice, raffles (In-N-Out gift cards, rent credits)...what a way to kick off the Summer!

This event was so fun that SPARC is bringing it to our other two San Marcos parks. Thanks to Stacey and the folks at SPARC for sponsoring.

More News

- This month's Kudo goes to Marlyn Maas (Sp. 157), for managing the Medical Supply Shed. If you need to borrow a walker or wheelchair, or wish to donate equipment, Marlyn is your person. Thanks, Marlyn, for this valuable resource.
- A recent maintenance project: stripping the paint at the Clubhouse Patio to make the Patio more slip-resistant. Would you have thought to suggest that?
- The latest resident complaint: folks being loud late at night. It's great that you've having a good time, but be considerate of your neighbors, especially after 10 PM.
- On June 26, a man was seen on a carport camera “trying to open a car door very late at night.” I know Jessica sent out a flyer, but take this as yet another reminder to lock your cars, home & shed.
- In fact, just to be safe, maybe you should hit your clicker several times, for extra ‘lockiness.’ Be careful, however. One resident—not at Palomar—accidentally locked his keys in his car. It took him 2 hours to get his family out.

Thank you for returning you Income Certs...and remember to lock your cars!

George Turk

*President
Millennium Housing*

East Park

MARKET UPDATE & MANAGER'S REPORT



Maintenance Update

- Staff have redone some of the landscaping around the clubhouse and pool.
- The ice plant on the slope behind the dog park and around the RV Storage area was trimmed back.
- Annual home inspections were delivered to the other half of the community who did not receive them in April.

Home Sales

There were three (3) home sales in the previous month. Additionally, eleven(11) other homes are listed for sale.

Entry into Homeowner's Homesite

Just a note of clarification: Staff have the right to enter homesites without written notice. Whether it's for maintenance of the utilities or park property, reading of water meters, or to inspect for compliance with the community R&R's. We do our best to notify residents beforehand but there are times when it's impractical to do so.

Register Additional Occupants

If someone is staying with you for more than 20 consecutive days or 30 days in a calendar year they need to be registered with the office. This is for your protection as well! Should an unfortunate situation arise, there is language that outlines they are your guest and cannot establish independent rights of tenancy. Additional occupants must be 35 years old, and their vehicle must be able to

park in your carport. It also helps me find the recipient for packages that are delivered to the office because the package has no space number. 😊

Pets

Pets must be registered with the office! If you forgot to register your dog or cat, just call the office. The dog park is for registered pets only, not for pets of guests who are visiting. Dogs are not permitted on another resident's property. Dogs should never be fenced outdoors, and cats must be indoor pets. This is for your animal's safety. Remember to collar and microchip your pets.

Short & Quick

Remember to wear something reflective when walking at night! It's nice that we get to enjoy longer daylight hours, but should you decide to take an evening stroll or walk your dog in the dark, wear something visible to vehicles.

2025 INCOME CERTS – We reached 100% completion. I appreciate your help in making this go so smoothly.

Thank you to all the residents who have completed the repairs on their Home Inspection report!

Your concerns and needs ARE IMPORTANT!

If it is not urgent or an emergency, we encourage you to email us:

palomareast@gmail.com

Palomar Estates East Residents Association

P
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Notifications & Activities

Dear Palomar Estates East Residents,

The 4th of July BBQ was a great success!

There were over 100 residents and family members in attendance enjoying great food, company, and entertainment. So many residents came together to make the day complete.

Michele Silva, Linda Cockrell, Debbie Diaz, and Lydia Seifert did a beautiful job of decorating. Lani Beltrano and Paul Hoffman helped in the kitchen. Jay Diaz and Susan Adorno served at the grill. Cleanup was done by Connie Bloem and Lydia and Mike Seifert. So many people pitched in with lots of wonderful food.

PEERA and the Social Club thanks everyone who made the day successful in so many ways.

As many are aware, six (6) of the PEERA Board Members resigned effective July 5th for personal reasons, none of which involved problems with the Board.





Your Voice IN Our Community

PEERA Board peerasm.org

2025

This was a difficult decision because each of these Board Members is very devoted to this community. They will continue to support the PEERA Board in efforts to conclude the year. Thank you to all for giving of your time.

Many people have asked about the plans for the rest of the year. Ken Hodor, Leslie Dranko, and I will be finishing the projects that were started months ago.

The following is a list of projects that are continuing through the end of this year:

1. PEERA Public Non-Profit Corporation vs Mutual Benefit Non-Profit Corporation - Ballots were delivered to PEERA Members to vote for PEERA staying as a Public Non-Profit Corporation or reverting back to a Mutual Benefit Corporation. Thank you to those who responded to the ballot request.
2. Wish List Items – Haven sent the Wish List approvals to us, and we will be meeting with Katie Davis (Haven Management Services) to discuss how the approved items will proceed.
3. Proposed PEERA Bylaws – No work in progress.
4. Election of the 2026 PEERA Board – The final action on our part will be facilitating the election of the 2026 Board. The nomination process will start in September, so start thinking about volunteering for a position to support our community.

Our PEERA Board looks forward to working with the community to finish out the 2025 term on a positive note.

AUGUST PEERA EVENTS TO NOTE:

- PEERA GENERAL BOARD Meeting – August 23rd, 11:30 am

There will be a description of the PEERA Board Nominations & Elections process (Clubhouse).

Sally Yeater

Social Club

The Social Club is pleased to sponsor an exciting event as PEW resident Cathy Bassett of CB Catering cooks up a Spanish culinary delight!

A maximum of 75 tickets will be sold. The first thirty (30) tickets will be sold at \$20 each. Remaining tickets will be available at \$28 each.

Please request your tickets via the sign-up sheet on the PEE Social Club board in the Clubhouse.

Residents who have requested tickets via the sign-up sheet may pick up their non-refundable tickets in the Clubhouse on Tuesday, August 5th, 4:00 pm to 6:00 pm.

SPECIAL NOTE ABOUT AUGUST SOCIAL HOUR:

There will be NO 1st Friday Social Hour in August as a private party is scheduled for that day.

Paella Party!

Join the PEE Social Club and Cathy Bassett of CB Catering for a fun culinary event!



The **first 30 tickets** will be sold at \$20 each.

Additional tickets \$28. Only 75 tickets will be sold.

Each ticket includes:
Veggie Appetizer | Salad
1 serving Paella | Dessert
water, iced tea, or coffee

BYOB

AUG 19 | **Palomar East
Clubhouse**

Cooking demo starts at 3:00 PM
Dinner served at 5:00 PM

Reserve tickets by signing up on the PEESC board in the Clubhouse.

Remember to Mark Your Calendars!

Whether you are a crafter and plan to show your handiwork at the Palomar Estates East Fall Craft Fair, or you simply love hand-crafted items to purchase for yourself or as gifts for

family or friends, don't forget to mark your calendar for our October Craft Fair. These items always make great Christmas presents!

CALLING ALL CRAFTERS

Palomar Estate East is planning a

FALL CRAFT FAIR

October 18, 2025

Registration is \$20. Covers entrance fee,
refreshment & lunch for vendors

Bring your own tables or PEE residents will be
provided tables free while they last

If you would like to participate, please contact

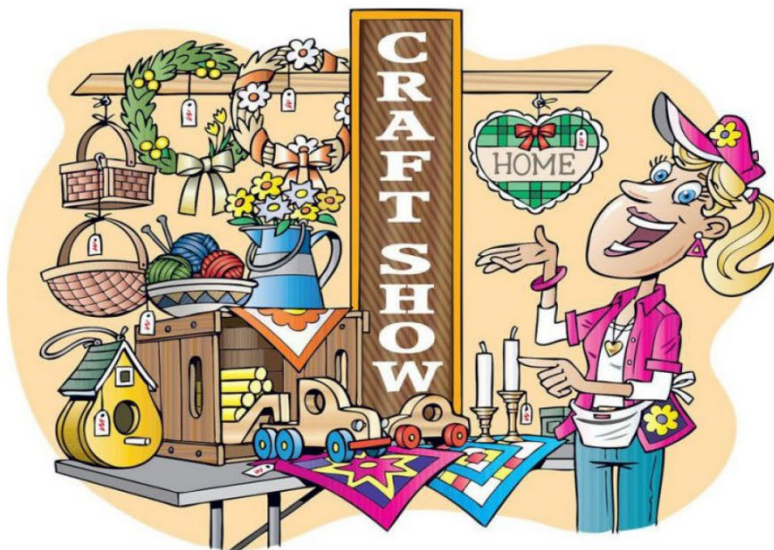
Susan Chubbuck - Information

(949) 510-1058 (call or text)

OR

Leslie Dranko - Registration

(760) 295-2026 (call only)



What is Neurogenesis: How New Brain Cells Regenerate



Credit: PASIEKA / Science Photo Library / Getty Images

By Kendra Cherry, MEd Updated on November 01, 2023
Medically reviewed by Shaheen Lakhan, MD, PhD, FAAN

Source: [Verywellmind.com](https://www.verywellmind.com)

Neurogenesis refers to the formation of new neurons in the brain. It is an integral part of prenatal development, but neurogenesis in adults has been a topic of debate among scientists. Today, research suggests that neurogenesis continues in certain areas of the brain after birth and even into adulthood.

Conventional wisdom has long suggested that we cannot grow new brain cells in adulthood, that we are born with all of the brain cells we will ever have, and that once those gray cells expire, they're gone for good.

This belief was fueled, in part, by the fact that certain motor (movement) and cognitive (thought) functions tend to decline the older we get. But should this suggest that it's all downhill once we approach a certain age and that we have no choice but to wait for the inevitable decline?

At a Glance

Whether or not neurogenesis occurs into adulthood is an important topic for scientists and

medical professionals. The ability to form new brain cells plays an important role in brain plasticity and cognitive function, offering hope that the brain can adapt and rewire itself in response to new learning, experience, injury, and disease.

While it was previously believed that adult neurogenesis was not possible, more recent research suggests that it does happen, at least in key regions of the brain. Research is still ongoing, but recent evidence suggests that brain cells are capable of re-growing and restoring lost functions.

Research on Adult Neurogenesis

While the vast majority of our brain's cells are formed during prenatal development, there are certain parts of the brain that continue to create new neural cells during infancy. Until recently, however, the brain's limited capacity to regenerate triggered the belief that *neurogenesis*—the birth of new brain cells—ceased soon after this stage.

However, research over the last two decades has suggested that at least one part of the brain continues to create new cells throughout a person's lifespan—part of the brain called the hippocampus.

Why Neurogenesis Is Important?

Research on neurogenesis is crucial because it suggests that there are factors that can stimulate and inhibit the process of adult neurogenesis.

- Development of neuropsychiatric conditions: Researchers are interested in learning how neurogenesis might impact the beginning of different mental health conditions. For example, how would promoting neurogenesis influence the course of conditions like depression or schizophrenia?

What is Neurogenesis?

- Role in memory and learning: Understanding neurogenesis can also provide researchers with more information about how new cell development might impact memory and learning throughout life.
- Impact on age-related cognitive declines: Researchers know brain cells lose connections as people enter old age. Learning more about the process of neurogenesis might help them develop ways to retain these connections or encourage new ones.

It even hints at possible models for treating degenerative diseases, such as Alzheimer's and Parkinson's diseases, and even reversing damage caused by traumatic brain injury.

How to Promote Neurogenesis

Research on adult neurogenesis is still ongoing, but researchers do believe that there are certain things that you can do that might help promote the development of new brain cells (and protect old ones).

Exercise Your Body

Among the factors that can potentially "amp up" this process, exercise has been considered one of the most promising. Animal research conducted by scientists at the University of Chicago found that aerobic exercise led to both an increase in cell production in the hippocampus and an increase in the amount of genetic information being encoded.

What this tells us is that not only does the function of the brain improve, but the cells themselves are better able to store information for learning and memory.

Exercise Your Brain

In addition to exercise, scientists have found that enriched environments can contribute to the survival of old cells and the production of new ones. In short, it is suggested that the more you exercise your brain, the more you can maintain optimal brain function.

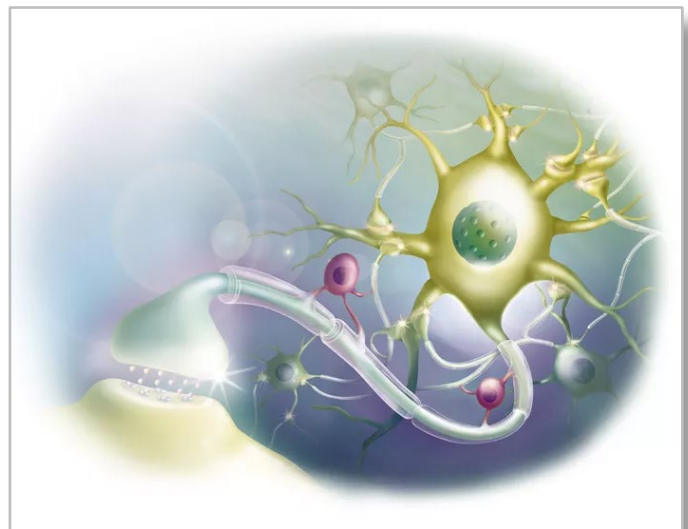
Manage Your Stress

We also know that stress, both acute and chronic, can decrease neurogenesis in the hippocampus of adult brains.

Managing your stress effectively can involve many practices, including adopting a positive mindset, using relaxation strategies, getting enough sleep, and engaging in leisure activities. Each person is different, so finding what works best for you is important.

Neurons – The Building Blocks of the Nervous System

Neurons carry messages throughout the body, including sensory information from external stimuli and signals from the brain to different muscle groups in the body.



Credit: BSIP/UIG / Universal Images Group / Getty Images

Walks in San Diego County

There are a variety of wonderful opportunities for walking in San Diego County. Below are just a few options.

Flat and Paved Paths

Balboa Park



Balboa Park offers numerous paved paths through gardens, around the museums, and along the Prado, making it ideal for leisurely strolls.

Embarcadero Marina Park



Embarcadero Marina Park features wide, paved paths with views of the bay and the city skyline.

Mission Bay Park

Mission Bay Park provides flat, scenic paths along the bay, with options for shorter or longer walks.

Sunset Cliffs Natural Park



Sunset Cliffs Natural Park has a paved path along the cliffs, perfect for enjoying the ocean views and cooler temperatures, particularly around sunset.

Scenic Trails with Gentle Slopes

Tecolote Canyon Natural Park

Tecolote Canyon Natural Park offers a variety of trails, including some that are paved and relatively flat, making them suitable for seniors.

Torrey Pines State Reserve

While some trails are steeper at Torrey Pines State Reserve, there are also options for easier, shorter walks with stunning coastal views.

Considerations for Seniors

- **Benches** – Look for parks with ample seating for rest stops.
- **Restrooms** – Ensure that there are accessible restrooms available along the walking route.
- **Accessibility** – Consider the terrain and choose paths that are appropriate for your mobility level.
- **Weather** – Check the weather forecast and dress appropriately, especially during warmer months.
- **Hydration** – Bring water and stay hydrated, particularly during longer walks

Concerts in the Courtyard

There are so many great opportunities available at surrounding communities Senior Centers. The following is just one example of these opportunities.

La Jolla Community Center

The La Jolla Community Center has a long history of involvement with La Jolla and is committed to enhancing the lives of adults and the growing senior population. The 7,200 square-foot, newly remodeled and modernized Center includes a range of meeting and multi-purpose rooms, a serene courtyard, a fully equipped kitchen, and an inviting lobby area. Located blocks from the ocean, adults of all ages enjoy our varied classes and program offerings and concert series.

As part of their offerings, the La Jolla Community Center features concerts by local artists from all genres including jazz, opera, classical, world music and more.

These concerts are open to the public and take place in the Community Center courtyard, weather permitting. In inclement weather, the concerts take place in the Kiwanis Great Room at the Community Center.

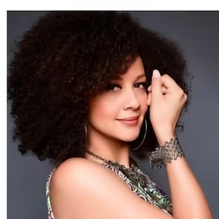
- Doors open at 11:45 am. Earlier entry and seating is not available. Concerts begin at 12:00 pm.
- Seating is open and available on a first come first served basis. Reservations are not required.
- Please no outside food. Refreshments will be available for purchase.

Please note, entrance to Concerts in the Courtyard is FREE to attend, but donations are welcome and greatly appreciated.

CONCERTS *in the* COURTYARD

Every 1st & 3rd Friday of the Month!
12 - 1 PM. Free Concerts.

JULY 18	NIGHTSHADE NAVARRO The Roaring 20's
AUG 1	ROBIN HENKEL Robin Henkel Blues
AUG 15	ROB THORSEN & HOLLY HOFMANN Flutes n' Bass with Holly n' Rob
SEP 5	FRED BENEDETTI Spanish Classical and Flamenco Guitar
SEP 19	REBECCA JADE Rebecca Jade Unplugged
OCT 3	ADRIENNE NIMS Spirit Wind
OCT 17	FRED BENEDETTI All Beatles on Ukulele, Baritone Guitar
NOV 7	MIKAN ZLATKOVICH Jazz Dialogues



Community Activities

All Are Welcome  Come Join the FUN!

ACTIVITY	DAYS / TIMES	LOCATION	CONTACT PERSON
BILLIARDS	Weds: 1:30 PM to 3:30 PM	Small Clubhouse	Ken Hodor (858) 752-0460
BILLIARDS (Women's)	Mon: 1:30 PM to 3:30 PM	Billiards Room (West)	Peggy Shull (619) 301-6591
BINGO	Thurs: 6 PM	Clubhouse (West)	Debbie Johnston (760) 703-6705
BOOK CLUB	2nd Weds monthly: 1:00 PM	Clubhouse Card Room	Host Varies Monthly
BUNCO	3rd Thurs monthly: 4:45 PM, game 5 PM to 7:30 PM	Clubhouse Card Room	Jetta Russell (619) 994-5647
CAR CLUB	1st Weds monthly: 7 to 9 PM	Main Clubhouse	Sandy Wagner (602) 882-2977
CERAMICS	(Currently on Pause)	Main Clubhouse Arts & Crafts Room	Andrea Martin (760) 931-8393
DANCE LESSONS	2nd & 4th Thurs: 2 - 3:30 PM	Main Clubhouse	Anne Pearson (858) 610-4816
HAND & FOOT CARD GAME	Mon and Thurs: 1 PM	Marilyn Fluharty's home (Spc 179)	Anne Litz (760) 846-5850 Marilyn Fluharty (218) 821-0337
MANIPULATION CARD GAME	Weds: 6 - 8 PM	Clubhouse Card Room	Linda Cockrell (626) 274-1662
PAINT CLASS	1st Tues monthly: 10 AM - 1 PM	Clubhouse (Vallecitos)	Dawn Anguiano (760) 802-2170
QUILTING GROUP	Tues: 9:30 AM - Noon	Clubhouse Card Room	Sandy Wagner (602) 882-2977 Leslie Dranko (See Directory)
TAI CHI	Fri: 9:00 AM	Main Clubhouse	Rudy Cobos (773) 519-6627
YOGA (CHAIR)	Thurs: 10:00 AM	Main Clubhouse	LuAnn Foster (480) 203-4330
ZUMBA	Mon: 10 AM, Thurs: 11:15 AM	Main Clubhouse	Saleemah (803) 463-2880

Additional Park Activities

ACTIVITY	CONTACT	PHONE
Bocce Ball	Carl Silva	707-673-7151
Darts	Bill Richards	760-525-2219
Fishing	Bill Richards	760-525-2219
Fitness Facility	Ken Hodor	858-752-0460
Golf Putting Green	Dave Fenner	760-822-5617

ACTIVITY	CONTACT	PHONE
Library	A.J. Jangula	760-500-7818
Pickleball	Joanne Price	760-805-7092
Ping Pong/Tennis	Bill Mead	919-610-8769
Puzzles	Card Room	N/A

Calendar

AUGUST 2025

S	M	TU	W	TH	F	S
WEEKLY ACTIVITIES: The following are regular weekly activities that occur on the day indicated.						
	1 PM – Hand & Foot Card Game (Fluharty Home, Spc 179) 1:30 – 3:30 PM – Women’s Billiards (Pool) at West	9:30 AM - Noon – Quilting Group (Clubhouse Card Room) 10 AM – Zumba (Clubhouse)	1:30 – 3:30 PM Billiards (Small Clubhouse) 6 – 8 PM – Manipulation Card Game (Clubhouse)	10 AM – Chair Yoga (Clubhouse) 11:15 AM – Zumba (Clubhse) 1 PM – Hand & Foot Card Game (Fluharty, Spc 179) 6 PM – Bingo (West)	9 AM – Tai Chi (Clubhouse)	
MONTHLY OR SPECIAL ACTIVITIES: The following activities occur only on the dates indicated.						
					1 8 AM Donut Day – Clubhouse	2
3	4	5 10 AM to 1 PM Paint Class – (Vallecitos) 11:30 AM GSMOL Presentation	6 7-9 PM Car Club – Clubhouse	7	8	9
10	11	12 	13  1 PM Book Club – Clubhouse	14 2 – 3:30 PM Dance Lessons –ClubhOuse	15	16
17	18	19 4 PM to 6 PM PAELLA PARTY – Clubhouse (See flyer on pg. 8)	20	21 4:45 – 7:30 PM Bunco – Start at 5PM at Clubhouse Card Room	22	23
24	25	26 	27	28 2 – 3:30 PM Dance Lessons – Clubhouse	29	30
31						

Park Member News

Welcome New Neighbors

We look forward to getting to know you! Please fill out the envelopes found in your Welcome tote. You can return them to the Social Club and/or PEERA mailboxes in the clubhouse.

New Neighbors Who Arrived in May

- Randy & Eva Topeher: Space 131
Arrived: 5/15/2025
- Marite Cadenas: Space 24
Arrived: 5/22/2025

New Neighbors Who Arrived in June

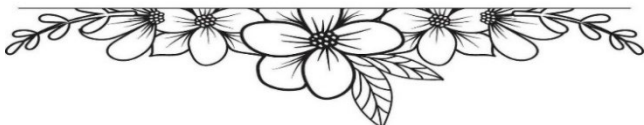
- Terry Hardy: Space 4
Arrived: 6/6/2025
- Patricia DiPuma: Space 4
Arrived: 6/6/2025
- Craig Haines: Space 50
Arrived: 6/20/2025



Gone But Not Forgotten

The following residents have either moved or have passed away. They are gone but appreciated for the time they lived in our community.

- Michael Curtis: Space 6
Arrived: 8/2004 Passed Away: 5/12/2024
- Teresa Cadenas: Space 24
Arrived: 4/1994 Passed Away: 1/15/2025
- Jerry Holloway: Space 302
Arrived: 12/2022 Passed Away: 4/14/2025
- Li Li: Space 4
Arrived: 7/2015 Moved: 6/6/2025



Wedding Anniversaries

- Aug 13 Larry & Carol Mentze
- Aug 22 Mike & Greta Curtis
- Aug 27 Rick & Pam Scott
- Aug 29 Lanny & Susie Lippincott

Remember, to be sure your anniversary is included on your special month, you can email The Breeze editor at PEE.TheBreeze@gmail.com. Be sure to send your email at least 2 months prior to your anniversary date.



Save the Date to Celebrate!

Saturday Sept 27th – 11 am to 12:30 pm

This is a Dual Event....So Double the Fun!

- Meet and Greet of New Residents

Along with our Newcomers, our Meet and Greet includes residents who have moved into Palomar East over the last year or so!

Come out to meet new neighbors and make new friends.

- Celebration of all our 90-Year-Olds

We are honoring our Residents who are 90+ years old with a Birthday Celebration!

This event is Open to all Residents in the Park.

Get ready to be Entertained!

Play an early 1930's Trivia with Fun Prizes

Yummy Refreshments along with Jen's Homemade Amazing Cupcakes~!

A Food Demo by Lydia. You'll get to eat what is made for a light bite of Lunch

Our 90+ Birthday Residents will leave with a Handmade Keepsake just for them!

Park Member News

Celebrating Our August Birthdays!

3	Sofie James	17	Robert Barry
3	Larry Russell	18	David Rodriguez
3	Ha Le Riggio	18	Josephine Bucelli
3	Michael Weiss	18	Cindy Hansen
4	Manuela Ortega	18	Deborah Bennett
4	Kathy Warren	21	Michael Fluke
4	Christine Weidinger	22	Pete Knowlton
5	Joyce Pratt	22	Joanne Price
11	David Whalen	22	Jane Manchip
11	Zhou Li	23	Marsha Allen
11	Jetta Russell	25	Susan Peck
12	Anthony Riggio	25	Judy Smith
12	Marina Wallen	26	Carolyn Buckley
12	Dave Esposito	26	Judy Benaderet
15	Coleen Adachi	27	Kelly Hoege
15	Terrie Schmidt	28	Daniel Contreras
16	John Kure	28	Janet Kelly-Reid
16	Walter Brock	28	Angelina Franco
16	Colleen Hannegan	29	Paula Bente
16	Robert Scotland	30	Tony Arauz
		30	Susan Schmitz

Book Club



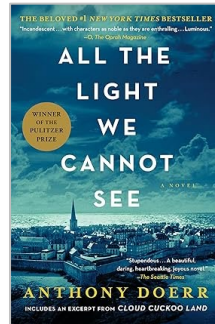
COME ONE, COME ALL! We welcome you to attend our monthly book club meeting on the 2nd Wednesday of every month. We meet at 1:00 pm in the cardroom/library at the main clubhouse.

We have lively discussions whether you have read the book or not. And there are always some delicious snacks! Come join us and share your thoughts on the book of the month.

- **August Book – *Water for Elephants***, by Sara Gruen
Host for August: Cindy Jackowski
- **September Book – *All the Light We Cannot See***, by Anthony Doerr
Host for September: Jetta Russell

Book Review – *All the Light We Cannot See*

by Anthony Doerr



Marie-Laure lives with her father in Paris near the Museum of Natural History where he works as the master of its thousands of locks. When she is six, Marie-Laure goes blind and her father builds a perfect miniature

of their neighborhood so she can memorize it by touch and navigate her way home.

When she is twelve, the Nazis occupy Paris, and father and daughter flee to the walled citadel of Saint-Malo, where Marie-Laure's reclusive great uncle lives in a tall house by the sea. With them they carry what might be the museum's most valuable and dangerous jewel.

In a mining town in Germany, the orphan Werner grows up with his younger sister, enchanted by a crude radio they find. Werner becomes an expert at building and fixing these crucial new instruments, a talent that wins him a place at a brutal academy for Hitler Youth, then a special assignment to track the Resistance. More and more aware of the human cost of his intelligence, Werner travels through the heart of the war and, finally, into Saint-Malo, where his story and Marie-Laure's converge.

Doerr's "stunning sense of physical detail and gorgeous metaphors" (San Francisco Chronicle) are dazzling. Deftly interweaving the lives of Marie-Laure and Werner, he illuminates the ways, against all odds, people try to be good to one another.

SPARC Summer Resource Fair

June 26th was a fantastic start to our SPARC Summer Resource Fair series at Palomar East, with 52 residents attending the event.

The fair hosted 10 educational vendor booths, offering valuable resources on topics ranging from Elder Help and Aging & Adult Services to the local library and West PACE programs.

Residents also enjoyed three hands-on activity stations: tie-dye, rock painting, and smartphone assistance. The event created a fun and engaging environment for neighbors to connect and learn together.

Lunch was a community favorite—chicken teriyaki sliders catered, along with ice cream and a refreshing shaved ice truck onsite.

During the meal, Jonathan from Aging & Independence Services shared helpful cost-saving programs available for seniors.

We wrapped up with a lively raffle featuring eight prizes, including five fans and In-N-Out gift cards donated by our generous vendors, plus a fire blanket and a \$50 rent credit provided by SPARC. The lucky recipients were celebrated as our "FAN"-tastic winners!

Thank you to all those who attended. And a special thanks to the volunteers who assisted in making the event a success.





SPARC Inc.

Palomar East

Craft Workshop

Create fun crafts to gift to friends and family!

-  **September 10**
-  **9 - 11:00 AM**
-  **Clubhouse**
-  **Free coffee and donuts**

Some free items will be available, but you can bring any item that is able to be tie-dyed. The best fabrics for tie-dye: cotton, linen, hemp and rayon.

Signup in the clubhouse by **September 8!**

Portion size and serving size are often used interchangeably, but they have a distinct and important difference. Portion size is the amount of food you choose to put on your plate and actually eat. Serving size is the amount of a specific food or drink that people typically consume. Serving sizes are set by the Food and Drug Administration (FDA) found at the top of the Nutrition Fact labels on packaged food and drink to help consumers make informed choices. The serving size is shown as a common household measure appropriate for that food.

Because larger portion sizes often lead to an excess of calories eaten, consider what's on your plate to help manage your intake.

1. **When cooking at home:** Offer the proper “serving” to each member of the family, then put the extra food away. Save leftovers for another meal.

- ## You May Be Surprised to Learn These Are Serving Sizes

- 1 slice of whole grain bread
- 1/3 cup cooked rice
- 1/2 cup cooked pasta
- 1 small piece of fruit (super-large apples are 2+ servings)
- 1 wedge of melon
- 8 fluid oz. 100% fruit juice
- 1 cup non-fat or low-fat milk
- 2 oz. cheese (about the size of a domino)
- 2-3 oz. lean meat, skinless poultry or fish (this is about the size of a deck of cards)

Hilarious Struggles of Being Forgetful

Editor's Comment: I had to laugh at many of these stories. Been there, done that...even before I was included in the "55+ Club."

LEAVING THE HOUSE IS A PROBLEM

Leaving the house can be an issue if you have a bad memory, because despite how much you plan, you will very likely still leave something behind.

- Getting ready for huge trips can be a nightmare, because the bigger the trip – the more dangerous.
- The greater the probability of leaving something very important behind.

You have to give yourself about 20 minutes after getting ready, **for the period you will spend going in and out of the house -frantically searching for that missing item.**

Then there's the task of returning home with all that you left with. Let's not even go there. I know some who have even forgotten their shoes when they leave a friend's house.

YES. I'M SORRY, BUT I'VE STILL GOT NO IDEA WHERE THAT IS

Some journeys you take frequently, but you still don't know how to get there without GPS. And no, it doesn't matter if you've been there 20 times before. I mean it looks different every time...right?

Without Google maps or the help of your friend, you would never be able to move from A- B.

I'M SO ORGANIZED – I HIDE THINGS FROM MYSELF

Now this one happens when I take so much care in finding a safe spot to keep an item.

It becomes such a safe place that I can't even find it again when I need to use it!

Yep, many of us do this a lot. We become so clever, that we manage to trick ourselves. The item ends up being something never to be seen or found by any human ever again.

- Talk about excellent safe-keeping skills.

- Except that our dear memory just never is on our side.
- So, if you have a bad memory, don't get too clever with keeping your belongings.

Keep them in a (tremendously logical) place where there's a chance it will see daylight again. It's better this way.

IT'S BEEN IN MY HAND ALL THIS TIME?!

Nothing more needed to say. Put your hand up if this is you:

- You can be holding an object, but you will still (without fail) be looking for where you put it.

You can even be looking for the pencil that you placed behind your ears, **which you can see through the corner of your eyes.**

CANNOT TELL STORIES

Another struggle with being forgetful is the fact that storytelling is really not your skill.

- You get half-way into the story before realizing you really don't remember what it is you are talking about.
- People are listening deeply, waiting for you to tell the interesting part, but again, your face is blank. You've completely forgotten the reason that you were hysterically laughing five minutes earlier.

Sometimes I get scared to tell big stories, because of the above situation.

- I mean, better leave the storytelling to someone who can go from start to finish without looking utterly perplexed and lost.

No wait-- no actually this happened before that-- but before that, this occurred. Actually, I don't know.

I give up.

Life can be hard. 😊

Source: www.roliedema.com