



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

November 2022
Peninsula Shepherd Center
1475 Catalina Blvd
San Diego, CA 92107
(619) 223-1640
www.sdpsc.org

A community that honors, respects and cares for older adults

Hello Friends of Peninsula Shepherd Center!

Time is flying by and we are busy preparing for our Holiday events! It is also time for PSC's **Annual Fall Campaign** and hope you will continue to support PSC as you have done so generously in the past. Proceeds from this important fundraiser go to support PSC 's existing programs, services and operational expenses. This year PSC is also introducing our **Planned Giving Program**. To continue our legacy, we encourage you to consider PSC in your long-term financial planning. Your generous contributions and continued support of PSC as a **Community that Honors, Respects and Cares for Older Adults** is very much appreciated!

Here are a few other Highlights for the Month of November 2022:

- **Lunch Bunch with the Ryan Family YMCA is back!** On November 17th we will enjoy a traditional **Thanksgiving dinner** in Gooden Hall with turkey, stuffing, pumpkin pie and all the fixings! Details are inside...bring your family and friends!
- **PSC is in need of more volunteer drivers!** Our fabulous volunteer drivers have been terrific in covering our ride requests, but as PSC grows, so does the need for more drivers. Please call Kathy at (619)223-1640 if you would like more information. **WE LOVE VOLUNTEERS!**
- AND, heads up... for our **Annual Christmas Tea** this December 15th join us to hear our friends, **Villa Musica** in Gooden Hall. New this year is **PSC's Christmas Arts Bazaar**. Are you crafty? Join other PSC members in donating handmade items to the Bazaar and help support PSC. See Christmas decorations, stocking stuffers and other treasures. You can't believe the beautiful things we are gathering to help you with your Christmas shopping or just make your own home festive! Let Lisa know if you can contribute!

Again, please consider supporting PSC's Fall Campaign. Together we will make sure **local seniors stay independent and active in their homes for as long as possible**. Happy Thanksgiving! We invite you all to stop by and visit us in the Senior Lounge and bring a friend! Lisa

PENINSULA SHEPHERD CENTER PROGRAMS

BINGO/ZINGOI

Every **WEDNESDAY, 11:00am**

Join us every **Wednesday** and play BINGO! We will be hosting in our lounge and also via Zoom. Win prizes and meet new friends during this fun in-person AND virtual experience! Every last Wednesday of the month, we will be having a birthday party to celebrate folks' birthdays that month! Email lisa@sdpsc.org to join.

PSC Computer Classes w/David McColl

Monday, November 7th & 21st, 9:00-10:30am, PSC Lounge

You are always invited to bring your phone, tablet, or laptop and any questions.

To register call the PSC office at (619) 223-1640.



Chat and Fold

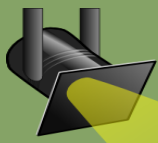
Friday, November 25th, 9:00am

Do you have some spare time? Come socialize with friends, enjoy refreshments and help fold PSC's newsletters. Our

PSC Knitters, Crocheters and Needlepointers

Monday, November 28th, 10:00am-12:00pm

Come join this lovely longtime group of Knitters and Crocheters. Enjoy refreshments and laughs with our crafty members. All skill levels are welcome and we love to see new faces!



SPOTLIGHT ON THE PENINSULA SHEPHERD CENTER

NOVEMBER 2022
PENINSULA SHEPHERD CENTER
1475 CATALINA BLVD
SAN DIEGO, CA 92107
(619) 223-1640
WWW.SDPSC.ORG

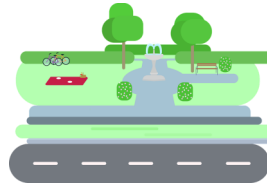
PSC Profiles: Elizabeth Waddell

Liz Waddell was working in the All Souls' Library when she noticed all the goings ons here and decided to see what all the fuss was about! Liz has lived in San Diego all her life, and grew up between two brothers, one older and one younger. Liz attended Mesa College and got degrees in Applied Arts and Electronics Technology. After college she worked as a teacher's assistant at Mesa College and tutored disabled students and then rotated between the three coastal libraries working in library systems. One of her lifelong loves has been sailing. She started sailing with her father when she was young and competed in many sailing competitions with him. Liz's favorite part of sailing was always racing; she also enjoyed trapeze, a sailing technique that allows for mobility outside of the deck and involving hooking a harness the crew member wears to the mast that allows for mobility outside of the deck. Today Liz's main hobbies include puzzles, sudoku, games on the computer, and coming to PSC for bingo. Bingo is her favorite part of PSC as it is a chance to say hello to friends and spend time with other people. Her sailing tip is to wear a life vest! Anything can happen on a boat.

PSC Walks – Cabrillo National Monument

Tuesday, November 22nd 10:00am – 1:30pm

Climbing out of his boat and onto shore in 1542, Juan Rodriguez Cabrillo stepped into history as the first European to set foot on what is now the West Coast of the United States. Join Rob Keller for a walking tour of the Monument and enjoy the Visitor Center if you would rather sit and take in the beauty of the park. Snacks and water will be provided. **Please RSVP to Kathy at (619) 223-1640 by Friday, November 18th.**



Celebrate Thanksgiving with PSC and the Ryan Family YMCA!

Thursday, November 17th, 11:00am—1:00pm, Gooden Hall

Enjoy a traditional **Thanksgiving dinner** in Gooden Hall with turkey, stuffing, pumpkin pie and all the fixings! **The cost is \$5 per person and please RSVP to Kathy at (619)223-1640 by Monday, November 14th.** Please let us know you are coming so we have plenty for everyone!

Join PSC for our Annual Christmas Tea!

Thursday, December 15th, 11:00am – 1:00pm, Gooden Hall

Our friends, **Villa Musica** will be performing Christmas music in Gooden Hall – it wouldn't be Christmas without them! **NEW** this year is **PSC's Christmas Arts Bazaar**. Are you crafty? Join other PSC members in donating handmade items to the Bazaar and help support PSC. See Christmas decorations, stocking stuffers and other treasures. You can't believe the beautiful things we are gathering to help you with your Christmas shopping or just make your own home festive! **Let Lisa know at (619)223-1640 if you can contribute!** More details to follow in next month's Lamb's Tales!



EVENTS AT PSC

Pizza & Bingo

Wednesday, November 23rd at 11:00am

Come hang out with friends and play Bingo!

Cost is \$5. Please RSVP to (619) 223-1640 by Tuesday, November 22nd.



Movie Day at PSC!

Friday, November 18th at 10:30am

Join us for a movie, popcorn, and your favorite movie candy in the PSC Lounge.



PSC Birthdays!

Wednesday, November 30th at 11:00am

Join us to celebrate our members' birthdays in October! Join us for Bingo at 11:00 or just come for cake at noon!



Computer Classes w/ David McColl

Mondays, November 7th & 21st from 9:00–10:30am

You are always invited to bring your phone, tablet, or laptop and any questions.

To register, please call the PSC office at (619) 223-1640.

VOLUNTEERS NEEDED!

Looking for a way to give back? PSC needs Volunteer Drivers! You pick the rides that work for you by logging into our web-based scheduling system and choose to drive locally or anywhere in San Diego up to 25 miles. **Call (619) 223-1640** to make the first step to become a volunteer in this much-needed community service **or visit our website at www.sdpsc.org.**
THANK YOU!!!



IN THE COMMUNITY...

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WWW.SDPSC.ORG

Sacred Heart Senior Luncheon

**Friday, November 4th, Mass at 11:30 am, Lunch served at 12:15 pm
Sacred Heart Church, 4776 Saratoga Ave, San Diego, CA 92107**

Come and invite your friends for Thanksgiving turkey and all the trimmings! \$5 donation for lunch and a \$1 donation for wine. **To RSVP, call Carole Sanders (619) 225-2239. PSC Van available for members.**

MUSIC IN SAN DIEGO

Bach at Noon

Wednesday, November 9th, 2022, 12pm, All Souls' Episcopal Church

1475 Catalina Blvd, San Diego, CA 92107

To inaugurate BCSD's Bach at Noon series in our 20th season, we present two works from Ursuline nun, Isabella Leonarda, and J.S. Bach. With "Dopmine ad adjuvandum" from her *Salmi concertati* Op. 19 (1968), and Bach's first cantatas, *Aus der Tiefer rufe ich, Herr zu dir*, BWV 131.



Friends of the Point Loma/Hervey Library Present:

**The Way We Were in San Diego with Richard W. Crawford
Monday, November 14th, 6:30pm, Marla Haas Community Room
3701 Voltaire St, San Diego, CA 92107**

From a rough-hewn border town and frontier port, to a vital military center that was marked by growing pains and political clashes. Reminisce some of San Diego's beautiful history with historian, Richard W. Crawford, and learn about the numerous transformations San Diego went through over the years!

Movie Night Every Tuesday at the Marla Hass Community Room!

The Point Loma/Hervey Library is hosting a fun movie night every Tuesday of November at 6PM! Here are some of the movies being featured:

- The Duke (2020), R (November 1st)
- Mother!, (2017), R (November 8th)
- Paradise Highway (2022), R (November 15th)
- Mrs. Harris Goes to Paris, (2022), PG (November 22nd)
- Brian and Charles, (2022), PG (November 29th)

Tai Chi Classes

**Thursdays 1:00–2:00pm, Westminster Presbyterian Church
3598 Talbot St, San Diego, CA 92106**

Join leader Peter Duenez and participate in Tai Chi and Qigong classes in Westminster's outdoor courtyard. Beginners are welcome—no prior knowledge of Tai Chi is necessary. Students attend free on a drop-in basis. **RSVP at (619) 223-3193.**

POINT LOMA COMMUNITY PRESBYTERIAN CHURCH (RED BRICK SENIORS)

2128 Chatsworth Blvd, San Diego, CA 92107
(619) 223-1633, Ext 210

Don't Get Hooked: Preventing Financial Abuse, Scams and Fraud

**Wednesday, November 16th,
12-1pm, Family Life Center**

A presentation to help prevent older adults and family caregivers from falling victim to financial abuse, scams, and fraud by Hazel Quinones, MSW. Bring your sack lunch and your questions! Light refreshments provided.

Honoring Our Veterans Luncheon

**Tuesday, November 8th, 10am-1pm,
Family Life Center**

Lunch at noon for \$5

Enjoy the Navy Band Southwest Brass Quintet followed by an inspirational message from Navy Chaplain James Kim. **Please RSVP by Nov. 6th to Elaine at (619) 223-1633.**

Outing to the Museum of Making Music in Carlsbad—\$20

**Wednesday, November 30th, Depart
Church 10am, return by 2pm**
Space is limited - contact Elaine to reserve your spot.

Forever Fit with Elke Ertle

**Every Wednesday, 9:00–9:50am,
Family Life Center**

Join us for this in-person exercise class. Bring your own water bottle and a towel. **Questions? Contact Elaine at (619) 223-1633 Ext. 210.**

Do you know any **Veterans 60 years or older** who live in Point Loma (92106), Ocean Beach (92107) or the Midway/Sports Arena District (92110)? Point Loma Rotary and PSC are spreading the word to our Veterans know about **PSC's Out & About Senior Transportation program**. We can help with appointments to VA medical facilities throughout San Diego!





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Tips for November: Polling Locations

The election is coming up! On **Tuesday, November 8**, people around the United States will be casting their ballots, and here are places in the neighborhood where you can cast yours:

Robb Field, Jim Howard Hall, 2525 Bacon St., San Diego

Open: October 29-November 7, 8AM - 5PM
 November 8, 7AM - 8PM



Dana Middle School - Classroom 121, 1775 Chatsworth Blvd, San Diego

Open: November 5-November 7, 8AM - 5PM
 November 8, 7AM - 8PM

Correia Middle School - Bungalow 1, 4302 Valeta St, San Diego

Open: November 5-November 7, 8AM - 5PM
 November 8, 7AM - 8PM

Source: SDvote.com

Medical Needs? Here's Your Prescription for Savings

Certain medical needs may qualify you or someone in your home for savings every month on your gas and electric bill. Apply for the Medical Baseline Allowance program if you need to use more energy due to a qualifying medical condition or to prevent an existing condition from getting worse. Examples include:

1. **A requirement for permanent space heating or cooling** due to paraplegia, quadriplegia, hemiplegia, multiple sclerosis, scleroderma, a compromised immune system or a life-threatening illness.
2. **Required use of a life-support device**, such as an aerosol tent, apnea monitor, kidney dialysis machine, motorized wheelchair or respirator (devices used for therapy don't qualify; only medical devices that sustain life or are needed for mobility).

To get a Medical Baseline Allowance application and more information, visit sdge.com/medical. Eligibility requirements include having a physician sign your application to certify the medical need.

