



PENINSULA  
SHEPHERD  
CENTER

# The Lamb's Tales

April 2024  
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

**Hello Friends of Peninsula Shepherd Center!** I hope everyone had a happy and blessed Easter with family and friends! We have planned great activities for April and Lauren is settling like a pro in her new position!

### Highlights This Month:

- **SAVE THE DATE!** Leslie Hudak and Kappy Paul are co-chairing PSC's 2024 Summer Celebration this year and want you to mark your calendars for **Saturday, June 22<sup>nd</sup>, 2024**. Watch our website and stay tuned for more details.....
- **FABULOUS NEWS!** PSC is getting a **new passenger mini-van** due to a generous grant from the **Hervey Family Foundation!** The Hervey family has been supporting PSC for over 20 years now and the late Jim Hervey worked with Jean Durgan to get our first brand new van. The Hervey family is a leader in supporting our local community and PSC is very grateful for this fabulous gift!
- Make sure you join us for **Pizza and Bingo on Wednesday, April 10<sup>th</sup>** as we celebrate member **Gloria Saracino's 100<sup>th</sup> Birthday!** While she actually turns 100 in July, she will be returning to the east coast this month, so we are kicking off what we hope to be many celebrations of our dear friend! Read more about Gloria in **PSC Profiles inside...**
- **Lunch Bunch will be Thursday, April 18th at 11:00 am, Kathy Blavatt** from the Ocean Beach Historical Society will present to us as we enjoy chicken parmesan, salad, garlic bread and dessert. RSVP by Tuesday, April 16<sup>th</sup> and bring a friend!! Details inside...
- **You haven't been to Viejas yet this year? Why not?** PSC is hosting another trip on **Tuesday, April 23<sup>rd</sup>**. We will have two vans running and hope you can join us...details inside!

Let us know if you need a ride. AND you are always welcome to enjoy coffee and refreshments in the PSC Lounge Tuesday, Wednesday and Fridays. Hope to see you soon! 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 [lauren@sdpsc.org](mailto:lauren@sdpsc.org) to join.**

### PSC Computer Classes w/David McColl

**Monday, April 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

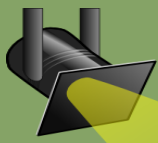
**Friday, April 26<sup>th</sup>, 9:00am, PSC Lounge**

Come socialize with friends, enjoy refreshments and help fold PSC's newsletters in the Senior Lounge on **Friday, April 26<sup>th</sup> at 9am.**

### PSC Knitters, Crocheters and Needlers

**Monday, April 29<sup>th</sup>, 10:00am - 12:00pm, 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

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WWW.SDPSC.ORG

## PSC Profiles: Gloria Saracino

This month PSC is celebrating longtime member Gloria Saracino! Gloria heard about PSC in a community newsletter and has been with us now for five years. She grew up in Philadelphia and now lives in Delaware county outside Philadelphia. After high school, Gloria worked with the Navy Quartermaster also in Philadelphia. Gloria has seven children, 18 grandchildren and 24 great-grandchildren!!! Gloria now spends three to four months here in San Diego with her son, Quentin, each year and we are glad to have her. Gloria's family is planning a big family party this summer on the beautiful New Jersey coastline to celebrate her 100<sup>th</sup> birthday! Without a doubt, Gloria says her favorite hobby is eating! In the past she loved music and dancing. In fact, when Gloria was 14 she sang at the largest Synagogue in Philadelphia and they were so impressed they paid for her singing lessons! When asked what she loves most about PSC, Gloria appreciates peoples' kindness, thoughtfulness and friendship. Gloria's words of advice...."If I can do it, you can do it!" Join PSC on April 10<sup>th</sup> as we are the first to help celebrate Gloria's birthday after Pizza and Bingo! See you there!

## PSC Lounge Theatre: The CHOSEN

Tuesdays in April at 10:30am, PSC finishing season two and beginning season 3. In a mini-series format, The CHOSEN allows us to see Jesus through the eyes of those who knew Him. Bring a friend, and join us with some popcorn and movie candy!

- April 2<sup>nd</sup>: S2; Episodes 5 & 6
- April 9<sup>th</sup>: S2; Episodes 7 & 8
- April 16<sup>th</sup>: S3 Episodes 1 & 2
- April 30<sup>th</sup>: S3 Episodes 3 & 4



## Lunch Bunch

**Thursday, April 18th, 11am—1pm, Doors open at 10:30am**

For this month's lunch bunch, we have speaker **Kathy Blavatt**, who will be teaching us the rich history of Sunset Cliffs Park. Kathy is a seasoned local author and the current Creative Director for the board of the Ocean Beach Historical Society. Feast on chicken parmesan, salad, garlic bread, and dessert. Bring a friend! **Lunch is \$7.**

**RSVP by Tuesday, April 16<sup>th</sup> to the PSC Office at (619) 223-1640.**

## Viejas Casino Trip—Tuesday, April 23<sup>rd</sup>

Viejas Casino Trip—Tuesday, April 23<sup>rd</sup>. This is our third trip, so we have worked out the kinks and will make sure you all have a great time! Offering all types of gaming, Viejas has a fabulous outlet mall with all kinds of shopping opportunities. The cost of the trip is **\$20**, snacks and beverages will be provided on our two 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 Lauren at (619)223-1640 by Friday, April 19th.** Reservations are **REQUIRED** as space is limited!



## EVENTS AT PSC

### Pizza & Bingo

**Wednesday, April 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 Friday, April 5<sup>th</sup>.**



### PSC Birthdays

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

Join us to celebrate our members' birthdays in April and Gloria Saracino's 100th! Join us for



### Computer Classes w/ David McColl

**Monday, April 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.

- **April 8<sup>th</sup>:** "AMA—Ask Me Anything"
- **April 22<sup>nd</sup>:** "AMA—Ask Me Anything"

**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...

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### Sacred Heart Senior Luncheon

Friday, April 5<sup>th</sup>, 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 an Easter's celebration lunch! \$5 donation for lunch and a \$1 donation for wine. To RSVP, call Carole Sanders (619) 225-2239. PSC Van available for members.

### Brought to You by Cura Consulting & PSCI

#### *Crafting with Eleanor*

Friday, April 19<sup>th</sup>, 11am-1pm, PSC Lounge  
1475 Catalina Blvd San Diego, CA 92017

Eleanor Snyder is back with another crafty creation! This month we will be re-purposing old costume jewelry to something Pretty and New. Bring your old pieces.

#### *Ask the Expert: 911 & Urgent Care*

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

This month's topic answers the questions surrounding emergency care. When to call, how to call, and steps following an emergency visit. This an important one for family and friends. We hope to see you there!

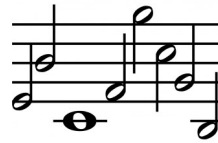
### Diamonds In the Rough

Friday, April 12<sup>th</sup>, 12:00pm  
All Souls' Episcopal Church  
1475 Catalina Blvd, San Diego, CA 92107

One of the central principles of the early music movement, throughout its history to the present day, is that there still exist many unknown masterworks, of great beauty and artistic value, just waiting to be rediscovered. In our final Bach at Noon program BCSD offers two such pieces, in their US premieres: the *Jubilate Deo* of Joseph-Hector Fiocco (1703-1741), in a new edition based on the manuscript in Brussels Conservatory; and *Mein Herz schwimmt im Blut* by Christoph Graupner (1683-1760), which served as a closely-followed model for a better-known work based on the same text by the young J.S.Bach.

#### **FREE ADMISSION**

Buy your tickets here: <https://bachcollegiumsd.org/loveandrevolution>



### Ocean Beach Women's Club

**Ocean Beach Woman's Club:** Celebrating 100 years of sisterhood, the **OB Woman's Club is a long time supporter of PSC** and is hosting two events in April that sound fantastic! See their website at [www.oceanbeachwomansclub.org](http://www.oceanbeachwomansclub.org)

**FOURTH ANNUAL HAT CONTEST at Dirty Birds** in Ocean Beach on 4/4/24 from 6:30 pm to 8:00 pm at 1929 Cable Street

**JAMMIN' @ GIANNI'S Wine Tasting Fundraiser** at Gianni Buonomo Vintners in OB on 4/14/24 from 2:00 pm to 6:00 pm at 4836 Newport Avenue

### **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](mailto:elaine@pointlomachurch.org)

### Spring Luncheon (\$7)

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

Celebrate with Jefferson Schildgen of Rat Pack Reborn! Menu will be pasta, crisp green salad, and dessert. **RSVP by Friday, April 5<sup>th</sup>.**

### Retirement Workshop & Pasta Dinner

Wednesday, April 17<sup>th</sup>, 5:00pm-7:30pm, Family Life Center

A workshop consisting of small group engagement, a few short reflection activities and dinner in between facilitated by life transition coach, Julia Holladay. **To RSVP call Elaine. \$10 at the door.**

### Forever Fit with Elke Ertle

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

Senior Adults! Join us for this in-person, gentle, exercise class. is provided, but feel free to bring your own water bottle and a towel. Questions? **Contact Elaine.**

### Grief Share/Support Group

Every Wednesday, 1:00pm-3:00pm In the Parlor

Going now through May 22nd. This 8-week, in-person, grief recovery is here to help individuals navigate this ever-complex part of life. Questions? **Contact Elaine.**



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**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).

**Are You Prepared for Storms?**

The San Diego County of Emergency Services has tips on how to prepare for storms and other emergencies. You should create a plan, build an emergency kit and sign up for alerts. Check out these helpful tips.

- Create a family disaster plan at [alertsandiego.org](http://alertsandiego.org). Practice evacuating to be prepared at a moment's notice.
- Have an emergency kit ready with necessary items if you had to evacuate, including food and medication.
- Have contingency plans for different times of the day, i.e. while some family members are at work or school.
- In case you are separated during a disaster, discuss where to reunite because phone service may not be reliable during a disaster.
- Your pets are part of your family too. Make sure they are microchipped and that you have a pet disaster plan in place. Learn which items to have packed at [sddac.com](http://sddac.com).
- Register your (and other family members') cellphones with Alert San Diego at [alertsandiego.org](http://alertsandiego.org) to be notified if an emergency is affecting your neighborhood.
- Get free sandbags at locations throughout the County. Find one near you at [alertsandiego.org](http://alertsandiego.org). Sandbags help divert or redirect water, mud and debris from your property and help prevent soil erosion.



Have you been affected by winter storms? You may be eligible for assistance and recovery resources. Learn more at [sdge.com/RecoveryResources](http://sdge.com/RecoveryResources).

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!

