

Senior Lounge Hours
Tuesdays/Wednesday/Fridays
10:00am-1:00pm

PENINSULA SHEPHERD CENTER SAN DIEGO
July 2022

Transportation Hours
Monday-Friday: 9:00am-1:00pm
Sundays: Church Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 				1 Van Errands: 9am-1pm	2
3 Van: Sunday Church Services	4 No Van Service PSC Closed 	5 Van Errands: 9am-1pm	6 Van Errands: Smart & Final 9am-1pm Forever Fit 9-9:50am PSC Bingo/Zingo 11am	7 Van Errands: 9am-1pm Chair Fitness (Virtual) 1-2pm Tai Chi 1-2pm	8 Van Errands: 9am-1pm	9
10 Van: Sunday Church Services	11 Van Errands: 99 Cents Store 9am-1pm Chair Fitness (Virtual) 10:30-11:30am	12 Van Errands: 9am-1pm	13 Van Errands: Ralph's & Target 9am-1pm Forever Fit 9-9:50am PSC Pizza & Bingo/ Zingo 11am	14 Van Errands: 9am-1pm Chair Fitness (Virtual) 1-2pm Tai Chi 1-2pm	15 Van Errands: 9am-1pm PSC Movie Day 11am	16
17 Van: Sunday Church Services	18 Van Errands: 9am-1pm PSC Computer Class 9-10:30am Chair Fitness (Virtual) 10:30-11:30am	19 Van Errands: 9am-1pm	20 Van Errands: Sprouts & CVS 9am-1pm Forever Fit 9-9:50am PSC Bingo/Zingo 11am	21 Van Errands: 9am-1pm Chair Fitness (Virtual) 1-2pm Tai Chi 1-2pm	22 Van Errands: 9am-1pm	23
24 Van: Sunday Church Services	25 Van Errands: Walmart 9am-1pm PSC Needlers 10am-12pm	26 Van Errands: 9am-1pm	27 Van Errands: Von's & Trader Joe's 9am-1pm Forever Fit 9-9:50am PSC Bingo/Zingo 11am	28 Van Errands: 9am-1pm Chair Fitness (Virtual) 1-2pm Tai Chi 1-2pm	29 Van Errands: 9am-1pm	30  31 Van: Sunday Church Services

Senior Lounge Hours
Tuesdays/Wednesday/Fridays
10:00am-1:00pm

PENINSULA SHEPHERD CENTER SAN DIEGO
August 2022

Transportation Hours
Monday-Friday: 9:00am-1:00pm
Sundays: Church Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Van Errands: 9am-1pm Chair Fitness (Virtual) 10:30-11:30am PSC Computer Class 9-10:30am	2 Van Errands: 9am-1pm	3 Van Errands: Smart & Final 9am-1pm Forever Fit 9-9:50am PSC Bingo/Zingo 11am	4 Van Errands: 9am-1pm Chair Fitness (Virtual) 1-2pm Tai Chi 1-2pm	5 Van Errands: 9am-1pm	6
7 Van: Sunday Church Services	8 Van Errands: 99 Cents Store 9am-1pm PSC Computer Class 9-10:30am Chair Fitness (Virtual) 10:30-11:30am	9 Van Errands: 9am-1pm	10 Van Errands: Trader Joe's & Von's 9am-1pm Forever Fit 9-9:50am PSC Bingo/Zingo 11am	11 Van Errands: 9am-1pm Chair Fitness (Virtual) 1-2pm Tai Chi 1-2pm	12 Van Errands: 9am-1pm	13
14 Van: Sunday Church Services	15 Van Errands: 9am-1pm PSC Computer Class 9-10:30am Chair Fitness (Virtual) 10:30-11:30am	16 Van Errands: 9am-1pm	17 Van Errands: Ralph's & Target 9am-1pm Forever Fit 9-9:50am PSC Pizza & Bingo/Zingo 11am	18 Van Errands: 9am-1pm Chair Fitness (Virtual) 1-2pm Tai Chi 1-2pm	19 Van Errands: 9am-1pm PSC Movie Day 11am	20
21 Van: Sunday Church Services	22 Van Errands: 9am-1pm Chair Fitness (Virtual) 10:30-11:30am	23 Van Errands: 9am-1pm	24 Van Errands: Sprouts & CVS 9am-1pm Forever Fit 9-9:50am PSC Bingo/Zingo 11am	25 Van Errands: 9am-1pm Chair Fitness (Virtual) 1-2pm Tai Chi 1-2pm	26 Van Errands: 9am-1pm PSC Chat & Fold 9am	27 Sacred Heart Wine Magic Dinner 5:30pm
28 Van: Sunday Church Services	29 Van Errands: Walmart 9am-1pm PSC Needlers 10am-12pm	30 Van Errands: 9am-1pm PLCPC Hymn Singalong 10am	31 Van Errands: Baron's 9am-1pm Forever Fit 9-9:50am PSC Bingo/Zingo 11am	 		