



PENINSULA  
SHEPHERD  
CENTER

# The Lamb's Tales

May 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!** The year is flying by and PSC is enjoying many activities and fellowship with our members and guests! Lauren, Jim, David and Joseph and I are here to keep your days full, so see what we have in store for you this month!

### Highlights This Month:

- Don't miss **PSC Profiles** this month where we highlight **Ted Ward, longtime PSC member and Marine Corp veteran of WWII and the Korean War.** Ted and eight fellow veterans who served in the US Naval Special Warfare Operations were recently honored here in San Diego. See inside for more and thank you, Ted, for your service!
- **Are you taking advantage of PSC's Senior Lounge?** Join **Jim Donahoe, PSC's Activity Coordinator,** Tuesdays, Wednesdays and Fridays from 10:00 am to 1:00 pm!
- **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.** The Summer Celebration Committee, the PSC Board and staff are busy working to make sure this event is better than ever! Watch our website and stay tuned for more details.....
- **A very special Lunch Bunch will be Thursday, May 16<sup>th</sup> at 11:00 am.** We will hear all about the fabulous **Point Loma Summer Concert Series** along with entertainment! Thanks to **Eleanor Snyder, Chair of the PLSCS** for making this happen! Stay tuned to hear about special transportation and seating for PSC members and their guests at the concerts this summer. Enjoy a Mexican fiesta of homemade chicken and cheese enchiladas, rice, beans, chips, salsa, guacamole and dessert. Please **RSVP by Tuesday, May 14<sup>th</sup>** to make sure we have plenty for everyone and bring a friend!!
- **Are you taking advantage of PSC's Senior Lounge?** Hang out in our comfortable space with coffee and refreshments, our book library, important Community Resource information, games, puzzles, a free greeting card collection, a "Help Yourself" basket and much more! Join **Jim Donahoe, PSC's Activity Coordinator,** Tuesdays, Wednesdays and Fridays from 10:00 am to 1:00 pm!

There are so many more events throughout our community in May. I hope you enjoy many of these great opportunities and let us know if you need a ride! 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 Walks with Rob Keller

**Tuesday, 21<sup>st</sup>, 10:00am-1:00pm, Cabrillo National Monument**

Join Rob as he guides us through Cabrillo Monument's new attractions!

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

### Chat and Fold

**Friday, May 24<sup>th</sup>, 9:00am, PSC Lounge**

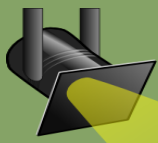
Come socialize with friends, enjoy refreshments and help fold PSC's newsletters in the Senior Lounge on **Friday, May 24<sup>th</sup> at 9am.**

### PSC Knitters, Crocheters and Needlers

**Monday, May 20<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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## PSC Profiles: Ted Ward

You may have read about PSC member, **Ted Ward**, in the recent addition of **Point Loma Lifestyles Magazine**...but more about that later! Ted heard about PSC when he was looking for a social outlet after losing his wife in 2018 and staying at home throughout the pandemic. A member now for two years, Ted is a frequent rider on PSC vans and is a regular at our monthly luncheons and on PSC Excursions. Born in Chicago, he joined the Navy at age 17 with his teenage best friend when WWII was coming to an end. He married in Chicago, honeymooned in San Diego and then had three daughters with his wife. After the Navy, Ted earned his bachelor's degree in electrical engineering at Chicago Technology College. He went on to complete his graduate studies in electrical engineering at Illinois Institute of Technology and was hired in Chicago to come to Convair in San Diego where he specialized in aircraft missile electronics. He was also a Hard Hat Diver for the Navy in submarine rescue missions. Ted retired after 25 years as Engineering Manager at Cubic Corporation. A long-time sailing enthusiast, Ted raced small sailboats nearly every weekend at the San Diego Yacht Club winning multiple trophies until eight years ago. Ted was active in surfing, swimming and boogie boarding as well. Ted participated in the 2022 Honor Flight to Washington, DC touring museums honoring our veterans for three days. This spring, Ted was also part of bi-plane exhibition flights at Gillespie Field and was featured in an article about him and seven fellow veterans in the most recent addition of Point Loma Living Magazine. When asked what he enjoys most about PSC, Ted looks forward to socializing at our various activities and being part of our friendly membership. Ted's words of advice are "Live every day as if it's your last, because someday you're sure to be right!" Ted – thank you for your service!!!



## EVENTS AT PSC

### Pizza & Bingo

**Wednesday, May 8<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, May 3<sup>rd</sup>.**

BINGO				
4	18	37	59	51
34	68	12	63	8
28	54	xxxx	26	15
43	72	46	25	40
57	74	3	61	37

### PSC Birthdays

**Wednesday, May 29<sup>th</sup> at 11:00am**

Join us to celebrate our members' birthdays in May! Sweets, treats, and Bingo at 11:00am!



### Computer Classes w/ David McColl

• **NO CLASSES IN MAY**  
David, our tech wizard will be on vacation. Classes will resume in June.

### PSC Walks: Cabrillo National Monument

**Tuesday, May 21<sup>st</sup> at 10:00am**  
Rob Keller will guide us along Cabrillo's beautiful walkways and attractions Water and snacks provided **Cost is \$5. Please RSVP to (619) 223-1640 by May 17<sup>th</sup>**

## PSC Lounge Theatre: The CHOSEN

We will be viewing the conclusion of Season 3 of The Chosen in the PSC Senior Lounge. Season 4 has just concluded its run in theatres and we will show it here in the Senior Lounge as soon as it's available to the public. Season 4 coming soon!

- **May 7<sup>th</sup>: S3; Episodes 5 & 6**
- **May 14<sup>th</sup>: S3; Episodes 7 & 8**



## PSC Walks: New Attractions at The Cabrillo Monument— Tuesday, May 21<sup>st</sup>

The weather is warming and gray skies are clearing out! If you've been craving the sun and sea then we've got the perfect remedy! PSC walks are a wonderful opportunity to spend quality time outdoors with valued members of our community. Our guide, Rob Keller, will show us Cabrillo's new short trails, movies that are now available, tidepools and more! **Bring \$5** and walking shoes if you'd like to join us. Water and snacks will be provided. **Vans depart to Cabrillo National Monument at 9:30 am from PSC. RSVP to Lauren at (619)223-1640 by Friday, May 17th.** Reservations are **REQUIRED** as space is limited!



## 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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## Lunch Bunch

**Thursday, May 16th, 11am—1pm, Doors open at 10:30am**

This month's Lunch Bunch will showcase a presentation by Clint Bruce, a Director from the Point Loma Summer Concert. Afterwards, the talented musicians of Correia Middle School will entertain us with sweet sounds!. Enjoy a Mexican fiesta of homemade chicken and cheese enchiladas, rice, beans, chips, salsa, guacamole and dessert. Bring a friend! **Lunch is \$7.**

**RSVP by Tuesday, May 14<sup>th</sup> to the PSC Office at (619) 223-1640.**

## Sacred Heart Senior Luncheon

**Friday, May 3<sup>rd</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 a Cinco de Mayo 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 & PSC

*Ask the Expert: Essential Oils*

**Thursday, May 9<sup>th</sup>, 11am-1pm, PSC Lounge**

Ruth Turoff will be sharing her knowledge of essential oil and how they can enhance our lives in a natural way. This session is perfect for those are interested in wellness, fragrance, and science!

*Crafting with Eleanor*

**Friday, May 17<sup>th</sup>, 11am-1pm, PSC Lounge**  
**1475 Catalina Blvd San Diego, CA 92017**

This month we will learn to paint our very own Mandela Stones! Mandela Stones have been used for centuries as a path toward relaxation and to lower stress. To ensure that we have enough supplies please **RSVP with Lauren at front office (619)223-1640.**



## Bound For Bachfest!

**Bach's Chorale Cantata Cycle: 1724/25**

**Friday, May 3<sup>rd</sup>, 7:00pm**

**All Souls' Episcopal Church**

**1475 Catalina Blvd, San Diego, CA 92107**

Can't make it to Leipzig June 2024? Join us for our San Diego Bachfest debut preview. In his second year as Thomaskantor, J.S. Bach composed a new cantata for every Sunday; a total of 52 works! Join us for three of them written for Advent and Christmas 1724. **Soloists:**

Clara Rottsolek, Soprano; Reginald Mobley, Countertenor; Jay Carter, Countertenor; Aaron Sheehan, Tenor; Paul Max Tipton, Bass; Enrico Lagasca, Bass. **Ticket: \$15 -\$60**

Buy your tickets here: [www.bachcollegiumsd.org/bound-for-bachfest](http://www.bachcollegiumsd.org/bound-for-bachfest)



## **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**

## May Luncheon (\$7)

**Tuesday, May 14<sup>th</sup>, Family Life  
Center, Doors open 10am,  
Entertainment at 11am, Lunch at  
12pm**

Dust off your cowboy boots as we enjoy musical duo "Uncommon Ground"! Menu will be Mexican Tostadas **RSVP by Friday, May 10<sup>th</sup>.**

## 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.**

## 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. Water is provided, but feel free to bring your own water bottle and a towel. **Questions? Contact Elaine.**

## POAMN Conference

**May 29<sup>th</sup>-30<sup>th</sup>, 1:00pm–3:00pm**

Join ministry leaders, chaplains, and lay leaders for fresh perspectives on older adult ministry. Come ready to be inspired with new ideas to implement.

**Questions? Contact Elaine or visit  
www.poamn.org/conference to  
register.**





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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!

