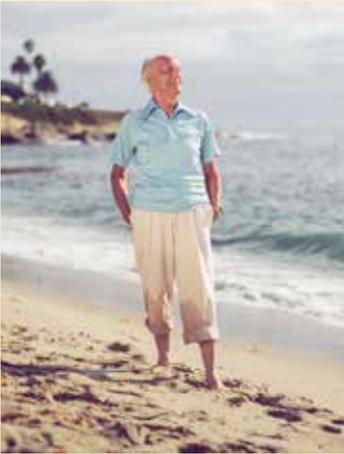


SUMMER 2016



Experience a World by the Sea at Casa de Mañana

Casa de Mañana is a world by the sea, where the water sculpts the shore. Here you will find the art of community and the warmth of coastal sunshine.

Call us today to schedule a tour and have lunch with us in our oceanview dining room or our new bistro. **858-454-2151** or **800-959-7010**.

We are an award-winning full-service retirement community

(Continued on page 4)

Casa de Mañana Debuts New Bistro, Store, Lounge and Movie Theater

A scrumptious meatball sandwich, fresh soups, salads, pizza, paninis, and seasonal favorites are all part of the casual fare served at Casa de Mañana's new bistro.

Located on the lower level of the community's Casa Contenta building, the new bistro is part of a new dining area, lounge, resident store and movie theater.



"Residents asked for a casual place where they could socialize, grab a bite to eat, shop and watch a movie," said Casa de Mañana Executive Director Justin Weber.

"We want to give our residents as many options as possible here at Casa. A bistro seems to be a perfect way to do that. Residents love it."

In addition to the traditional large



oceanview dining room, the bistro offers intimate dining seven days a week from 9-4:30 p.m. Residents can choose from different salads, a soup of the day, three different styles of pizza and a rotating assortment of pastas and breakfast specials. Wine socials are also planned for the new space.

Adjacent to the bistro is a comfortable lounge where residents can relax, play cards or socialize. They can catch a new movie or a classic in the 14-seat theater that features a high-definition projector and sound system.

"We are all about choice and options here at Casa de Mañana," Justin said. "We listen to our residents and address their needs and desires whenever possible."

From a Wine Tour to a Creative Writing Lesson, Life Enrichment is Key at Casa de Mañana

Casa de Mañana residents like to live life their way, try new things and share their passions. “It’s my pleasure to make all of that happen,” says Casa’s Life Enrichment Director Kelly Hillegeist. “Everyone here is pretty vocal about what they want to do. My team and I are here to help Casa residents find the perfect adventure, educational opportunity or social event inside or outside of our community.”



Life enrichment at Casa is more than entertainment, it is about finding opportunities to connect each resident to events that inspire. Kelly and her team create engaging programs based on an understanding of what’s important to residents and tap into our residents’ passions. “Our residents are the key to the programs we create,” Kelly said.

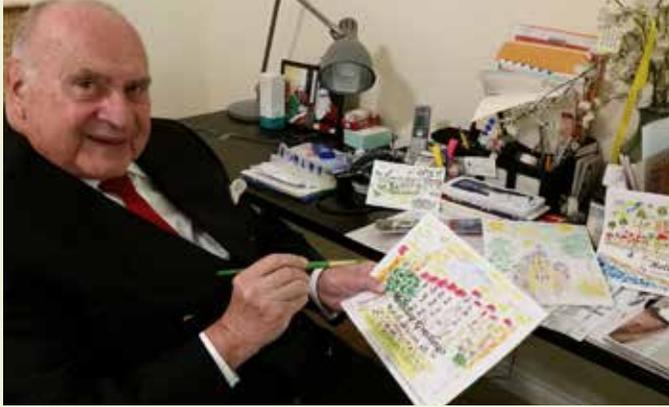
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Introducing TRULY YOURS — assisted living and personal service delivered in the privacy of your home at Casa de Mañana



Truly Yours is our customized approach to meeting your needs through ongoing collaboration with you. The friendly and dedicated staff at Casa is here to assist you with as little or as much service as you want or need delivered to the privacy of your home at Casa. It is a tailored approach to service that’s just for you. It’s a life well lived with a little help from your friends at Casa de Mañana. For more information, please contact Karen Bixler at **800-959-7010** or **edmsales@frontporch.net**.

Dr. George Farah: Physician and Artist



Dr. George Farah relaxes in his home art studio.



Dr. George Farah captures Casa de Mañana in watercolor.

The canvas was stark white, remembers Casa de Mañana resident Dr. George Farah. “I was about seven years old visiting the countryside near Beirut, Lebanon where I grew up,” he said. “I was watching intently as I saw a man and a woman apply colorful paint and gradually change the white canvas from literally nothing to intense beauty. This experience gave me great happiness and started me on a path from which I never strayed – the path to becoming an artist.”

Dr. Farah, a renowned cardiologist with a distinguished practice in Chicago for many years, shares his love of painting with his love of medicine. Both give him great joy. But unlike medicine, he has no formal training as an artist. He either paints at Casa de Mañana’s resident art studio (where he also teaches) or in his apartment.

“I love watercolor landscapes,” Dr. Farah said. “Since I’ve traveled around the world I’ve seen a great deal. Now living at Casa de Mañana I can reflect on my journeys abroad and paint them on canvas to share with others. Sketches I’ve made during my travels take me back to those places.

I mentally recreate those scenes and rediscover the feelings I had during that time.” Casa de Mañana’s exceptional seaside location with its magnificent light and natural beauty provides Dr. Farah a perfect palate. In fact, he has dedicated part of a calendar he produces each year to capturing Casa’s beauty. Its many buildings as well as the La Jolla shoreline and cove in which it sits grace the calendar’s pages.

“I never paint from a picture,” Dr. Farah said. “I visit every place I paint in person and make a sketch. I take the sketch home and apply watercolor. It’s very relaxing. I feel that I lose myself in the moment.”

Dr. Farah’s watercolors have been featured in exhibits and in magazines including several times on the cover of *Chicago Medicine*, the official publication of the Chicago Medical Society. “When I first saw Casa, the ocean and the architecture I told my daughter I want to live here,” he said. “Who wouldn’t? It’s picture perfect.”

World by the Sea

(Continued from page 1)

in a historic setting on the La Jolla coast. Here, the views are breathtaking all times of day. Down-to-earth, inclusive, engaging and warm, Casa offers the best of Southern California living. With a rich collage of exhibits, lectures, theatre, art and music nearby, Casa de Mañana is a world by the sea.

It's resort-style living and old-world charm that's surprisingly attainable—with no entrance fee. One of San Diego's rich historical landmarks, overlooking the Pacific, Casa de Mañana has stories to tell. Come write your own.

Life Enrichment

(Continued from page 2)

“I love creating new opportunities for residents and they appreciate it. The residents care for us as much as we care for them.”

Casa de Mañana's life enrichment program is designed around six dimensions of whole person wellbeing: physical, intellectual, emotional, social, spiritual and vocational. Kelly works collaboratively with residents and other staff to plan and carry out comprehensive programming, social opportunities and events that meet resident expectations.

“Wellbeing is about connectedness,” Kelly said. “It's our job to make sure

residents experience that and are inspired here at Casa de Mañana. We have to get it right because we're in their home. We have to do our best all the time. It's about respect for residents' needs and desires. It's the personal connection. And it also happens to be a lot of fun.”

Whether it's acquiring symphony tickets, booking a wine tour, organizing a lecture by a visiting UCSD professor, arranging a visit to an art museum or teaching a creative writing class, Kelly and her staff enjoy making sure that residents are having fun in a meaningful way.

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We're an equal opportunity
housing provider.



Casademana.org

800.959.7010

La Jolla, CA 92037

849 Coast Blvd.

a front porch community

Casa de Mañana
RETIREMENT COMMUNITY

