



Volume 28 No. 10  
March 2019  
www.sdpsc.org  
619-223-1640



# The Lamb's Tales

A community that honors, respects and  
cares for older adults

## Happy March from the Peninsula Shepherd Center!

March promises to be a great month. Computer classes continue on March 11<sup>th</sup> and 25<sup>th</sup> – call to sign up! We are also celebrating Saint Patrick's Day with folks at the Peninsula YMCA on March 15<sup>th</sup> complete with corned beef and all the fixings with authentic Irish music. We are very honored as the Point Loma Rotary Club is hosting its 17<sup>th</sup> annual Comedy Night fund raiser on March 15<sup>th</sup> and Peninsula Shepherd Center is one of two organizations that will benefit from the proceeds. We hope you can come support PSC and have a very fun night. Details are in the Lambs Tales. We continue to invite everyone to enjoy the Senior Lounge and are working on new programs for the coming year! Keep those suggestions coming!



Blessings, Lisa

## Peninsula Shepherd Center Programs

### Computer Classes

Need a little help with your computer? Then come to our computer class taught by David McColl in our Senior Lounge. Our first series begins with basic computer skills and terminology. Classes are on Monday March 11th and 25th at 10am. RSVP Required, call 619-223-1640. \*Class sizes are limited\*

### Senior Lounge

Our lounge is open Wednesdays & Fridays from 10:30am-1:30pm, 1475 Catalina Blvd. Come by and start a puzzle, read a book, do a craft or socialize with friends. Our lounge is a great place to step out of your home and get into the community! For more information call 619-223-1640. \*Van services are available for PSC Transportation Members\*

### Needlers

Needlers meet on Monday, March 18th at the All Souls' Episcopal Church, 1475 Catalina Blvd. from 10am-1pm. Knitters of any experience level are welcome. Refreshments are provided. \*Van services are available for PSC Transportation Members.\*

### Chat and Fold

PSC's Chat and Fold committee will meet on Friday, March 22nd at 9am in the Rankin Room of the All Souls' Episcopal Church at 1475 Catalina Blvd. Refreshments provided. \*Van services are available for PSC Transportation Members\*

### Lunch Bunch

The Peninsula Family YMCA & Peninsula Shepherd Center invite you to our annual St. Patrick's Day Potluck! Come enjoy some delicious Irish fare like, corned beef, potatoes and cabbage. While listening to live music by Eric & Ian Livingstone. Please bring a side dish, dessert to share or \$5. Friday March 15th, 12:30pm-2:00pm. At Peninsula Family YMCA Group Exercise Room. 4425 Valeta St. To RSVP call, Peninsula Family YMCA by March 12th at 619-226-8888



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## Community Events

### First Friday Mass & Senior Luncheon.

Please come and invite your friends to a traditional delicious St. Patrick's Day Lunch.

**When:** Friday, March 1st

**Time:** Mass at 11:30am;

Lunch at 12:15pm

**Where:** Sacred Heart Church  
4776 Saratoga St

**Cost:** \$5 donation for lunch \$1 donation for wine.

**To reserve call Jerry or Carole Sanders 619-225-2239.**



### On The Road to Viejas Casino!



Enjoy a fun bus trip to Viejas Casino. Play penny slots, video poker, tables games and Bingo. Chose to shop or grab a bite at Viejas Outlet Center. Discount coupon books for shopping available. Bus leaves from Sacred Heart Church.

**When:** Tuesday March 13th, 9:00am

**Where:** Viejas Casino;  
Transportation from Sacred Heart Church 4776 Saratoga Ave.

**To reserve call Jerry & Carole Sanders 619-225-2239**

### Fall Prevention/Balance Screening

Do you live with dizziness or imbalance? Learn the risk factors and health concerns regarding balance from at this free lecture & participate in a free balance screening. Presented by Sharp Senior Resource Center.

**When:** Wednesday March 20th,  
12:00-2:00pm

**Where:** Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd. **To Register Call 1-800-827-4277**

### Save the Date!! - Sharp Senior Resource Center Aging Conference.

Health and Wellness in Aging: Know your options. Health and wellness are priorities at any stage of life but as we age, changes in our mind, body, finances and spirit can be daunting. Learn about your options from experts and discover valuable resources in this one-day seminar.

**When:** Wednesday, April 3rd, 9:30am-3:00pm

**Where:** Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd. Registration required. Call 1-800-827-4277

### AARP SAFE DRIVING COURSE

By taking a driver refresher course you will learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely. This is a two-part course.

**When:** Tuesday March 26th 9-1:00pm & Tuesday April 2nd, 9-1:00pm

**Cost:** \$15 AARP Members/\$20 Non-Members

**Where:** PLCPC 2128 Chatsworth Blvd  
2128 Chatsworth Blvd

**RSVP to Elaine Burrell 619-223-1633**

### Seniors by the Sea!

San Diego First Church of the Nazarene is offering its first "Seniors by the Sea" event! Gather for a workshop and meal. Start with a gentle exercise segment then follow with workshops on "Overall Wellness & Risk Prevention" and end the day with lunch.

**When:** Saturday March 30th, 9am-12:00pm

**Where:** First Church of the Nazarene  
3901 Lomaland Dr, 92106

To RSVP and directions contact 619 849-3100

### FREE Tax Assistance!!

**When:** Every Tuesday & Friday,  
9:30am-4:30pm

(February 5th-April 12th)

**Where:** Point Loma/Hervey Library  
3701 Voltaire St, 619-531-1539

## Red Brick Seniors

Point Loma Community Presbyterian Church offers weekly activities in a friendly environment.

2128 Chatsworth Blvd

For more information and to reserve

**Contact Elaine Burrell. 619-223-1633**



### Supreme Court Decisions

Stephen P. Oggel, Attorney, will select and discuss several cases currently pending before the U.S. Supreme Court. The procedural history will be reviewed, and discussed of each case.

**Date:** Monday, March 4th 11-12:30pm,  
**Cost \$12**

**Where:** 2128 Chatsworth Blvd.

Register through OASIS by calling 619-881-6262 or at [www.oasisnet.org](http://www.oasisnet.org)

### Fiddle Girl! - St. Patrick's Day Luncheon & Show

Come watch Celia Lawly play 10 instruments, sing and dance in this high energy show. Enjoy a traditional St. Patrick's Day meal.

**Date:** Tuesday March 12th, 10am  
**Cost \$6**

**Where:** 2128 Chatsworth Blvd.

**RSVP to Elaine 619-223-1633**

### Current Event Discussion Group

Keep up to date with happenings in our world. Bring a news article, Magazine story, or topic of general interest to discuss. Coffee & pastries will be served.

### FOREVER FIT Gentle Exercise Class with Elke

A free exercise class in partnership with the Peninsula YMCA in the Family Life Center.

**Date:** Every Wednesday

**Time:** 9:00-9:50am

**Where:** 2128 Chatsworth Blvd



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## PSC & Community Events

### PSC & Peninsula Family YMCA St. Patrick's Day Luncheon!



Come join us and celebrate St. Patrick's Day with a delicious lunch and live music! Feast on traditional Irish fare and groove out to live Irish tunes! Bring a dessert, side dish, or \$5 to contribute.

**When:** Friday, March 15th, 12:30-2:00pm

**Cost:** \$5 or bring a dessert, side dish.

**Where:** Peninsula Family YMCA Group Exercise Room (at church hall) 4425 Valeta St. **RSVP by March 12th to 619-226-8888.**

### Like to play bridge?

Bring your own foursome or come and meet others who are looking for partners.



This is a free event and open to the community. Starts at 10:00am

- **Thursday March. 7th & 21st**  
Peninsula Family YMCA:  
4390 Valeta St.
- **Thursday March. 14th & 28th**  
Peninsula Shepherd Center:  
1475 Catalina Blvd.

**For more information call YMCA at 619-226-8888 or PSC 619-223-1640.**

### Alzheimer's San Diego Support Group

Attending support and discussion groups can be one of the best sources of support. They can give someone a safe environment to discuss caregiving experiences, learn strategies for coping and gain emotional support.

**When:** March 7th & 21st, 10-11:30am

**Where:** PSC Senior Lounge.  
1475 Catalina Blvd 92107

**To RSVP call 619-223-1640.**

### 17th Annual Comedy Night!!

Sponsored by the Point Loma Rotary Club.



Looking for a laugh? Come enjoy a night of lively fun and hilarity with a totally serious mission. All ticket sales benefit the Peninsula Shepherd Center. Featuring three comics; Mocha Rose, Brian Apprille, & Cash Levy.

**Date:** Friday March 17th, 8:00pm

**Cost:** \$25each; proceeds benefit Peninsula Shepherd Center

**Where:** The United Portuguese S.E.S Hall, 2818 Avenida de Portugal, 92106

### Gentle Floor & Chair Yoga

Gentle floor & chair yoga will encourage you to move into different stretches and postures to ease areas of tightness, tension and discomfort.



**When:** Every Tuesday & Thursday from 10:00-12:00pm

**Where:** Episcopal Church Center  
2083 Sunset Cliffs Blvd

**Suggested Donation:** \$10  
For information call Mary Adams  
619-755-6990. \*A discount for all PSC members\*

### Free Blood Pressure Screenings

Sharp Senior Resource Center's Registered Nurse offers free blood pressure checks.



**At two locations:**

**March 5th 9:30-11am**

- Peninsula Family YMCA  
4390 Valeta St

**March 12th 9:30am-11:00am**

- 2128 Chatsworth Blvd

\*No appointment Necessary\*



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### Scam Alert!

Spike seen in scammers targeting SDG&E customers.

Criminals impersonating SDG&E work year-round to come up with new ways to defraud people, and recently there's been a spike. These criminals threaten to turn power off if their victims don't make an immediate payment. SDG&E will never do that!! They never contact customers to get their credit card, banking or other financial information over the phone, nor does SDG&E send employees to go door to door to ask for immediate payment. Avoid becoming a victim of utility scams with these tips:

1. Phone impersonation: If you receive a phone call from a person claiming to work for SDG&E over the phone, it is a scam. Hang up the phone.
2. Imposters at your Door: If someone claims to work for SDG&E, ask them to show their ID badge. Make sure they are wearing an authentic SDG&E uniform.
3. Caller ID-Spoofing: The caller alters the caller ID information to make it look like someone legitimate is calling. In the case of utility scams, the criminal would make it look like SDG&E is calling.
4. Don't be the next victim: New scams arise every day. Arm yourself with information by visiting [sdge.com/avoid-scams](http://sdge.com/avoid-scams). If you believe you might have been a victim of fraud, call SDG&E at 1-800-411-7343.



### Book Delivery for Seniors

Free book loan and delivery for homebound seniors. Call Christine 619-531-1539 for information.



### ARE YOU OK?

A daily phone call.  
For more Information  
619-236-6905



**Burn Institute** offers smoke alarm Installation.  
Call 858-541-2277





**Peninsula Shepherd Center**  
 1475 Catalina Blvd.  
 San Diego, CA 92107  
 619-223-1640

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To:

# Computer Classes coming to Peninsula Shepherd Center!

Need a little help with your computer?  
 Then come to PSC's classes taught by David McColl in our Senior Lounge.  
 Our first series begins with basic computer skills and terminology,  
 then we move on to accessing the internet and using e-mail.  
 Bring your questions, and feel free to bring your own device,  
 or use the computers in our lounge.

Van services are available for PSC Transportation members

Call the PSC office for enrollment information at (619)223-1640.



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*Van Services are available to  
 bring you to our Lounge!*

