**Outings**

**Friday, February 16, 1:00 pm** Lunch at Lotus Café and Beach outing at **Swami's Beach**, 1298 S Coast Hwy 101, Encinitas, CA 92024

“After cycling around Encinitas I came across Swami’s Park next to the Flower Fellowship. There is a small grassy-park-picnic area and a wooden staircase down to the beach. The sand is soft and the water clarity was nice and clear. Not a lot of surfers in this area, the waves were calm. It’s nice to enjoy a beach walk not covered with tons of tourist and people traffic. If you want to enjoy a quiet beach, this place would be it.”

Swami’s Surf Beach is a famous surfing mecca at the south end of Encinitas, CA. The park at Swami’s Beach is a great vantage point for watching surfers and has shaded areas to enjoy a picnic as well. When the tide isn’t too high, you can walk south for quite a distance into **San Elijo State Beach**. Walking north leads into a spot below the steep Encinitas bluffs called **Boneyards**.

There is a long stairway that descends the steep bluff from the parking lot to the beach. If the parking lot is full you will have to park along the highway outside of the park entrance. During low tides some tide pools can be found at the point north from the bottom of the stairs.

**Sunday, February 18**

PanEuRhythm at Questhaven

7:45 am Carpool to Questhaven
8:25 Meet at Questhaven
Paneurhythm Circle
8:30-9:20 Dance the Paneurhythm.

**Questhaven Retreat**, 20560
Questhaven Rd, San Marcos, CA 92078, (760) 744-1500
Cafés, Delis and Natural Foods Grocery Stores in the Vista Area

Recommendations for Restaurants

Friday, February 16, Lunch at 1:00 pm

Lotus Café & Juice Bar, 765 S. Coast Hwy 101 Encinitas, CA 92024 (in the Lumberyard Shopping Center) 760-479-1977. Small cafe offers an array of carefully sourced eats including plenty of vegetarian & vegan choices. Menu: lotuscafeandjuicebar.com; Order: doordash.com

Friday, February 16, Dinner at 6:00 pm

Urban Plates, 1923 Calle Barcelona Carlsbad, CA 92009 760-334-7755 —casual natural food restaurant, order at counter (Forum Shopping Center Next to Jimbo's) 760-652-5678

Saturday, February 17, Lunch at 1:00 pm

Souplantation, 1860 University Dr. Vista CA 92083 760-630-9217

Saturday, February 17, Dinner at 5:00 pm

Thai One On, 485 S Melrose Dr. Vista, CA 92081 thaioneoncuisine.com (760) 643-1688

Sunday, February 18, Lunch at 1:00 pm

Urban Plates, 1923 Calle Barcelona Carlsbad, CA 92009 760-334-7755 —casual natural food restaurant, order at counter (Forum Shopping Center Next to Jimbo's) 760-652-5678

Other Choices

Frazier Farms Natural Grocery (and deli), 225 Vista Village Drive Vista, CA 92083 (760) 758-7175

Jimbo's Natural Foods Grocer, 1923 Calle Barcelona Carlsbad, CA 92009 760-334-7755

Trader Joes, 2629 Gateway Rd Carlsbad, CA 92009 760-603-8473

Sprouts Farmers Market, 3243 Camino de los Coches Carlsbad, CA 92009 760-635-0625

The Yellow Deli, 315 E Broadway Vista, CA 92084 yellowdeli.com (760) 631-1888

Nucci’s Italian Cafe & Pizza, 1580 S. Melrose Dr. Vista, CA 92081 nuccisitaliancafe.com (760) 598-1005