I am so excited to be back to program at St. Madeleine Sophie's Center. I work in the kitchen helping with lunches. I like learning new things, like how to take the seeds out of cucumbers to prepare them for pasta salads. I've enjoyed making art at Sophie's Gallery. It was exciting to paint a retro metal garden chair that was for sale at the Morning Glory Brunch. I also swim on the Triton swim team and have a team practice weekly. Our next meet is Saturday, July 23, here on campus from 8AM-1PM with Sports 4 Exceptional Athletes. As President of Self-Advocacy, I for one would like to have more dances this year!
To All The Dads!

Megan & Chris Hinman
Tommy & David Blue
Emily & Craig Cunningham
Laura & Chuck Sloan
Amy & Najib Mansour
Aidan & Mark Grant
Olivia & Warren Gross
Cali & Tony Williams
Michael & Sean Mercadante
Christopher Morey lets go in a succession of fluid movements as he expresses himself through dance - inspired by music from the King of Pop, Michael Jackson!

AC Instructor Freddy DeBerg is leading movement sessions to an enthusiastic audience on a daily basis on SMSC’s campus. "Movement improves coordination and is the key to functioning better. It’s true what they say - if you don’t use it - you lose it!" exclaims DeBerg.

"My objective is to help others to live their best lives", he added. In all his classes he emphasizes stretching to keep the body limber and increasing coordination through movement. Freddy loves working at SMSC and sharing his passion for dance, exercise, and movement with our students!
By: Anthony Wardlow

I would like to talk to you about Lions Tigers & Bears, an animal sanctuary located in East County San Diego near the towns of Alpine and Descanso. Lions Tigers & Bears is a place where rescued animals can live happy lives without any harm or abuse. Rescued animals include grizzly bears, brown bears, black bears, asian black bears, bengal tigers, Siberian tigers, Africa lions, leopards, servals, mountain lions, bobcats, tortoises, macaws, and peacocks. Other animals in their care are domesticated such as cats, goats, lamas, horses, donkeys, cows, and chickens. Lions Tigers & Bears offer tours of their sanctuary and also trains volunteers to feed, clean, and give care to their animals. SMSC sends a work crew four-days a week to volunteer and help out. We spend a few hours cleaning the chicken coops and caring for both goats and lamas in their enclosers. We also help in preparing bear diets, washing dishes, cleaning the volunteer area, and cleaning the store. Lions Tigers & Bears is truly a site to see!

Sophie's artists created journal covers using printmaking techniques and rubber stamping. Artists made styrofoam stamps during in-person and online classes that featured plant and floral images. The design of the covers were influenced by patchwork quilts.

Jackson Kepic pushes a stamp onto a Gelli plate to print.

Using a brayer, Amber Bobbitt rolls printing ink onto a Gelli plate.

Finished journal cover showing monochromatic hues, and multiple stamp patterns. Journals are for sale at Sophie's Gallery!
Uk Kyong Prince started painting with watercolors as a hobby during her free time after retiring. Uk commented, "I had never painted before. I didn’t have time for hobbies. If I had free time, I would research the latest hair styles!" Once she found her niche, Uk approached painting with the same dedication and innovation that she learned in her over 40 year career as a hair stylist. Uk started out painting from photographs that friends provided her. "Now I see the value in taking my own photographs so I can paint images of the things I am naturally attracted to.", she added. Uk was a quick-study and excelled in her chosen medium. Her talent has been celebrated in two prior solo shows at Silver Creek Fine Art & Custom Framing and Studio C Gallery.
Diamonds are a Girl's Best Friend

Saturday, August 13th
10AM-2PM
Hilton San Diego Bayfront

St. Madeleine Sophie's Center
Serving Adults with Intellectual and Developmental Disabilities for Over 50 Years

44th Haute with Heart
Fashion Show & Luncheon

HauteWithHeart.Org
Your Monthly Donation Supports SMSC Quality Programs and Services for Persons with Intellectual & Developmental Disabilities.

Contact: Joe Perucca, jperucca@stmsc.org

THANK YOU TO OUR MONTHLY GIVING PARTNERS!

Your Monthly Donation Supports SMSC Quality Programs and Services for Persons with Intellectual & Developmental Disabilities.

Contact: Joe Perucca, jperucca@stmsc.org

New Member Highlights

Your monthly gift makes a lasting impact on the lives of our students!

Aidan Grant’s parents Mary & Mark have supported SMSC since Aidan started swimming at our Aquatic Center as a youth. Once again the Grants have stepped up to the plate as Monthly Giving Partners!

Olivia Gross’s parents Cathy & Warren keep her active on and off SMSC campus. As new Monthly Giving Partners, they are seeking out other opportunities to get involved with our center!
Juneteenth is celebrated annually on the 19th of June to mark the date when the last enslaved people in the United States were notified of their freedom. This notification came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth, honoring the end of slavery is considered to be the longest-running African American holiday.

On June 17, 2021 Juneteenth officially became a federal holiday.

https://www.nytimes.com/article/juneteenth-day-celebration.html
Happy Birthday!

JUNE 2022

Juan Acevedo  Michael Hurtado
Jeff Alton    Chantilly Jones
Cody Alves   Amber Keath
Beth Blair   Crystal Keath
Chelsea Chase Susan Kendrick
Ethan Coss   Victor McGill
Anthony Davenport Kristin McKenney
Susan Deranian Kip Rakowski
Troy Dodd    Tori Ryan
Cesar Donivan Brant Simpson
Jane Dutcher  Victoria Strayve
Terry Esche   Brennan Sullivan
Larry Finnegan Tracey Taylor
David Gutierrez Oscar Vizcarra
Suzanne Hazelebach Anthony Wardlow
Karen Holley
Lunch Menu

JUNE 2022

June 1st Beef tamales, cilantro lime rice & black beans
June 2nd Mediterranean grilled chicken over lemon herb couscous & grilled zucchini
June 3rd Pizza & side garden salad

June 6th Honey glazed pork over mashed potatoes & green beans
June 7th Shrimp scampi, garlic bread & side garden salad
June 8th Grilled Reuben sandwiches, chips & pickle
June 9th Beef chili & honey-butter cornbread
June 10th Pizza & side pasta salad

June 13th Carnitas tostada, refried beans & Spanish rice
June 14th Grilled chicken caprese pasta, garlic bread & side salad
June 15th Beef stir fry over steamed rice & fried wontons
June 16th Pork schnitzel over mashed potatoes & broccoli
June 17th Pizza & side Caesar salad

June 20th BBQ chicken, coleslaw & baked beans
June 21st Shrimp fajitas, black beans & Spanish rice
June 22nd Pineapple glazed baked ham, stuffing & green beans
June 23rd Teriyaki turkey burger & sweet potato fries
June 24th Pizza & cucumber Salad

June 27th Garlic baked pork loin mashed potatoes & vegetables
June 28th Enchiladas, black beans & Spanish rice
June 29th Pesto grilled cheese sandwich & pasta salad
June 30th Loaded baked potato