

HILLTOPPER

DECEMBER 2023

PALOMAR ESTATES WEST



Onsite Management

Maintenance: Felipe Diaz

Office: Lisa Hamernick

Office Hours:

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1 p.m. – 4:00 p.m.

Office Staff

Gayle Plant

Weekend Relief

Doug Tickner

Security Patrol

Hidden Valley Security

(760) 744-1061

Office: (760) 727-5453

Fax: (760) 727-3054

After hours - emergencies only: (888) 518-6064

E-mail: Palomarestateswest@gmail.com

Resident website: Pewresidents.com

Offsite Management

PROPERTY MANAGEMENT HAVEN MANAGEMENT SERVICES

3491 Concours Street, Suite 204

Ontario, CA 91764

Property Supervisor: Katie Davis

(909) 930-9750 Ext. 3005

Fax: (909) 481-7260

kdavis@havenms.com

MILLENNIUM HOUSING

611 Anton Blvd., Suite 890

Costa Mesa, CA 92626

Phone: (949) 515-5100

Fax: (949) 515-5101

<http://millenniumhousing.com>

President: George Turk

COO / Vice President: Lori Carraway

Director of Asset Services: Diana Welsh

Director of Resident Services: Stacey Kazmiersk

MILLENNIUM MEMO

What would you guess is the most expensive US city in which to live? New York? Los Angeles? San Francisco?

Nope. According to the latest ranking from a US News & World report, the costliest housing market in the USA is...San Diego! For purposes of this study, San Marcos is included in the San Diego Metropolitan Area.

The study takes into account not just rents & sales prices, but also such things as average incomes. Based on a site called rentcafe.com, you'd need to earn \$95K to afford the average San Marcos apartment.

Numbers like these are why we work to make our 3 San Marcos communities oases of affordability in what is otherwise the most expensive market in the Country--along with beautiful grounds, fun amenities and guaranteed rent controls, of course.

This Again?

Lisa has asked me to remind you—yet again!—to get approval from Management before starting any home or landscape projects. You'll probably be approved, as we like seeing residents upgrade their homesites, but you do have to tell us your plans.

If you paint your home without getting the color approved, plant a tree that's too big, add a shed or do any other exterior change, and you don't get written approval, you might find yourself repainting, replanting or removing that improper "improvement."

You'll get a quick answer and great peace of mind, so check with us before starting.

More News

- Lisa is awarding this month's Kudo to the Garden Club, for "all the devoted hours and work on the garden beds to make the Community Garden a beautiful area to plant and grow fresh vegetables." Thanks for your contribution!
- We are also awarding Kudos to the many of you who will be donating toys for needy children. Imagine all the smiling faces your gifts will generate!
- SPARC, our resident services partner, sponsored a Scam Seminar on Nov. 15. I hope to have some highlights for you next month. Next up: Band & Bingo, on Dec. 19. It's at Palomar East, but you are welcome to attend.

Joke of Christmas Past

- Q. What's the purpose of Reindeer?
A. To make the grass grow, sweetie.

Have a very Merry Christmas and have a great New Year! George Turk

FROM THE RESIDENTS BOARD

Community is a feeling of fellowship with others, because of sharing common attitudes, interests, and goals. As we move into the season of giving thanks, let us once again discuss our unique community and all that it offers. The natural beauty, prime location, good neighbors and of course, all the things that keep each of us vibrant and happy.

Let's talk about activities and clubs. All of them are important to those who participate. Bingo players have the same passion and joy as pickleball players, swimmers, gardeners or bookworms. Each of them is equally important to those who are lucky enough to be able to participate.

Each year the board is tasked with dispensing funds, which is always a difficult task, especially with this year's budget cuts. We are doing our best to be impartial and fair to the needs and wants of ALL residents, since we do, after all, pride ourselves as a COMMUNITY.

The board members cannot know what is important to you if you do not speak up. The squeaky wheel gets the grease! We leave it up to you to let us know your thoughts and feelings. Please consider attending the next board meeting and let us hear from YOU. Incidentally, the board will soon be submitting the 2024 wish list to Millenium to possibly include a shower room remodel and gate security at the RV lot

Finally in this time of giving thanks let us be grateful for what we have and try to make a better community for EVERYONE.

Happy Holidays,

Garry Larson

MANAGER'S CORNER DECEMBER 2023



Office will be closed, Friday, December 22nd.
And will re open Tuesday, December 26th.



Your PEW Staff:
Lisa, Felipe, Gayle, Jessie, Gerardo
Jorge, Ted, Abraham, Doug.



Winter Home Maintenance Checklist

- ✓ Check your furnace and heating system
- ✓ Insulate your home
- ✓ Seal windows and doors
- ✓ Protect your pipes
- ✓ Keep your gutters clean
- ✓ Stock up on winter supplies
- ✓ Check your roof

Winter To Do List...

Make a gingerbread house	Drink Hot Coco
Do a Secret act of Service	Go Caroling
Make a Christmas Craft	Donate Food
Christmas Photo Shoot	Make Apple Cider
Read the Christmas Story	Go Sledding
Watch a Christmas Movie	Wrap presents
Make a Christmas Playlist	Send Christmas Cards
Open PJS on Christmas Eve	Play in the Snow
Leave Cookies for Santa	Make Peppermint Bark
Make Smores' over the stovetop	Sit by the Fire
Build an igloo or snowman	Invite a friend to Dinner
Go on a Drive to see the Christmas Lights	
Deliver goodies to the neighbors	Go Ice skating
Buy each Family member a Christmas Ornament	

RESIDENTS ASSOCIATION BOARD

President: Garry Larson; Vice President: Cathie Byrd
Secretary: Jo Gehringer; Treasurer: Simon Spears

Members

Katie Rodriguez, Lori Magnusson

Board Meeting: 1st Tuesday of the Month in the Pavilion Room

SOCIAL CONNECTION

Merlin Chancellor and Simon Spears – Co-Chairs, Cindy Palermo – Treasurer,
Marilyn Ferri – Secretary, Cathy Bassett, Herlinda Mahler, Cathie Byrd,
Margaret Scotto, Rusty Bassett, Angela Sirota, Shevaun Teegarden

HILLTOPPER COMMITTEE

Delane Johnson, Fran Miller, Lynn Thomas, Mary Wallace, Becky Zane

READY ADVISORY PANEL

Bryan Cooper, Mary Wallace

Cindy Palermo, Debbie McQuillan, Lee Tydlaska, Robert Fierro, Ruthann Kirby, Fran Miller

BREAKFAST COMMITTEE

Mikkie Sawyer, LuAnn Foster, Kim Stevenson, Trish Coy,
Helen Lyon, Cathy Bassett, Diana Primeau, Karen King
Alternate: Sheila Miller, Marsha Brown

GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligott

**For Fire, Sheriff, or Emergency in progress, such as break-ins, health problems or a
life-threatening situation, call 911.**

**If you have a non-emergency question or to file a report,
please call the San Diego Sheriff Dept at 760-510-5200.**

ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME & DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Aqua Exercise	9 am Tu, Th, Sat	Trish Coy	760-536-9338
Billiards (Men)	9 am Tu	Stan Lindsay	760-598-0582
Billiards (Women)	1:30 pm M	Gerri Harper	760-500-8681
Bingo	6:50 Th	Delane Johnson	612-240-4049
Book Club	Fourth Friday 2:00 pm	Cynthia Towle	503-317-3544
Breakfast	1 st Sat 8:30 am	Mikkie Sawyer	760-690-7825
Bridge	1:30 pm Monday	Ann Webb	702-449-9916
Cooking with Katie	Third Tuesday 4:00 pm	Katie Rodriguez	760-310-8623
Darts	6-8 pm Wed Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Debora McQuillan	858-663-2822
Garden Club	1 st M 2 pm	Merlin Chancellor	661-670-1336
Let's Dine Out	Times vary	Linda Kerridge Cathie Byrd	858-776-6783 530-417-5186
Library	Open Daily	Susan Balog	916-759-2636
Mahjong	1 pm Th	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed.	Rusty Bassett Jesse Nieto	619-301-9551 408-666-8088
Mexican Train	2 nd and 4 th Tu 4:30 pm	Margie Farrelly	760-855-8416
Movie Night/ Dinner & Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball	8:30 am-10:30 am M-W-F Pickleball Club Group play Beginners are welcome!	Margaret Scotto	714-501-4345
Ping Pong	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
R.E.A.D.Y. Panel Emergency Preparedness	3 rd Tuesday at 2 pm in Card Room	Mary Wallace Bryan Cooper	619-887-0700 858-342-3335
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Live 2 B Healthy Strength & Balance	10 am M-W-F	Maria Barnabe	619-886-2779
Social Connection	Dates Vary	Merlin Chancellor Simon Spears	661-670-1336 760-583-1549
Tai Chi	9-10 am Th		

Hilltopper submissions to pewhilltopper@gmail.com.

All submissions must be submitted by the 10th of the month.

Hilltopper Distribution- Jansi Sauer 509-421-7431

The Hilltopper may edit articles for publication and will not publish anything of a political, medical, religious nature or solicitations. The Hilltopper does not publish articles submitted anonymously.

THE HILLTOPPER DOES NOT ENDORSE ANY OF THE ADVERTISERS THAT APPEAR IN ANY ISSUE. USE AT YOUR OWN DISCRETION.

If you notice any errors or omissions, please contact the Hilltopper at pewhilltopper@gmail.com



Hello Fellow Residents of PEW

I am your Hilltopper magazine distributor, getting the copies from the printer and handing out packets of them to be delivered to a group of residences, usually numbering anywhere from 10 to 25.

It's a nice way to get your exercise, meet your neighbors and do good for your community. We have around 30 residents who deliver the Hilltopper, and at this time I'm looking for some more volunteers due to some moving away and various reasons. Would you like to help your community out? It's once a month; I put them on your porch around the 20 th of each month, and you have a few days to get them put in the round tube mailboxes. You can either walk or drive the route, and that will take 15 to 30 minutes once a month.

Can you help? Please call or text me at 509-421-7431 and volunteer to be a Hilltopper distributor! It will be appreciated!

Jansi Sauer, #10

Cruisin222@gmail.com

Mr. **Cal Dobbins** passed on September 28th. He was 88 years old. He lived in the park for many, many years with his wife, **Pat**, who passed last year.

He was a great guy and good friend. He will be missed. He is survived by three children and their wives, five grandchildren, and six great-grandchildren.

There will be a memorial in the clubhouse on December 3rd from 1:00 to 3:00.

Please try to attend. Food will be provided. Thank you very much.



DECEMBER

Garry Larson	1
Darlene Pienta	2
Eleanor Flaherty	3
Diane Drippls	4
Christine Parkman	4
Bruce Adams	5
Angelina Hill	5
Eyvonne Manley	5
Joan Gehringer	6
Joan Barmakian	7
Simon Spears	7
Karen Taupier	7
Carlos Canales	8
Vicky Grage	8
Harold Meek	8
Leslie Williams	9
Dana Eads	10

Shelby Asch	11
Ramon Ortiz	11
Michael LaLone	12
John Mitsakis	14
Richard Dripps	15
Linda Scott	15
Chrisina Bolton	16
Jane Cadis	16
Lori Lydon	16
K. C. Butler	17
Tom Gooch	18
Teri Sundeen	18
Michael Wilkinson	18
Mary Ahart	19
Lisa Kaufman	19
Trish Blalock	20
Pamela Best	21

Gloria Cartagena	21
Ray Grage	21
Mary McGraw	22
Bett Neibauer	22
Chuck Thomas	22
Lori Magnusson	23
Terry Harens	24
Doug Tickner	24
Judy Cosgrove	26
Amy McCurry-Appe	26
Arleen Schlafer	25
John Shryock	27
Ben Johnson	28
Margarite Sherman	28
Sherry Kruse	29
Lenetta Gee	31

*If you know of any birthdays throughout the year that we don't have on our list,
please send an email to pewhilltopper@gmail.com
so we can include those birthdays in the future.*

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Water Aerobics 1 pm	Breakfast 8:30 am Aqua Exercise 9 AM
3	4	5 Recycle	6	7	8	9
1-3 Celebration of life for Cal Dobbins	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Bridge 1:30 pm Shufflebrd 1:30pm Ladys Billiards 1:30 Garden Club 2:00	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Sunset Pickleball 6 pm	Pickleball 8:30-10:30 am Tennis 9 am Live 2 B Healthy 10 am Darts 6-8 pm	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Sunset Pckblbl 6 pm	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am	Water Aerobic 9 am Holiday Pot Luck 5:00 pm
10	11	12	13	14	15	16
Hilltopper submissions Due	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Lets Dine Out 11:00 Shufflebrd 1:30pm Bridge 1:30 pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm Sunset Pcklball 6 pm	Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am Movie 6:00 Darts 6-8 pm	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Sunset Pcklball 6 pm	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am	Water Aerobic 9 am
17	18	19 Recycle	20	21	22	23
	Pickleball 8:30-10:30 Live 2 B Healthy 10 am Shufflebrd 1:30pm Bridge 1:30 pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am SPARCS Holiday Party PEE 11 am-1 pm READY 2 pm Sunset Pcklball 6 pm	Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am Darts 6-8 pm Movie 6:00pm	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Sunset Pcklball 6 pm	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am	Water Aerobic 9 am
24/31	25	26	27	28	29	30
New Years Party 5:00-9:30 pm 	 Merry Christmas	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm Sunset Pcklball 6 pm	Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am Darts 6-8 pm	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Sunset Pcklball 6pm	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am	Water Aerobic 9 am

BREAKFAST

IN



The month of December brings the warmth of family,
and friends, with the spirit of giving.
December is the most wonderful time of the year.

It definitely is the beginning of a “ New Adventure “
towards another New Year.
As for our breakfast “ together ”, Let’s embrace it!
Hope to see you all there

December 2nd – 8:30



Mikie

2023 PALOMAR ESTATES WEST ANNUAL GIVING DRIVE



Where has the year gone, friends and neighbors? It's time again for the annual Toys for Tots AND the PEW Food Drive to benefit the North County Food Bank. **Both will run from November 15 until December 15.** Last year we broke the record on both fronts. Let's see what we can accomplish in 2023!

Bob and Pat Taylor will again, as they have for so many years, accept NEW, unwrapped toys at #440.

Garry Larson and I will handle the food donations at #454. The red bins at both locations will be clearly marked.

The NCFB has asked us to remind everyone that they cannot accept expired, opened or home-made food items due to liability and the cost of disposal. Always needed are peanut butter, cereal, oatmeal, canned meats, tuna, pasta, soups, jams, veg, and other non-perishable canned goods.

Your continued support is appreciated.
Melissa Szilagyi

Let's Dine Out



Wear your holiday attire and join Let's Dine Out for Holiday Brunch at Brunch Point featuring breakfast specialties including omelets, benedicts, signature pancakes, waffles, French toast, sandwiches, burgers, soups and salads, and lunch specials along with a vast selection of beverages.

Where: Brunch Point, 3225 Business Park Drive, Vista, CA 92081

When: Monday, December 11th at 11:00 a.m.

Enjoy an open menu and separate checks.

Please call or text Linda Kerridge at 858-776-6783 with your name and space number to reserved your seat. Please let me know if you need a ride.

PEW Book Club

Happy Holidays from the Book Club!

There will be no meeting in December. We have not yet picked a book for January. However, at the January meeting we will be discussing our November read, which is: "The Next Ship Home" by Heather Webb.

We wish every one of you joy and peace this season.

Happy New Year!
Cynthia (Cindy) Towle
Towlecandr@gmail.com
503-317-3544

"I cannot live without books..." Thomas Jefferson
to John Adams June 10, 1815

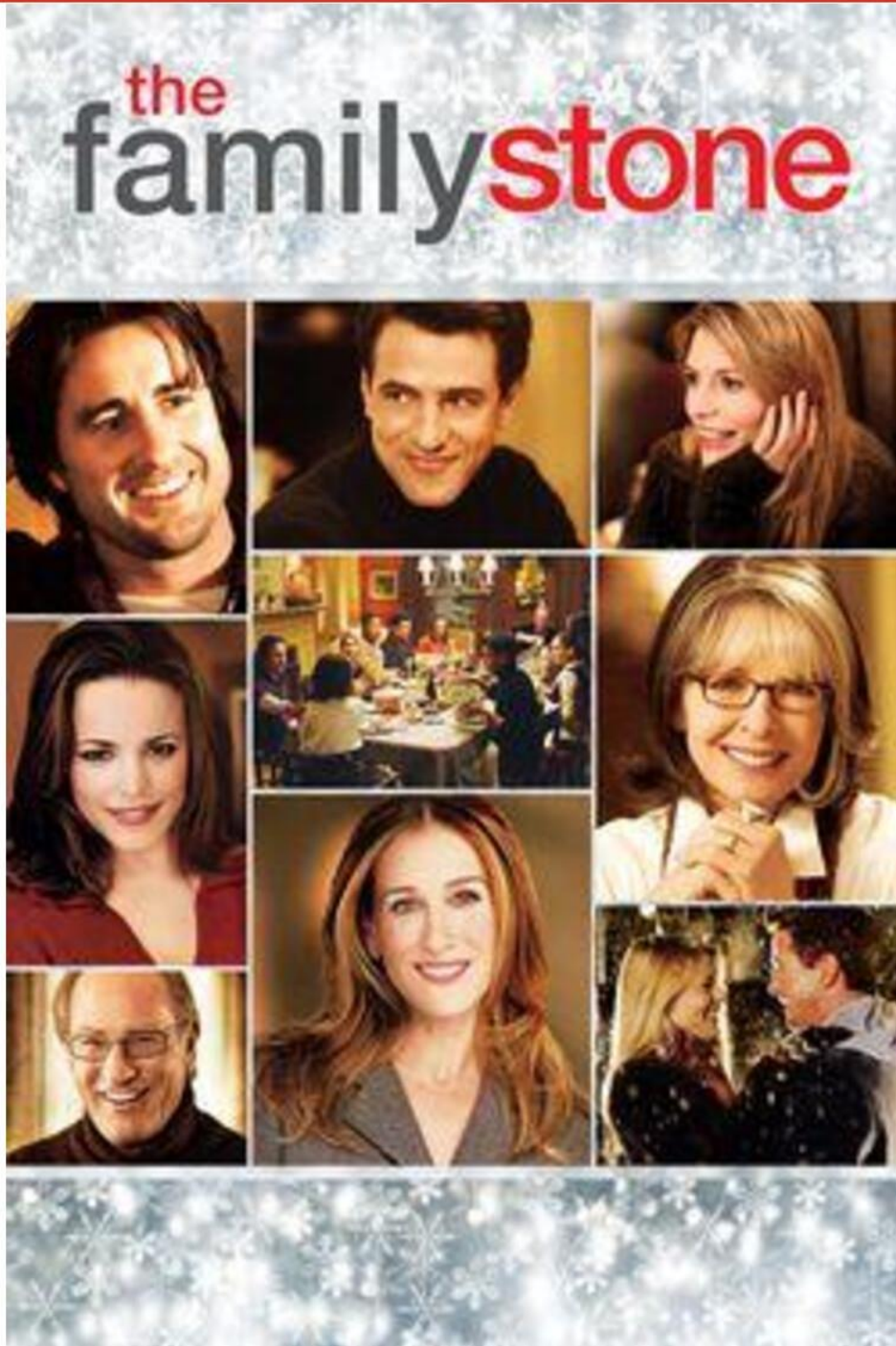


Christmas Movie The FAMILY STONE

December 20th – 6:00 PM Movie

Please sign-up as spaces are limited to 30 – Thank you

Movie Night, popcorn/Soda



Social Connection

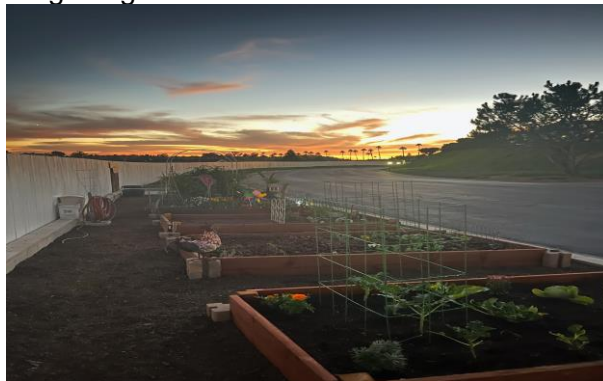
Garden Club

The cheerful holiday season is upon us. The garden club celebrated in our last meeting with a workshop decorating pumpkins, wreaths, and several other assorted items. Many of the projects were donated to our club to sell at the craft sale.



We had a great field trip to Oasis Water Efficient Gardens in Escondido. They have such great examples of water wise landscaping and sell the plants to back it up at the best prices I've seen, anywhere! It was the first time visiting the nursery for all of us. Everyone was delighted and enchanted at with Oasis. We strongly recommended a visit especially if you are new to gardening in Southern California.

When you are out and about swing by and check out the community garden at the end of Viewpoint Dr. Every garden bed has an owner and their personalities show through with their plantings and design talents. There is so much more to come, we are just getting started!



Once again the snack table did not disappoint. Thank you Robin and Pat for furnishing the delicious treats to keep us going as we decorated our holiday items. I'm grateful for all those who volunteer to bring refreshments to each meeting.

If I were a flower...I would be a sunflower. To always follow the sun, turn my back to darkness, stand proud, tall, and straight even when my head is full of seeds...

-Unknown

Our next meeting will be Monday December 4th at 2pm. Hope to see you there, we always welcome new members.

Merlin Chancellor

GARDEN TO-DO LIST FOR DECEMBER 2023

- Deadhead, shear and prune to tidy garden.
- Brighten cool-season veggie garden with chard, kale and beets, all cool season plants and great vegetables for winter meals.
- Plant pansies, Johnny-jump-ups and other violas for long lasting color. Plant sweet peas now in our zone 10. They are vines so give them a structure to climb.



FEATURED PLANT: Poinsettia

Although the Christmas tree takes center stage in many homes for the holiday decorations there is no other plant that symbolizes Christmas like the poinsettia (*Euphorbia pulcherrima*). Did you know Poinsettias change color in response to shorter winter days? What are known as Poinsettia flowers are bracts with tiny yellow flowers in the center, called cyathia. The colorful bracts attract insects to the flowers for pollination. Poinsettias are not harmful to animal or human health but the sap may cause dermatitis and possibly upset stomachs of pets that chew on leaves. Poinsettia care indoors for the season is easy. The trick is to provide enough filtered sun, warmth, and water, and your poinsettia will thrive. Place your plant near a sunny window. Exposure to direct sunlight can burn bracts and leaves. They grow well in moist soil and temperatures between 65 and 70 degrees. Water whenever soil surface feels dry. Saturate completely but do not let the plant sit in water. Overwatering is the quickest way to kill a poinsettia. With proper care, they should remain attractive for weeks. The best way to propagate a poinsettia is by taking stem cuttings. Poinsettias grown for a single season need little pruning other than pinching off faded leaves. The most common issue with poinsettia is root rot caused by overwatering. Pests you might see on your poinsettia include mealybugs, whitefly, scale, and red spider mites. If you see signs of infestation or illness, remove the affected area of the plant immediately and treat with an insecticide or fungicide until all signs of problems have disappeared. Most people grow poinsettias as holiday houseplants and then toss them once they have stopped flowering, but you don't have to do this.

If you want to grow your poinsettia throughout the year and force reblooming for the next holiday season and have it look like one you bought, you must follow a very specific process throughout the year. Achieving rebloom to this standard is not easy. You will need to babysit the plant quite a bit. If you are up to the challenge you can find complete instructions on the internet. Go to: [masterclass.com/articles/poinsettia-care-guide](https://www.masterclass.com/articles/poinsettia-care-guide).

The poinsettia was discovered in 1836 in Mexico by Robert Poinsett.

Source: [gardeningknowhow.com](https://www.gardeningknowhow.com), [masterclass.com](https://www.masterclass.com)

- if you are not insistent on bright red bracts which require special instructions and treatment, you should know that poinsettias will often naturally form bracts of a softer red on their own the following fall if you give them good conditions such as growing outside while weather is warm, a sunny window if inside and consistent good watering and maybe a little fertilizer. While not as stunning as deep red bracts, they are very attractive and can easily serve as holiday decoration.
- Always check new purchases of any plant for fungus gnats and get rid of the gnats as soon as possible to avoid infestation of other indoor plants.



The Holidays are upon us which is the time of year we celebrate with family and friends all the Blessings and love we have received through out the past year.

It's also time to show our appreciation to the wonderful men and women who take such great care of Palomar West. There's a reason we are a 5 star park. The care and Maintenance of Palomar West is due to our exceptional team of hard workers.

We will be passing out our Christmas appreciation envelopes in the next couple weeks for you to contribute for our maintenance and management teams.

If you'd like to participate just drop the money in your envelope seal it and give it to Lisa or Gail at the front office.

We Thank you in advance!

If you are writing checks please make them out to:

Charles (Rusty) Bassett-619.301.9551

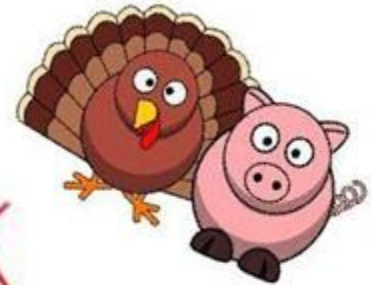
or

Clarita Kemp-760.415.5115

🎄🔔 Home for the Holidays 🔔🎄

Music and Dancing

Holiday Potluck



White
Elephant
Gift
Exchange



Please join us for a casual **FREE** holiday potluck

Saturday December 9th 5:00 PM

Bring your own favorite holiday homemade side dish or dessert
for 8-12 people.

Turkey and ham provided.

Sign up at the clubhouse by Sunday 3rd December

Bring a wrapped gift, maximum value \$15.00

Gift Exchange is optional

A Social Connection Event



Party in the Park

\$15.00

Sunday December 31st

5:00 – 9:30 pm

Join us at the Clubhouse for live music with Craigsband, Chicken Marbella, Rice, Salad, Bread, Dessert, and 50/50

Watch the BALL drop in New York!

Sign up and pay before 22nd December





**THE COMMUNITY RESOURCE CENTER OF
ENCINITAS WOULD LIKE TO GIFT SENIORS AT PEW
THIS HOLIDAY SEASON!**

TO QUALIFY:

- YOU ARE AGE 65 OR OLDER
- YOU LIVE IN PEW
- YOUR ANNUAL INCOME IS 77K OR LESS

TO REGISTER FOR THE GIFT:

- PROVIDE YOUR NAME, SPACE #, EMAIL ADDRESS AND PHONE NUMBER ON CLIPBOARD IN THE CLUBHOUSE BY 11.26.23.
- SHORTLY AFTER 11.26, YOU'LL RECEIVE AN EMAIL WITH DIRECTIONS ON HOW TO REGISTER ONLINE FOR THE GIFT. ***YOU WILL NOT RECEIVE ANY ADDITIONAL SOLICITATION FROM COMMUNITY RESOURCE CENTER.***

TO RECEIVE YOUR GIFT:

GIFTS WILL BE DELIVERED TO YOUR HOME DURING THE WEEK OF 12.11. IF YOU'RE NOT HOME, IT WILL BE LEFT ON YOUR CARPORT STEPS.

QUESTIONS? CALL CATHIE BYRD @ 530.417.5186 (I LIVE IN SPACE #329 AND AM EMPLOYED BY COMMUNITY RESOURCE CENTER).



Holiday Band and Bingo!

Attention Palomar West Residents, you can attend SPARC's Band and Bingo event where you can enjoy FREE festive live music and play bingo with neighbors and friends!

Date: Tuesday, December 19th

Time: 11am-1pm

Location: Palomar East Clubhouse

- Free Lunch
- Bingo Prizes
- Live Music
- Max of 20 residents may attend
- Sign ups are mandatory. Call the office to sign up! Sign up in the office!



Sign up in the office for this exciting event! Deadline to sign up is December 15. Don't wait, space is limited to the first 20 residents who register. Only those first 20 will be admitted.





Cooking With Katie

Come join us to learn about ways you can cook healthy and delicious meals on a reasonable budget!

NO CLASS IN DECEMBER

Happy Holidays!

TRADER JOES GREEN BEAN CASSEROLE

1 1/2 T. Butter	
1 1/2 T. Olive Oil	
12 oz Sliced Mushrooms	1 box TJ Cream of Mushroom Soup
1/2 Sweet Onion, chopped	24 oz. Green Beans
1/2 cup milk (or water)	2 cups shredded Swiss Gruyere Cheese
1/2 can TJ Fried Onion Pieces	

Microwave green beans according to directions on bag. Cut into 1 inch pieces. Set aside. Heat olive oil and butter in a skillet. Saute the mushrooms and onions until soft and lightly brown. Add green beans and stir until hot. Add soup and milk and mix thoroughly. Add 1 cup of cheese and mix well. Put into casserole dish and sprinkle with remaining cheese and then the onion pieces. Bake at 375 degrees for 15 minutes, onions will burn so cover with foil and continue to bake another 10 minutes

CHILI CHEESE SWEET POTATO CASSEROLE

2 T. Olive oil	
1 med Onion (chopped)	1 tsp. Taco Seasoning Mix
3 garlic cloves (minced)	1 cup frozen Roasted Corn
2 cans Vegetarian Chili	1 1/2 lbs. cubed Sweet Potatoes
1 can diced Tomatoes	2 cups shredded Sharp Cheddar Cheese

Toss sweet potatoes with olive oil and salt and roast until tender. Set aside. In large skillet, saute onions and garlic. Add chili and tomatoes. Stir in seasoning and mix well. Add corn and sweet potatoes and simmer 10-15 minutes. Add cheese and melt.

CHICKEN ENCHILADA SUIZAS

8 Corn Tortillas	
1 tub fresh Tomatillo Salsa (1 1/2 cups green salsa)	
1/2 cup Sour Cream	1 1/2 cup chopped cooked chicken
1/4 cup diced cilantro (packed)	2-3 roasted red peppers (chopped)
5 green onions (chopped)	1 bag shredded Swiss Gruyere Cheese

In a bowl, mix salsa, sour cream, cilantro and green onions. In another bowl, mix chicken and 2/3 bag of cheese. Wrap 4 tortillas at a time in moist paper towels for 15 seconds. Use a shallow baking dish approx 7x11 inches. Spread 1 1/2 cup liquid mixture in the bottom. In warm tortilla spoon 1/2 cup of chicken mixture down the center. Wrap and put seam side down in dish. Continue with all tortillas. Pour salsa mixture over everything and top with cheese. Bake at 400 for 15 minutes. If too brown, cover with foil or leave foil off and and bake another 10 minutes