

Senior Lounge Hours
Tuesdays/Wednesdays/Fridays
10:00am-1:00pm

PENINSULA SHEPHERD CENTER SAN DIEGO
November 2023

Transportation Hours
Monday-Friday: 9:00am-1:00pm
Sundays: Church Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Van Errands: Trader Joe's & Von's 9am-1pm PSC Bingo/Zingo 11am Forever Fit 9-9:50am	Van Errands: 9am-1pm Tai Chi 1-2pm	Van Errands: 9am-1pm Sacred Heart Lunch 12:15 pm	
			Van Errands: 99 Cents Store 9am-1pm PSC Computer Class 9-10:30am Ask the Expert Presentation 11am	Van Errands: 9am-1pm	Van Errands: Ralph's & Target 9am-1pm PSC Pizza & Bingo/Zingo 11am PLCPC Workshop 5:30pm Forever Fit 9-9:50am	Van Errands: 9am-1pm PSC Executive Board Meeting 10am Tai Chi 1-2pm
Van: Sunday Church Services	Van Errands: 9am-1pm PSC General Board Meeting 11am	Van Errands: 9am-1pm PLCPC Lunch 10am	Van Errands: Sprouts & CVS 9am-1pm PSC Bingo/Zingo 11am Friends of PSC Meeting 1:30pm Forever Fit 9-9:50am	Van Errands: 9am-1pm PSC Lunch Bunch The Heritage Dancers 11am Tai Chi 1-2pm	Van Errands: 9am-1pm BCSD Byrd is the Wyrd 12pm	
Van: Sunday Church Services	Van Errands: Walmart 9am-1pm PSC Computer Class 9-10:30am	Van Errands: 9am-1pm PSC Excursion: Viejas Casino	Van Errands: Trader Joe's & Von's 9am-1pm PSC Bingo/Zingo 11am Forever Fit 9-9:50am	No Van Service PSC Office Closed 	No Van Service PSC Office Closed 	
Van: Sunday Church Services	Van Errands: 9am-1pm PSC Needlers 10am-12pm	Van Errands: 9am-1pm PSC Chat & Fold 9am	Van Errands: Ralph's & Target 9am-1pm PSC Bingo/Zingo November Birthday Party 11am PLCPC Workshop 12pm Forever Fit 9-9:50am	Van Errands: 9am-1pm Tai Chi 1-2pm		

THANK YOU TO OUR SUMMER CELEBRATION
2023 SPONSORS!

Come Join Us at Lunch Bunch!

Enjoy a warm Thanksgiving meal and
give thanks with entertainment from the
Heritage Dancers!



Lunch \$7

Menu: Turkey, Stuffing, Pumpkin Pie, and more!

Thursday, November 16, 2023 at 11 am

Gooden Hall

1475 Catalina Boulevard, San Diego

RSVP by November 14 to the PSC Office at (619) 223-1640

NELSON PHOTO
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Harbor View
Senior Assisted Living



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