



PENINSULA  
SHEPHERD  
CENTER

# The Lamb's Tales

A community that honors, respects and cares for older adults

January 2024  
Peninsula Shepherd Center  
1475 Catalina Blvd  
San Diego, CA 92107  
(619) 223-1640  
[www.sdpssc.org](http://www.sdpssc.org)

## Hello Friends of Peninsula Shepherd Center

It's 2024 and PSC is excited to offer you all an exciting year of activities and opportunities!

### Highlights for January:

- Thank you VERY MUCH to all of you that have donated so far to PSC's **Annual Fall Campaign**! If you haven't yet had a chance to donate, we hope you will consider supporting PSC's **Out & About Peninsula Senior Transportation Program and operating expenses**. Donations are tax deductible and a great way to use your Minimum Required Distributions or Qualified Charitable Deductions. **We need your support now more than ever!**
- I want to thank all of you for a wonderful time at PSC's **Annual Christmas Party**! The sing-along with **Chris Gridley** was great fun and our **Lunch Bunch Ladies, Peggy, Sandy, Kappy, Leslie and Jean** made the day festive and delicious! A very special thanks to PSC's own **Santa Claus, Laura Mundy**! Laura's many hours spent crafting her handmade Christmas ornaments raised \$535 for PSC! I understand Santa brought more craft kits to Laura, so we will hope to enjoy more of these beautiful treasures next year..... **THANK YOU, LAURA!**
- **Sponsored by Cura Consulting and PSC, Eleanor Snyder** has fun activities planned out for this month! Crafting with Eleanor is back, along with Ask the Expert! Look inside for more details....
- Thanks to a grant from the **San Diego Seniors Community Foundation**, in partnership with the **Peninsula YMCA**, we will begin offering classes very soon! **Enhance Fitness** is an evidenced based group exercise program for older adults. The program is held twice a week, led by a YMCA trained instructor, using ankle weights, exercise bands and chairs for stability. **STAY TUNED!**
- **Lunch Bunch will be Thursday, January 18<sup>th</sup> at 11:00 am.** Due to a last minute cancellation, we will be announcing our presentation soon, but fear not ...it will be great! Our menu is lasagna, garlic bread, salad and dessert. **The cost is \$7 and please RSVP to Kathy by Tuesday, January 16th at (619)223-1240.**
- And join us for another great day at **Viejas Casino**! Our first trip was a fun adventure and we look forward to hosting the next trip on Tuesday, January 30<sup>th</sup>... Details inside.....

So – we are off to a great start! We look forward to spending time with all of you this year and continuing our Aging in Place programs and services. Tell 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@sdpssc.org](mailto:lisa@sdpssc.org) to join.

### PSC Computer Classes w/David McColl

**Monday, January 8<sup>th</sup> & 22<sup>nd</sup>, 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

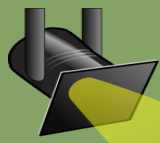
**Friday, January 26<sup>th</sup>, 9:00am, PSC Lounge**

Come socialize with friends, enjoy refreshments and help fold PSC's newsletters in the Senior Lounge on **Friday, December 29<sup>th</sup> at 9am.**

### PSC Knitters, Crocheters and Needlers

**Monday, January 29<sup>th</sup>, 10am, PSC Lounge**

Come join this lovely longtime group of Knitters, Needlepointers 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

JANUARY 2024  
PENINSULA SHEPHERD CENTER  
1475 CATALINA BLVD  
SAN DIEGO, CA 92107  
(619) 223-1640  
WWW.SDPSC.ORG

## Include PSC in Your Planned Giving!

Include PSC in Your Planned Giving! While annual fundraising is an important part of operating PSC, designating us a beneficiary in your estate plan is a critical way to **sustain PSC and continue our Aging in Place Programs** for future older adults. Creating a **Will** provides security to family members and enables individuals to make significant gifts that they may not be able to make during life. Retirement plans are one of the easiest gift choices you can make. You remain in control of the asset during your lifetime and the gift is passed along to PSC upon death, free of taxes (both estate and income).



A **Bequest** allows a donor to support PSC's mission, while reducing your taxable estate. A bequest may include stocks and bonds, a specific dollar amount or property, a percentage of the estate, a residual amount, or a contingency bequest. A **Charitable Gift Annuity** provides you with fixed income for life and leaves a lasting gift to PSC. **Thank you for your consideration! If you have any questions, please contact Lisa at (619) 990-9758.**

*\*This information is provided as a guideline for your consideration in giving to PSC. It is highly recommended that you consult with your Estate and Financial Advisor.*

## Viejas Casino Trip—Tuesday, January 30<sup>th</sup>

Back by popular demand, we are taking another trip to **Viejas Casino**! Offering all types of gaming, Viejas has a fabulous outlet mall just in time for Christmas shopping. The cost of the trip is \$20, snacks and beverages will be provided on the vans and you will be responsible for your own lunch. Van Pick Up available by advance reservation. Drivers meeting at PSC must arrive by 9:15 to board PSC Vans. Vans depart Viejas at 2:00 pm to return home or PSC. **RSVP to Kathy at (619)223-1640 by Friday, January 26<sup>th</sup>. Limited space.**



## Enhance Fitness with Ryan Family Peninsula YMCA

PSC has been fortunate to have had officers of the YMCA on our board for the past 10 years and enjoyed many joint lunches and programs. We are excited to partner with their Executive Director, Jonathan Collopy, and Director - Senior Programs and **PSC Board member, Jeff Bence**, to pilot their new fitness class at our PSC facilities. Across the country, YMCAs are offering **Enhance Fitness**, an evidenced based group exercise program for older adults, that uses simple and easy to learn movements that motivate individuals to stay active throughout their lives. Benefits are:

- Increased Upper & Lower Body Strength
- Improved Flexibility & Range of Motion
- More Energy
- Sense of Independence
- Better Balance
- Better Sleep

Health costs are also found to be reduced by an average of \$1,000 annually. The program is held twice a week, led by a YMCA trained instructor, using ankle weights, exercise bands and chairs for stability. Participants go through a brief intake process, which the YMCA will record and track for wellness information. **Stay Tuned for the Program Dates!**

## EVENTS AT PSC

### Pizza & Bingo

**Wednesday, January 10<sup>th</sup> at 11:00am**

Come hang out with friends and play Bingo!

**Cost is \$5. Please RSVP to (619) 223-1640 by Tuesday, January 9<sup>th</sup>.**



### PSC Birthdays

**Wednesday, January 31<sup>st</sup> at 11:00am**

Join us to celebrate our members' birthdays in January! Join us for Bingo at 11:00!



### Computer Classes w/ David McColl

**Monday, January 8<sup>th</sup> & 22<sup>nd</sup>, 9:00–10:30am**

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

- **Jan 8<sup>th</sup>:** "How to Use Your Gift Card"
- **Jan 22<sup>nd</sup>:** "I Didn't Know My Phone Could Do That!"

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

## VOLUNTEERS NEEDED!

**Looking for a way to give back?** Try giving a ride to a senior for a non-emergency medical appointment or necessary errand! **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](http://www.sdpsc.org).**  
**THANK YOU!!!**



## IN THE COMMUNITY...

JANUARY 2024

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(619) 223-1640  
WWW.SDPSC.ORG

### Brought to You by Cura Consulting & PSCI

#### *Crafting with Eleanor*

Friday, January 19<sup>th</sup>, 11am-1pm, PSC Lounge  
1475 Catalina Blvd San Diego, CA 92107

Eleanor Snyder is back with another crafty creation! This month, we will be making a Prescription Bottle Decoupage. Feel free to bring your old prescription bottles!

#### *Ask the Expert*

Thursday, January 11<sup>th</sup>, 11am-1pm, PSC Lounge

We will be screening the movie "Queen Bees" which revolves around an independent senior, Helen, temporarily moving into an assisted living. The movie will be followed by a Q&A with M.A gerontologist, Brenda Ornellas, to help answer your thoughts and questions about assisted living.

### Sacred Heart Senior Luncheon

**NOTE: No luncheon in January. Next luncheon will be Friday, February 2<sup>nd</sup>, 2023 in celebration of Valentine's Day.**

### Friends of the Point Loma/Hervey Library Present:

#### *Movie Night Every Tuesday at the Marla Hass Community Room!*

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

- Walkabout (1971), GP (Jan 9<sup>th</sup>)
- Indiana Jones & The Dial of Destiny (2023), PG-13 (Jan 30<sup>th</sup>)

#### *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:

- **Jan 17th:** *Intriguing Italy* with Linda Hawley
- **Jan 24th:** *Write On! Remedies for the Reluctant Writer* with Patricia Benesh

### Fire and Fervor

Friday, January 19<sup>th</sup>, 12pm

All Souls' Episcopal Church

1475 Catalina Blvd, San Diego, CA 92107



FIRE AND FERVOR exposes the connections between works by Fasch's teacher in Darmstadt, Christoph Graupner; his famous contemporary Antonio Vivaldi, whose concertos he collected and used as models; and, the program's centerpiece, Fasch's own unique and inspired Lute Concerto.

## **POINT LOMA COMMUNITY PRESBYTERIAN CHURCH (RED BRICK SENIORS)**

2128 Chatsworth Blvd, San Diego, CA 92107

**RSVP to Elaine for all events at  
(619) 223-1633 Ext. 210 or email at  
elaine@pointlomachurch.org**

### Christmas Luncheon (\$7)

**Tuesday, January 9<sup>th</sup>, Family Life  
Center, Doors open 10am,  
Entertainment at 11am, Lunch at  
12pm**

Ring in the new year at our friendly  
monthly luncheon with Johnny G.  
Menu includes hearty black-eyed pea  
soup, crisp green salad and dessert.  
**RSVP by January 5<sup>th</sup>.**

### Retired Senior Volunteer Program (R.S.V.P.) Presentation

**Wednesday, January 17<sup>th</sup>,  
12-1pm Family Life Center**

At this presentation, we will hear  
from two R.S.V.P. officers and learn  
about their duties & responsibilities  
as well as information about joining  
R.S.V.P.

### AARP Safe Driving Classroom Course (\$20 for AARP Members, \$25 for Non-AARP Members)

**Mondays, January 22<sup>nd</sup> & 29<sup>th</sup>, 9am-  
1pm, Family Life Center**

This two-part course will teach you  
defensive driving techniques for  
mature drivers. Please attend both  
sessions in their entirety to receive  
your California Mature Driver  
Improvement Course Certificate.  
Checks or money order made out to  
AARP are accepted (no cash).  
Refreshments provided.

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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To:

**Produce Pantry at the Ryan Family YMCA**

The Ryan Family YMCA hosts a produce pantry in partnership with Feeding San Diego **every first and third Friday of the month from 10:00am - 12:00pm (or until all produce is no longer available)**. This event is open to all and has no eligibility requirements. Please note, this **distribution is first come, first serve**. This distribution is walk-up, please bring your own bags/wagon. For more information about other resources available to you, call 2-1-1 or visit [211sandiego.org](http://211sandiego.org).



**Need Help with Your Energy Bill?**

The holidays can be an expensive time of the year. If you are having trouble paying your energy bill, you might be eligible for programs and services that can provide immediate financial assistance and help you avoid interruptions in your service. Flexible payment arrangements are also available to help you pay down past due balances. Learn more at [sdge.com/Payment-Arrangements](http://sdge.com/Payment-Arrangements).

Check out these energy assistance programs:

- California Alternate Rates for Energy (CARE) Program: Save 30% or more every month on your bill. Find out if you qualify at [sdge.com/CARE](http://sdge.com/CARE).
- Family Electric Rate Assistance (FERA) Program: If you don't qualify for CARE and your household has 3 or more people, you may qualify for FERA. You could receive an 18% discount on your electric bill. Visit [sdge.com/FERA](http://sdge.com/FERA) to learn more.
- Energy Savings Assistance (ESA) Program: You may qualify to receive free energy-saving improvements for your home, like new appliances, lighting, insulation and more. Find details at [sdge.com/ESA](http://sdge.com/ESA).
- Arrearage Management Plan (AMP): If you have outstanding bills and you are a CARE or FERA customer, you may be eligible for debt forgiveness. See if you qualify at [sdge.com/AMP](http://sdge.com/AMP).

Even if you made a recent payment or set up a flexible payment plan with SDG&E, there may still be assistance programs available to help you. For a complete list of available offerings, visit [sdge.com/assistance](http://sdge.com/assistance).

