



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

July & August 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!

All I can say is **WOW!!!** PSC's Annual Summer Celebration was a smashing success thanks to all of YOU! We had record-breaking attendance and more than met our \$2,000 match portion for our first ever **Summer Celebration Challenge!** Thank you again to our two generous donors for their \$2,000 that got the ball rolling! Special thanks to **Janice Teixeira** and her team in the kitchen and serving. You made everyone feel so welcome! And to **Kathy Angela Quejado** – thank you for all our beautiful Summer Celebration materials – Best Event Ever! As we move into the summer months, we are publishing a combined July and August newsletter and note **we will not have our regular Chat & Fold meeting in July.** A few other highlights:

- **Lunch Bunch and Excursions will resume in September**
- This month we have awarded our first recipient of “**Jerry’s Rides**” to **Carole Sanders!** Please see details inside about this new annual membership award opportunity.
- Also, watch the mail for your **annual renewal letters for PSC’s Out & About Senior Transportation program.** Our grant provider, SANDAG, is requiring additional information this year, so please fill out the new membership application and send in the renewal fee of \$75. **Not a member?** Join us! Call Kathy in the PSC Office at (619) 223-1640!
- Beginning in September, **PSC will be working with Point Loma Community Presbyterian Church to sponsor monthly excursions.** Hopefully this will give all of you more opportunity to take advantage of all the special places that San Diego has to offer. Stay tuned for details....
- If you missed it, here is a link to the **Union Tribune Op Ed** our own **Jean Durgan** wrote in June about her experience with PSC and working with our community’s older adults – A must read!!!! <https://www.sandiegouniontribune.com/opinion/commentary/story/2022-06-01/senior-health-activities-volunteering-purpose>

Once again, many thanks for your support of PSC’s Summer Celebration! Your donations and participation at this event are much appreciated, and we are grateful for your support in making PSC THRIVE each and every day! Happy Summer! Lisa

PENINSULA SHEPHERD CENTER PROGRAMS

BINGO/ZINGOI

Every **WEDNESDAY, 11:00am**

Like to play Bingo? Now 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! Email lisa@sdpsc.org to join.

PSC Computer Classes w/David McColl

Monday, July 18th, August 1st & 15th, 9:00–10:30am, PSC

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



Lounge

Chat and Fold

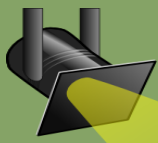
Friday, August 26th, 9:00am

Do you have some spare time? Come socialize with friends, enjoy refreshments and help fold PSC’s newsletters. Our next meeting will be held in our Senior Lounge on **Friday, August 26th at 9:00am.**

PSC Knitters, Crocheters and Needlepointers

Monday, July 25th & August 29th, 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

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(619) 223-1640
WWW.SDPSC.ORG

Jerry's Rides!

PSC is excited to announce the first annual recipient of "Jerry's Rides"-Carole Sanders!

"I am so honored to have been asked to share with you as we celebrate dear beloved Jerry's Life. When Carole and Jerry moved permanently to their condo in Ocean Beach in 1991, they immediately became active in the community both as volunteers and participants. When their automobile reached the end of its useful life they decided to give up driving. While they walked many places and used public transportation, in early 2000 they learned of PSC's Out and About Senior Transportation program and became active members, using both the Volunteer/Escort service and the local shuttle van service. Jerry joined the PSC Board of Directors and was elected President of the Board in 2012. He remained an active member until his recent passing. Jerry was a key player in PSC's annual fundraiser Summer Celebration securing wonderful donations and gift cards from local businesses. Carole and Jerry were two of the first participants in PSC's Connection Through Technology program and were featured by the San Diego Senior Community Foundation in an interview about their experience with the program (see PSC's [website.wwsdpsc.org](http://www.sdpsc.org)). PSC is honoring Jerry in two ways. First, the PSC Board purchased a Meyer Lemon Tree which is placed at PSC's entrance with a plaque: "**Friend of PSC, Always with a smile, Jerry**". Secondly, the Board has established, "Jerry's Rides" in his honor. The Board will select a senior to receive a full year's membership annually to PSC's Out & About Peninsula Senior Transportation program.

Dear Jerry, You will be missed by so many, but the twinkle in your eyes, beautiful smile and positive attitude will live on in our hearts forever.

Submitted by Jean Durgan, PSC Board Ambassador

Friends of the Point Loma/Hervey Library Present:

San Diego Oasis Lifelong Adventure

The Point Loma/Hervey Library is hosting a lecture every select Wednesday at 1PM! Here are the lectures being featured:

- *Russia and Ukraine: What is Their Real History?* with Philip R. Pryde, Ph.D, Professor Emeritus SDSU, Author, Lecturer (**July 13**)
- *Major Wine Regions of California* with Eric Awes, Wine Industry Consultant (**July 27**)
- *Symbolism in Art* with Julia Fister, MA, Studio ACE Executive Director (**August 17**)
- *The Wright Brothers and the Dawn of Aviation* with Blaine Davies, MA, Professor of U.S. History (**August 31**)

Movie Day Every Tuesday at the Marla Hass Community Room!

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

- Richard Jewell (2019), R (**July 5**)
- Jojo Rabbit (2019), PG-13 (**July 19**)

For more information, you can also check their website at <http://facebook.com/pointlomallibrary>

EVENTS AT PSC

Pizza & Bingo

Wednesday, July 13th at 11:00am
Wednesday August 17th at 11:00am

Back by popular demand

Pizza & Bingo will be at

PSC on Wednesday, July

13th & August 17th at

11:00am. Come hang out

with friends and play

Bingo! Cost is \$5. Please RSVP to

(619) 223-1640 by Tuesday, July

12th and Tuesday, August 16th.



Movie Day at PSC!

Friday, June 15th at 11:00am

Friday, August 19th at 11:00am

Join us for a movie,

popcorn, and your

favorite movie candy in our Senior Lounge. Movie TBD.

Computer Classes w/ David

McColl

Mondays, July 18th, August 1st & 15th 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.

"Seniors Helping Seniors"

Senior Computer Group San Diego

Our objectives are to encourage the use of home computers, provide education on computer use, and to provide a forum for the exchange of ideas on computers and their use.

Visit our website, [http://](http://SCGSD.org)

SCGSD.org, or email

HankDfrmSD@aol.com to learn

how to join our weekly Zoom

meetings, Saturdays @ 10:30 am.

Big thanks to Barbara Wilkinson for submitting!



IN THE COMMUNITY...

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SAVE THE DATE: Wine Magic – A Magical Evening of Wine, Wizardry & Wonder

Saturday August 27th, 5:30 pm

Sacred Heart Church of Ocean Beach Courtyard

Mark your calendars for a Five-course Dinner & Wine Pairings and a Silent Auction. Seating is limited and tickets are \$60 per person. **Reservations begin July 5, and end August 17th, 2022 at sacredheartob.org.**

Questions? Contact Teofla Rich (619)701-3933 or Maggie Johnson (858) 431-6137

NOTE: No lunches in July, August, and September. Next luncheon will be on October 7, 2022. PSC Van available for Mass at 11:30 .

Tai Chi Classes

Thursday's 1:00–2:00pm

Westminster Presbyterian Church

3598 Talbot St, San Diego, CA 92106

(619) 223-3193

Join leader Peter Duenez and participate in

Tai Chi and Qigong classes in Westminster's outdoor courtyard. Movements are slow and gentle and instructor Peter explains as he guides movements.

Beginners are welcome—no prior knowledge of Tai Chi is necessary.

Students attend free on a drop-in basis. Peter also provides a video of each week's movement via You Tube. In case of inclement weather classes will be held in the Lobby of the Fellowship Hall. Don't miss this unique

experience!



Forever Fit with Elke Ertle

Every Wednesday, 9:00–9:50am

Senior Adults! Join us for this in-person, gentle, exercise class. At present, masks are not required. Bring your own water bottle and a towel. Questions? Contact Elaine Burrell, Point Loma Community Presbyterian Church, (619) 223-1633 Ext. 210.

Ever Wonder What You're Paying For in Your SDG&E Bill?

Do you know what goes into your SDG&E bill? Supplying power includes the cost of energy production, delivering that energy, plus the costs of building and maintaining infrastructure that ensures clean, safe and reliable energy in the future.

The price SDG&E pays for electricity and natural gas is the exact same price its customers are charged. There is no markup on the energy you use and SDG&E makes no profit on energy procurement.

San Diego's usually moderate climate means less energy is consumed. So, while energy pricing has increased, SDG&E's average monthly residential electric bill is the lowest among California's major utilities and below the national average.

Learn more about the breakdown of energy pricing at sdgeratesinfo.com.

POINT LOMA COMMUNITY PRESBYTERIAN CHURCH (RED BRICK SENIORS)

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

Hymn Singalong—The Great Hymns of the Church

Tuesday, August 30th, PLCPC Sanctuary

10:00am

Enjoy a sing-along and hear organ settings of popular hymns and learn how our organist navigates the King of the Instruments! Refreshments following in the Parlor & patio.

RSVP to Elaine at (619) 223-1633.

NOTE: Senior Adult Ministry programs will not meet in July, except for Forever Fit which will continue to meet weekly. Programs will resume in August and luncheons will resume in September.





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