

## The Pinnacle Concierge

**619-533-7960**

### Your Concierge Will Assist With:

- Travel planning
- Dining reservations
- Theater & event tickets
- Golf tee times
- Hotel reservations
- Spa services
- Dry cleaning pick-up and delivery
- Pet care services

*and much more!*

Newsletter Source:  
[www.signonsandiego.com](http://www.signonsandiego.com)  
unless otherwise noted.

## Making That New Year's Resolution



We all make New Year's resolutions, but can we keep them? Here are a couple of tips to see that your resolution actually comes to fruition. First,

commit to your resolution in writing, such as in a notebook or journal. Resolutions are set in one day, but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan. Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us,

and flexibility is required to complete anything but the simplest goal. Sometimes the goal itself will even change. Most of all, recognize partial successes at every step and celebrate them. It will help keep you on track. Finally, utilizing your concierge may help. We can tackle your to-do list, freeing up your time to focus on your goal. Happy New Year from your Concierge team!

Source: [www.mygoals.com](http://www.mygoals.com)

## Thank You From The Polinsky Center!

On behalf of the Polinsky Center here in San Diego, Concierge At Large, Inc. would like to extend our heart-felt gratitude to the residents at The Pinnacle for their kind generosity.

Toys, books, clothing and much, much more were gathered in the donation bin in the lobby and it was over-flowing! Members of the Executive Team from C.A.L. delivered the items

on Tuesday, December 23 to an awe-struck staff at the Polinsky Center! Thank you for making a difference in these children's lives.

## Featured Restaurant: Urban Solace Restaurant

Enjoy Urban Solace Restaurant, featuring New American Comfort Food and a fantastic selection of West Coast wines, handcrafted beers and your favorite cocktails. Urban Solace was created out of a desire to bring a new and exciting neighborhood dining concept to San Diego. With a straight-forward dining and service experience, their guests' comfort is the absolute priority. Two words: cheesy biscuits. Urban Solace oozes

comfort and warmth. It offers a delicious meal without all the pomp and circumstance. You don't have to do the work yourself and don't have to pay a fortune, but you still feel like you are at home. The menu features a unique combination of American dishes, both classic and cutting edge, and an intriguing wine and crafted beer and cocktail list. All at a great value! They are located at 3823 30th Street in the heart of

"Restaurant Row" in North Park just north of downtown San Diego and Balboa Park. Urban Solace is open seven days a week and features their famous "Bluegrass Brunch" every Sunday.





Inside the San Diego Boat Show

### What Your Pinnacle Concierge can do for you!

- ◆ Order floral bouquets
- ◆ Make weekend get-away reservations
- ◆ Make dinner reservations
- ◆ Arrange site-seeing tours
- ◆ Find concert tickets
- ◆ Order special event tickets
- ◆ Coordinate a private party or event
- ◆ Research travel destinations
- ◆ Obtain discount attraction tickets
- ◆ And much more!

Change is Coming January 20<sup>th</sup>



## "Cabaret Dances" at Anthology

Jean Isaacs' San Diego Dance Theater company moves to live blues and jazz at Anthology in their annual performance of "Cabaret Dances." Billed as "sexy, smart Sundays at 5," the dance event brings an assortment of sensual and comic modern dance numbers into a supper club setting. Isaacs has kept various dance companies afloat for three decades, and as a choreographer her vision has been recognized with many awards. Expect to see intelligent and emotive dance work. Performances are at 5 pm on January 4, 11, 18, and 25. Tickets for this performance at Anthology run \$15 to \$35. Contact your Concierge for more information.

## San Diego Boat Show

Enjoy the 2009 San Diego Boat Show January 8 – 11 at the San Diego Convention Center and Marriott Marina. Think owning a boat is out of your reach? Think again! When it comes to enjoyable ways to spend your leisure time, boating is far more affordable than you may realize. Be sure to stop by and check out this special showcase of boats you can own for less than \$250 per month. Learn about the "green" boating tips and techniques from West Marine. Features the latest eco-friendly boats and engines; West Marine's "Go Green" display, which offers eco-friendly best practices; and the Green Accessory Center, previewing the newest green boating accessories to hit the market. Kids can enjoy boat painting, an interactive water-safety puppet show, balloon artistry and other fun, hands-on activities in the Big Bay Kids' Area. Skipper, the show's popular dolphin mascot is sure to stop by as well, sponsored by The Port of San Diego. Tickets are \$10 for adults, \$5 for youth 13-15 and kids 12 and under are free. Contact your Concierge for show hours.

## Kettner Nights

Explore Little Italy's emerging Kettner Art & Design District (KADD), an artsy few blocks home to unique shops and gallery spaces. It's like San Diego's own little SoHo, with modern art, contemporary furniture and more. KADD throws its latest installment of Kettner Nights, an open house of art, shopping and socializing, this month on Friday the 9th, from 6 - 8:30 pm. In all, eight galleries and 15 studios participate, and previous events have drawn upwards of 1,000 people, who showed up to browse and throw back complimentary cocktails and hors d'oeuvres. KADD's founding businesses include Scott White Contemporary Art, David Zapf Gallery, Adorn, Zazou Home, Mixture, Vetro and Esteban Interiors.

## 29<sup>th</sup> Annual Martin Luther King Jr. Parade

The M.L.K. Jr. Parade is held in honor and remembrance of Dr. Martin Luther King Jr. who strived to achieve peace between all races of people. The parade consists of marching bands, groups, floats, dancers, and drill teams. The purpose of the parade is to promote harmony in all the communities of San Diego. The parade begins at 10 am at Tailgate Park, Imperial Avenue at 13th Street, until 2 pm, Saturday, January 17.

## An Obama Inauguration Bash

Join the San Diego County Young Democrats at a huge event at the W Hotel as we celebrate this historic inauguration. Enjoy happy hour drink specials and inauguration themed cocktails all night as you mingle with fellow supporters. The inaugural address of President Barack Obama will be replayed at the event at 9 pm. Change is coming, and it begins January 20<sup>th</sup>! The festivities will begin at 7:30 pm, there is no cover or event fee, you must be 21. The W Hotel is located at 421 West B Street, downtown.