PENINSULA SHEPHERD CENTER

The Lamb's Tales

January 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

Happy New Year Friends of Peninsula Shepherd Center!

How refreshing it is to start a brand new year with high expectations and new resolutions!

Here a few highlights in your January 2022 issue of The Lamb's Tales:

- **The Fall Campaign** is still on and we appreciate the generous support we have received thus far. There is still time to donate and we look forward to another a productive 2022 with your help!
- Mingei means "Art of the People". Join us for our Excursion on **January 25th** to tour the fabulous **Mingei International Museum in Balboa Park**. The Museum's exhibition lineup features beautiful objects of use from all over the world. Get your reservation in soon…space is limited!
- Fridays are full of new activities this month! **Friday Game Day** is back by popular demand. Join us and play your favorite card, board or any other game of your choice – we have a huge selection. On **Friday, January 14th** we are hosting a **Movie Day** complete with popcorn and beverages in the Senior Lounge. Maybe this will become a regular event!
- Have you had your **GRAPES** today??? In February, PSC will be introducing a new program focusing on **G**ratitude**, R**elaxation, **A**ccomplishment, **P**leasure, **E**xercise and **S**ocial. More details to follow on this important and fun wellness program! Stay tuned….

So, we hope you take advantage of all that PSC offers this month, along with the many events at other organizations in our community also included in the newsletter. We invite you all to stop by, say Hello and visit us in the Senior Lounge. Bring a friend – everyone is always welcome to share time with our PSC family! Make this a spectacular New Year! **Lisa**

PENINSULA SHEPHERD CENTER PROGRAMS

BINGO/ZINGO!

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 Class w/ David McColl

Monday January 3rd & 17th, 9-11:00am

Interested in learning how to use a computer? This class will teach you the basic fundamentals. From email to word processing to printing. You can use our computers in the lounge or bring your own in. Come with lots of questions! All skill levels welcome!

Chat and Fold

Friday January 28th 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 January 28th at 9:00am**.

PSC Needlers

Monday January 24th, 10:00-1:00pm

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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Have you done your GRAPES today??

Positive Aging is something we are interested in and this new program, adapted from Sharp Health for PSC, is just that. Taking care of our mind, body and spirit works together to help us live happy, healthy and productive lives. In February, PSC will introduce our **GRAPES** program - an easy and fun way to incorporate all the important wellness practices we need in our daily lives! Stay Tuned.

BACH COLLEGIUYM SAN DIEGO– BACH AT NOON

Wednesday January 19th at 12:00pm
Sara Levy's Salon: From Bach to Mendelsshon. At All Souls' Episcopal Church. 1475 Catalina Blvd.
Ruben Valenzuela, Artistic Director, bachcollegiumsd.org

Pizza and Bingo!

Wednesday January 12th at 11:00am
Back by popular demand Pizza and Bingo will be at PSC Wednesday, January 12th at 11:00am. Come hang out with friends and play Bingo! **Cost is $5. Please RSVP to 619 223-1640 by Monday January 10th.**

PSC Excursion to the Mingei International Museum.

Tuesday January 25th at 10:00am
Humble Spirit and Priceless Art Exhibition. Dedicated to "art of the people" (*mingei*) from all eras and cultures of the world, Mingei International Museum shares arts of daily life through dynamic, changing exhibitions of historical and contemporary folk art, craft and design. Mingei's vibrant collections and exhibitions showcase the finest examples of creative expression from unknown craftsmen to renowned contemporary designers. Lunch will be provided after the excursion at Peninsula Shepherd Center. **Cost is $10. Please RSVP to 619 223-1640 by January 14th.**

PSC Items Available/Items Needed!?

Are you in need of anything? Or do you have any items you may want to donate? If so, please call our office at 619 223-1640. Or email Larysa at lrudich@sdpsc.org or Lisa at lisa@sdpsc.org.

PSC Items Available:

- Brand New Walker, and Brand New Shower Chair. 2 canes, Hearing Aid Batteries,

Movie Day at PSC!

Friday, January 14th at 11:00am
Join us for a movie, popcorn and refreshments in our Senior Lounge. Movie TBD. **RSVP by Jan 7th 619 223-1640**

Events at PSC

LUNCH BUNCH!!!

Thursday, January 20th at 11:00am
The Army's Benevolence in San Diego's Naval Disaster of 1905.
Come join us at this month's Lunch Bunch! The Navy Gunboat U.S.S. *Bennington* was anchored in the depths of San Diego Bay when two angry boilers let loose, taking the lives of 65 sailors and one officer. This is a very historic and tragic event in San Diego's history.
Soup, salad and dessert will be served. Cost is $5
RSVP by Friday January 14th by calling 619 223-1640.

Computer Classes w/ David McColl

Monday January 3rd and 17th from 9-11am.
For this series David will be helping out with your new electronic gadget. What does your new gadget do? Bring in your new electronic gadget, whether it be a laptop, iPhone, or tablet. He is here to answer all your questions!
To register for this series call 619 233-1640 .

Van Ride to 99cent Store & Walmart!

Back by popular demand we are headed out to both the 99cent store and Walmart. Reservations are required and space is limited! To RSVP call 619 223-1640.

Monday January 10th
* 99 Cent Store

Monday January 31st
* Walmart

In the Community.....

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January 2022

Red Brick Seniors

2128 Chatsworth Blvd. San Diego 92107
619 223-1633 Ext 210

Sacred Heart New Year Senior Luncheon!!

Friday, January 7th

Mass is at 11:30am followed by lunch at 12:15pm. $5 donation for lunch and a $1 donation for wine. Sacred Heart Church: 4776 Saratoga Ave

To RSVP call Carole Sanders 619- 225-2239

Aging Well Chair Fitness (Virtual)

Mondays: 10:30am-11:30am & Thursdays 1:00pm-2:00pm **Reg Code: 98025**

Chair-based fitness classes use seated and standing exercises combining unique Latin moves with rhythms to create an exciting and dynamic workout. The class combines boxing drills and constant easy movements for a well-rounded workout. Improve balance, flexibility and reduce stress. For more information call 858-538-8171

Virtual Yoga

Tuesdays & Thursdays: 9:00am-10:00am **Reg Code: 98464**

Discover how yoga can strengthen your core, improve posture and decrease stress and anxiety. Wear comfortable and loose fitting clothes. For more info call 858 538-8171

Forever Fit with Elke Ertle!

Every Wednesday 9-9:50am

Senior Adults! Join us for this in-person, gentle exercise class. Masks required for the unvaccinated. Bring your own water bottle and a towel. Questions? Contact Elaine Burrell, at Point Loma Community Presbyterian Church. 619 -223-1633 Ext. 210

Sharp HealthCare Medicare Phone Consultations

Senior Resource Center
SHARP Grossmont Hospital

Wednesday January 12th 11-12pm

Sign up for a free, 30-minute phone appointment with a Medicare specialist at Sharp to discuss your circumstances and get your questions answered. If you need help enrolling in a plan, our specialists can also help connect you with a licensed agent.

For more info and to RSVP call. **1-800-827-4277**

Our mission at Peninsula Shepherd Center is to help Seniors stay independent and active in their homes as long as possible. If you, a family member, or friend would benefit from our services, we'd love to hear from you! We also **LOVE** volunteers! **Contact us at 619 223-1640 or lrudich@sdpsc.org today!**

New Years Luncheon with Live Musical Entertainment.

Tuesday, January 11th at 11:00am

Enjoy live music fun with friends and a festive lunch. White bean soup with ham, cornbread salad and spice cake. RSVP by Friday January 7th. Call Elaine Burrell at 619 223-1633 at Point Loma Community Presbyterian Church.

Downsizing-Preparing for a Lifestyle Change Workshop

Wednesday, January 19th 12-1:30pm

Do you have too much stuff? Thinking about simplifying your life, but not sure where to start? Let Margaret Zamora, President of Next Phase Move Assistance help you 'sort out' how you can begin to deal with it. Join us for this interactive and informative workshop. RSVP Elaine Burrell at Point Loma Presbyterian Church 619 226-1633

Teen Tech 4 Seniors!

Monday, January 17th 10am-12pm

Need help figuring out how to use your portable electronic device? Bring you Ipad, tablet, phone or laptop computer and receive personalized help from a friendly and tech-savvy teenager. Sign up by contacting Elaine at 619 223-1633. Please specify the type of device you have and bring your device fully-charged or with a power cord.

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COMMUNITY RESOURCES

Free Vacation Home Check

The San Diego County Sheriffs Department offers free home vacation checks year-round. Let us know when you are leaving and the Sheriff's Department Senior Volunteer Patrol will keep a watchful eye on your home while you are away. Security inspects around your home Monday-Friday:

- Check your home for broken windows, open doors, garages, or other suspicious activity.
- Call for a deputy's assistance if there is a problem
- Hide newspapers and packages away from public view
- Upon your return, you will receive a welcome home letter listing the dates your home was checked and observations made during your visit.

For more information call 619 692-4978 or visit sdpdwestern@pd.sandiego.gov

END THE CALL, END THE SCAM WITH SDG&E

The number of scams has increased since the pandemic started. Scammers impersonate SDG&E employees and target vulnerable SDG&E customers facing financial difficulties and take advantage of their reliance on essential services. **Here are some tips on how to recognize common scam tactics:**

- Scammers often threaten immediate service disconnections if a customer does not pay immediately. SDG&E will never contact customers to tell them they must pay now or risk immediate disconnection.
- Scammers often demand payment with cryptocurrency (such as Bitcoin), prepaid cards, or via third-party payment apps like Venmo or Zelle. SDG&E does not use these forms of payment.

Guard yourself using these tips:

- Only provide financial information over the phone if YOU made the call**.**
- Make sure whoever is on the other line can verify they are with SDG&E or can verify your account information.
- Every SDG&E employee on company business is required to carry a photo ID badge.
- IF you want to verify information about your account, log into your MY Account portal at myaccount.sdge.com

Victims of utility scams are urged to call SDG&E immediately at 1-800-411-7343 to report it.