



A GUIDE TO LA JOLLA, CALIFORNIA

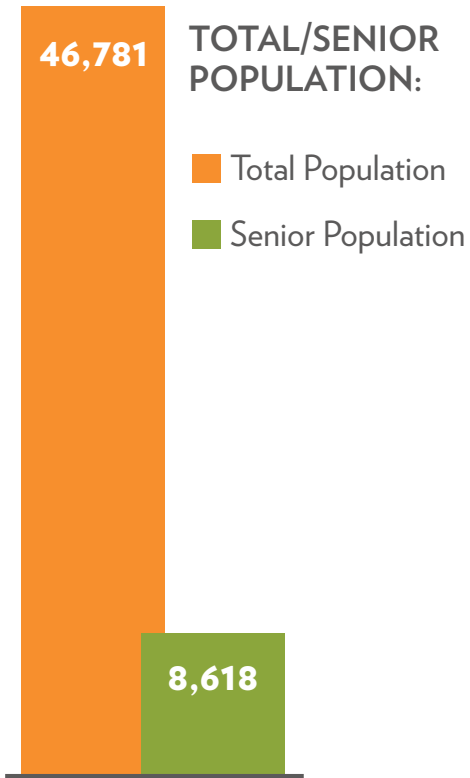
Learn about life and things to do in La Jolla, home to White Sands La Jolla, a be.group senior living community.

LA JOLLA, A SEASIDE RESORT REGION in northern San Diego, translates to “the jewel” for a reason. Pronounced “lah hoy-ah,” La Jolla has been the weekend getaway for San Diegans since the two were incorporated in the late 1800s.

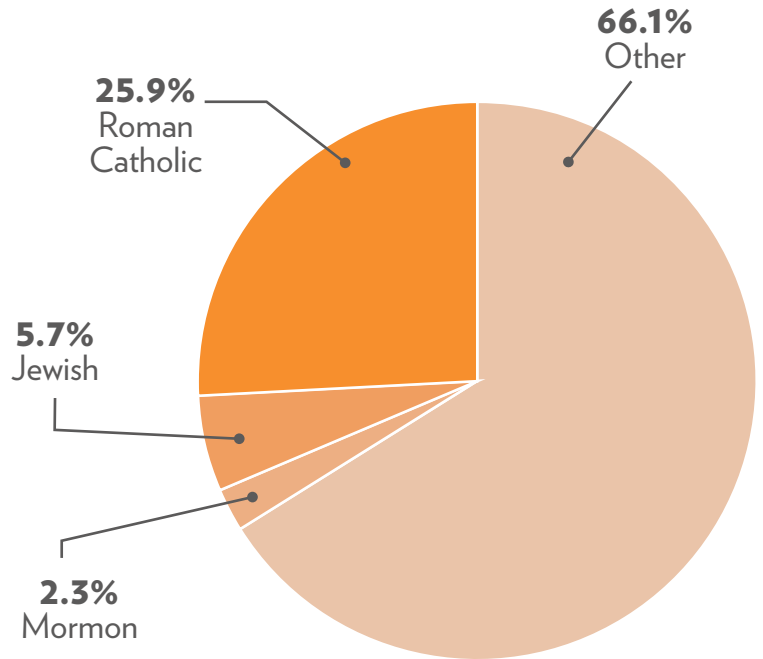
The charming community features some of the most breathtaking scenic coastline in Southern California, and is a cultural hub with fascinating museums, excellent restaurants and lush parks suited to leisure time. And while it’s undeniably gorgeous, La Jolla is also known for its brains. The area is home to a number of prominent research facilities at the University of California, San Diego, and the Scripps Institution of Oceanography—one of the country’s oldest scientific research centers. La Jolla is also home to the Salk Institute for Biological Studies, a world-renowned biomedical facility established by and named for Dr. Jonas Salk, who developed the polio vaccine.

This jewel of a city draws visitors from all over the country, but La Jolla still has plenty of hidden gems, from shopping streets to scenic overlooks—and plenty of activities to entertain the whole family.

THE BASICS



RELIGION (San Diego County):

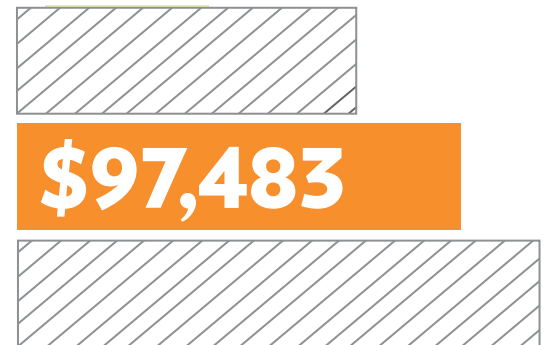


LOCAL MEDIA:

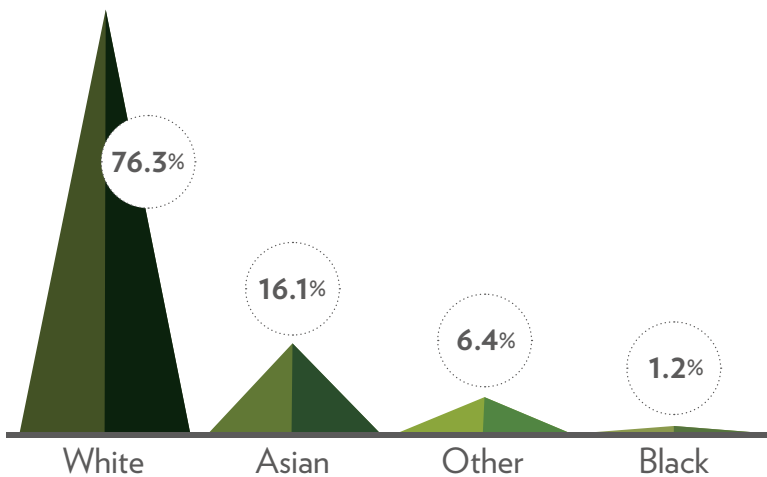


La Jolla Light
La Jolla Village News
San Diego Union-Tribune
San Diego Reader
San Diego CityBeat

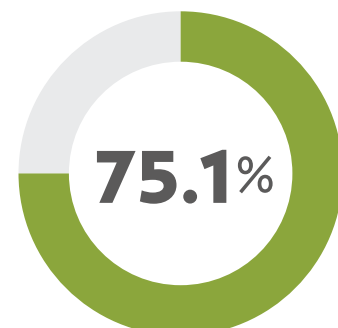
MEDIAN INCOME:



RACE & ETHNICITY:



COLLEGE DEGREES:



*According to the U.S. Census, "Hispanic" or "Latino" refer to a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.

EVERYDAY NEEDS

What about runnings errands? What conveniences are near White Sands La Jolla? Below, find a list of some of the closest businesses, along with their short distances from White Sands La Jolla.



Supermarkets:

Vons

7544 Girard Ave. (0.6 miles)

Whole Foods Market

8825 Villa La Jolla Drive (4.6 miles)



Banks:

Wells Fargo

7544 Girard Ave. (0.6 miles)

Bank of America

7680 Girard Ave. (0.7 miles)

Citibank

7900 Herschel Ave. (1 mile)



Airport:

San Diego International Airport (14.1 miles)



Hair Salons/Barbers:

Village Barber Shop

7517 Fay Ave (.04 miles)

Salon Geisha La Jolla

7443 La Jolla Blvd. (0.2 miles)



Post Office:

720 Silver St. (0.4 miles)



Hotels:

Grande Colonial La Jolla

910 Prospect St. (0.8 miles)

Hotel La Jolla

7955 La Jolla Shores Drive (2 miles)

Hyatt Regency La Jolla at Aventine

3777 La Jolla Village Drive,
San Diego (1.2 miles)

Holiday Inn Express

1250 W. Valley Parkway (1.3 miles)



Pharmacy:

CVS Pharmacy

7525 Eads Ave. (0.4 miles)

Pharmaca Integrative Pharmacy

7650 Girard Ave. (0.8 miles)



Religious Institutions:

Ethnos Community Church

(non-denominational)

3950 Berino Court (5.9 miles)

Church of Jesus Christ of Latter-day

Saints 7474 Charmant Drive (5.6 miles)

Congregation Adat Yeshurun (Orthodox)

8625 La Jolla Scenic Drive (4.0 miles)

Congregation Beth El (Conservative)

8660 Gilman Drive (4.5 miles)



Religious Institutions Continued:

Congregation Beth Israel of San Diego (Reform)

9001 Towne Centre Dr. (6.2 miles)

La Jolla Christian Fellowship (Protestant)

627 Genter St. (0.5 miles)

Mary, Star of the Sea Catholic Church

7669 Girard Ave. (0.7 miles)

The First Baptist Church of San Diego

5055 Governor Drive (8.4 miles)



SHOPPING

Downtown La Jolla's walking streets are perfect for a relaxing afternoon of window-shopping. Girard Avenue is a favorite row, lined with popular chain retailers and luxury brands, as well as independently owned shops such as Warwick's bookstore (7812 Girard Ave., 0.8 miles) and Kerut women's clothing boutique (7944 Girard Ave., 0.8 miles). Other nearby shops, such as stationery store Sweet Paper (7660 Fay Ave., 0.6 miles) and soap and body products emporium Presenting The Soap Opera (1025 Prospect St., 0.8 miles), are well worth a slight detour.

The recently remodeled open-air Westfield shopping center (4545 La Jolla Village Dr., 5.8 miles) houses a number of major name retailers like Nordstrom and Macy's and restaurants including Bluefin, specializing in Japanese fusion. The sprawling shopping arcade also boasts an enclosed food court, an ice-skating rink and a 15-screen ArcLight Cinema that offers reserved seating for most showtimes and a full cafe menu.



DINING

With so many great dining options in La Jolla, there's no reason to ever have a bad meal. Start at The Cottage (7702 Fay Avenue, 0.7 miles), a breakfast and brunch favorite serving egg dishes and stuffed French toast all day, and a full dinner menu from Memorial Day to Labor Day.

Bubba's Smokehouse BBQ (888 Prospect St., 0.7 miles) is beloved for its brisket, pulled pork sandwich and sweet potato fries. If you prefer something from south of the border, check out The Taco Stand (621 Pearl St., 0.2 miles), which serves a full range of fresh, inventive tacos and burritos, as well as a salsa bar. Save room for a dessert of churros. If you want to watch people hang loose—literally—head up into the hills to visit the Cliff Hanger Cafe (2800 Torrey Pines Scenic Drive, 5.5 miles). Grab a sandwich and a seat on a bench as paragliders take to the sky right before your eyes.



For dinner with seaside scenery, George's at the Cove (1250 Prospect St., 1 mile) offers amazing views of the Pacific with a side of burgers or fish tacos. On a warm evening, try to snag an outdoor table at the Ocean Terrace bar.

NATURE

La Jolla's picturesque coastline is dotted with white sand beaches, including Shell Beach (0.9 miles) and La Jolla Cove (1.4 miles), where on most days you'll find a playful pack of sea lions sunning on the rocks. The Torrey Pines State Reserve is known for its beginner-level hikes and trails that lead straight to the beach. The trail-lined bluffs overlook the Pacific Ocean, making this a perfect park for sunset views.

Also on the coast: Belmont Park (3146 Mission Blvd., 5.3 miles), a seven-acre seaside amusement park with attractions dating to its 1925 opening, including a massive indoor swimming pool and the Giant Dipper, a 90-year-old wooden roller coaster that's been designated a National Historic Landmark. And La Jolla boasts not one, but two of the country's oldest parks. Farther inland, Balboa Park (1549 El Prado, 14.3

miles) is a 1,200-acre mixed-use public garden and recreational area that includes the San Diego Zoo (2920 Zoo Drive, 15.4 miles). Plan a visit and be sure to see some of nature's rarest land mammals, like the Chinese red pandas or the takin, a wooly Himalayan goat-antelope.

TOP ATTRACTIONS

La Jolla is home to many first-rate fine arts galleries. But when it comes to permanent exhibitions, the city's crown jewel is the Museum of Contemporary Art San Diego (700 Prospect St., 0.5 miles), an impressive contemporary collection housed in the former home of the city's most well-known philanthropist, Ellen Browning Scripps. In 2014, the museum unveiled plans to more than triple its exhibition space.

Preservation is also a major consideration in this seaport town. Military buffs won't want to miss the USS Midway Aircraft Carrier Museum (910 N. Harbor Drive, 13.9 miles), a maritime and aviation history museum. You can explore the museum's collection of 29 restored aircraft or even hop in a flight simulator.



FUN FACT Actor Gregory Peck, most famous for his portrayal of Atticus Finch in "To Kill a Mockingbird," was born in La Jolla in 1916 and founded the La Jolla Playhouse in 1947.

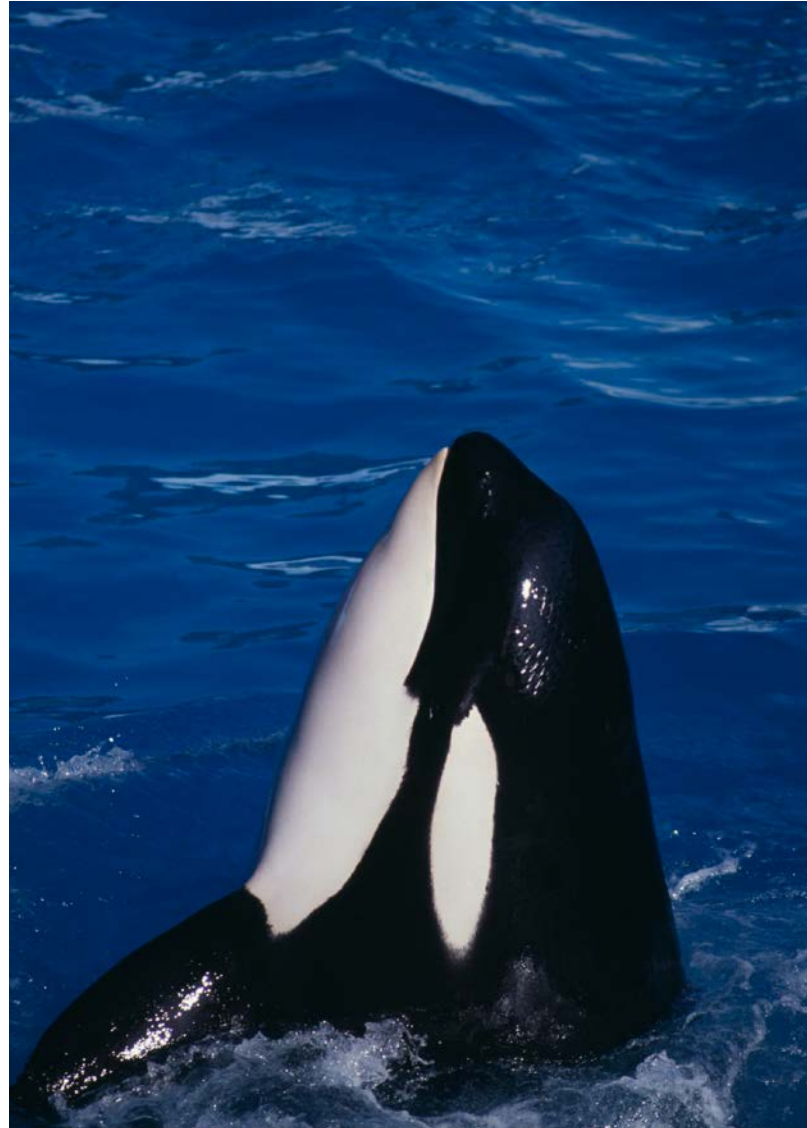
One of San Diego's most visible attractions is one of its tallest points—and also one of La Jolla's most prominent landmarks. The towering white stone Mount Soledad cross and war memorial (3 miles) is located atop a hillside on the east side of La Jolla, rising 43 feet from the ground. It's a monument that sparks fierce debate about the separation of church and state, so savor the splendor and skip the squabbling.

ENTERTAINING GRANDCHILDREN

La Jolla's many family-friendly activities only present one challenge: which of the many amusement parks and outdoor adventures to choose. You can start by putting the pieces together at Legoland (1 Legoland Drive, 26 miles), where younger children enjoy rides as well as splashing around in the adjacent water park. The park is well-suited for kids under 12 and motion-sensitive adults, as the rides are smaller and slower than you'll find at larger amusement parks.

Dive deeper into aquatic education at Birch Aquarium at Scripps Institution of Oceanography, UC San Diego (2300 Expedition Way, 3 miles), in La Jolla. Exhibitions showcase the underwater habitats of amorphous jellyfish, huge schools of rainbow-colored fish and even tiny, delicate seahorses. At nearby SeaWorld (500 Sea World Drive, 6.9 miles), you can enjoy interacting with dolphins, observing penguins during mealtime and

watching sharks swim above your head from inside an underwater observation tunnel. If you're feeling adventurous, call ahead to reserve a poolside seat to dine with the orcas.



About be.group

As one of California's largest nonprofit providers of senior living communities, be.group is dedicated to helping residents and clients discover new ways to embrace life's possibilities and new options for exploring their potential. Our name, be.group, sums up everything we've been, everything we are today and everything we aspire to be in the future. Our vision, like the vision of our founders, begins and ends with the people we serve. We're here to help seniors be who they want to be: themselves.

be.group has seven licensed senior living communities and 26 affordable housing communities throughout California. Licensed communities include Kirkwood Orange, Redwood Terrace, Regents Point, Royal Oaks, Westminster Gardens, White Sands La Jolla and Windsor.

www.thebegroup.org