



PENINSULA
SHEPHERD
CENTER

The Lamb's Tales

A community that honors, respects and cares for older adults

February 2024
Peninsula Shepherd Center
1475 Catalina Blvd
San Diego, CA 92107
(619) 223-1640
www.sdpsc.org

Hello Friends of Peninsula Shepherd Center

Love is in the air and PSC is taking advantage of it by offering many activities to spend with your PSC friends!

Highlights This Month:

- **THERE'S STILL TIME.....**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 **we need your support now more than ever!**
- You may have noticed a new face around PSC! Please join our staff in welcoming our new **Intern, Joseph Rodela, a Sociology major at Point Loma Nazarene University.** Joseph will be in our offices Monday, Wednesday and Friday helping with activities, our programs and learning the ins and outs of running a Non-Profit organization. **Welcome Joseph!**
- PSC is excited about our new partnership with the **Petal Pushers, part of the Point Loma Garden Club!** These ladies will make bouquets weekly for us to deliver to PSC members to brighten their day and know their friends are thinking of them. Special thanks to **Kay Phillips, Linda Staton, Sandi Winter, Kathi Reid and Emy Yeazell** for brightening ALL of our days!
- **Lunch Bunch will be Thursday, February 15th at 11:00 am.** Our favorite musicians, **Villa Musica,** will be joining us for lively music to enjoy with our Valentines luncheon. And there's more.....our own **PSC member, Mary Mayo,** will be sharing her own poetry during a special reading for PSC! **A MUST NOT MISS!**
- This month's **PSC Excursion** will be to the **San Diego Zoo Safari Park!** Space is limited, so get your reservation in soon and look forward to having a WILD time! Details inside....

So – February is jam packed with great opportunities to spend time with friends and enjoy PSC activities. Don't miss the other community activities available on page three and take your loved ones out on a special Valentines date! **Happy Valentines Day and tell a Friend! Lisa**

PENINSULA SHEPHERD CENTER PROGRAMS

BINGO/ZINGO!

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, February 5th & 12th, 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

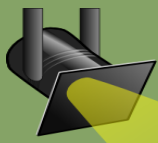
Friday, February 23rd, 9:00am, PSC Lounge

Come socialize with friends, enjoy refreshments and help fold PSC's newsletters in the Senior Lounge on **Friday, February 23rd at 9am.**

PSC Knitters, Crocheters and Needlers

Monday, February 26th, 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

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

PSC Profiles: Sandra (Sandy) Findling

Sandy joined PSC through a fellow member of St. Charles Borromeo Catholic Church and works to make sure their parishioners know all about PSC's programs and services. In the 12 years Sandy has been in the PSC family, she served for 10 years on the Board of Directors and volunteered at all special events; she now serves on the Board Advisory Council, is a regular participant in the Porch Visit program, is one of our most active Volunteer Drivers, provides valuable support for our Summer Celebration Fundraiser by tirelessly collecting gift cards from local merchants for our Silent Auction baskets. Born in Chicago, Sandy married at age 20 and raised three children with her husband, who passed away 16 years ago. Sandy is very close with her children, her six grandsons and great granddaughter. Thanks to her husband, Sandy was a estate agent/broker for 40 years and retired in 2019, though she never wanted to retire. Sandy was always a "crafty" person, she taught sewing prior to coming to San Diego and entering the real estate profession. Sandy also sang in her church choir for any years. Sandy's real passion is helping others and has found that fundraising is a good fit for her interests and skills. She most enjoys seeing our members through PSC's Porch Visit program and learning about their life experiences. Sandy describes PSC as an "inspiration" to her and a very important part of her life. Let's just say that Sandy is an inspiration to PSC and we are lucky to have her!

PSC Lounge Theatre: The CHOSEN

Beginning every Tuesday in February at 10:30am, PSC will be showing The CHOSEN! The number one crowd-funded media project of all time, The CHOSEN is the first ever mini-series based on the life of Jesus. A groundbreaking historical drama, The CHOSEN allows us to see Jesus through the eyes of those who knew Him. Bring a friend, and join us with some popcorn!

- February 6th: Episodes 1 & 2
- February 13th: Episodes 3 & 4
- February 20th: Episodes 5 & 6
- February 27th: Episodes 7 & 8

Lunch Bunch

Thursday, February 15th, 11am—1pm, Doors open at 10:30am

For this month's special Lunch Bunch, we are welcoming back **Nico Hueso with Villa Musica** featuring guitarist, **Tom Hamilton**, performing hot jazz music, some Beatles, and more! We will also be having our beloved member, **Mary Mayo**, reciting her very own written poetry! There will be macaroni and cheese, salad, bread, and dessert! **Lunch is \$7. RSVP by Tuesday, February 14th to the PSC Office at (619) 223-1640.**

San Diego Zoo Safari Park Trip—Tuesday, February 27th

For the first time, PSC is taking a trip to the **San Diego Zoo Safari Park!** Come take a tour around the Safari Park, and see the wild animals! 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 at 2:00 pm to return home or PSC. **RSVP to PSC Office at (619)223-1640 by Friday, February 23rd. Limited space.**



EVENTS AT PSC

Pizza & Bingo

Wednesday, February 14th at 11:00am

Come hang out with friends and play Bingo!

Cost is \$5. Please RSVP to (619) 223-1640 by Tuesday, February 13th.



PSC Birthdays

Wednesday, February 28th at 11:00am

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



Computer Classes w/ David McColl

Monday, February 5th & 12th, 9:00–10:30am

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

- Feb 5th: "How to Use Bluetooth Trackers: Air Tag & Tile"
- Feb 12th: "Finding 'How To' Videos on Youtube"

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.sdpesc.org. THANK YOU!!!**



IN THE COMMUNITY...

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

Sacred Heart Senior Luncheon

Friday, February 2nd, 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 a Valentine's lunch! \$5 donation for lunch and a \$1 donation for wine. **To RSVP, call Carole Sanders (619) 225-2239. PSC Van available for members.**

Valentine Events in San Diego!

Valentines Day at the IB Artisan Market

Saturday, February 10th, 11am—5pm
Location: 829 Seacoast Dr, Imperial Beach, CA

Flower Arrangement Workshop

Tuesday, February 13th, 6-8pm
Location: Mike Hess Brewing, 3812 Grim Ave, San Diego, CA

Candlelight: Valentine's Day Special ft. Aerialists

Wednesday, February 14th, Showings at 6:45pm & 9pm
Location: 6611 University Ave, San Diego, CA

Valentine's Day Dinner Experience

Wednesday, February 14th, 5-9pm
Location: Sally's Fish House & Bar, 1 Market Pl San Diego, CA



Friends of the Point Loma/Hervey Library Present:

Author Talk: Fearless Women with Elizabeth Cobbs
Wednesday, February 7th, 1pm
Marla Haas Community Room

Elizabeth Cobbs is an award-winning historian who brings fresh, unexpected perspectives to our understanding of the past and present. *Fearless Women* tells the story of women who dared to take destiny into their own hands. Inspired by the nation's ideals and fueled by an unshakable sense of right and wrong, they wouldn't take no for an answer. In time, they carried the country with them.

Viennese Rivals

Friday, February 9th, 12pm
All Souls' Episcopal Church
1475 Catalina Blvd, San Diego, CA 92107

Viennese Rivals displays operatic arias and instrumental music by Mozart and Salieri side by side, giving our listeners a rare opportunity to judge the merits of both composers for themselves! This event is **FREE**.



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**

Valentines Luncheon (\$7)

**Tuesday, February 13th, Family
Life Center, Doors open 10am,
Entertainment at 11am, Lunch at
12pm**

Celebrate Valentine's & Mardi Gras with the Rhinestone Grannies! Menu will be roasted pork tenderloin, herb baby potatoes & vegetables, and dessert. **RSVP by February 9th.**

Recycling & Composting Educational Workshop

**Wednesday, February 21st,
12-1pm Family Life Center**
Alicia Slacks will be educating folks on the new rules about green waste and recycling, and how to make it easier! Refreshments provided. **RSVP to Elaine.**

Pizza & a Movie— "The Boys in the Boat"

**Wednesday, February 28th, 11am-
1pm, Family Life Center**
Watch the inspirational true story about the University of Washington rowing team at the height of the Great Depression while enjoying pizza, salad, and a cookie. **RSVP by February 25th.**

Forever Fit with Elke Ertle

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

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!





Peninsula Shepherd Center
 1475 Catalina Blvd.
 San Diego, CA 92107
 (619) 223-1640

PENINSULA
 SHEPHERD
 CENTER

NONPROFIT ORG.
 U.S. POSTAGE PAID
 SAN DIEGO, CA
 PERMIT NO. 280

Electronic Service Requested:

If you **DO NOT** wish to receive this mailing, please check here and return.

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.



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.

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.
- 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 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.
- 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.

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.

