



PENINSULA  
SHEPHERD  
CENTER

# The Lamb's Tales

A community that honors, respects and cares for older adults

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

**Hello Friends of Peninsula Shepherd Center!** Summer is here! As we all look forward to some lazy days enjoying beautiful San Diego, PSC is planning activities for July and August to keep us connected and busy!

## Highlights for July and August:

- **PSC Staff and Board say an enormous THANK YOU for your participation in 2024 SUMMER CELEBRATION!!!** This year was a huge success in every way! While we do not have final totals for all donations at this writing, we are confident in saying that with your support we had a **record breaking year!** I was particularly excited to see so many **new faces and guests** that had not yet been exposed to PSC and all that we do to promote **Aging in Place Programs** for older adults in the Peninsula Communities! Thanks to all of you for inviting your friends and family and helping spread the word! A special thank you to those of you that could not attend, but still participated in the **Summer Celebration Challenge**. I am beyond grateful and honored by your amazing support!
- July marks the beginning of the **Point Loma Summer Concert Series!** We have special arrangements for our members and guests, including **transportation and preferred seating**. Thank you to **Eleanor Snyder, PLSCS Chair**, for working with us to make this a fun time....details inside!
- Just a reminder that we will not be having Lunch Bunch in July and August. **Lunch Bunch will resume on September 19<sup>th</sup>**. We are busy planning great programs and delicious luncheons for you!
- **PSC Walks will be to Balboa Park on Tuesday, July 16th and Seaport Village on Tuesday, August 20th.** If you haven't been recently, these two are a **MUST SEE** as there are many new shops, restaurants and you can't beat the fabulous location right on the bay. Join Rob Keller and explore these beautiful San Diego treasures...details inside.....
- **It's time for another trip to Viejas!** We are going **Tuesday, July 23rd**, so tell a friend!
- **AND we are in the final changes of our name change to Peninsula Community Senior Center!** Look for a full **Re-Branding and Membership Campaign** early this Fall!

We thank you **AGAIN** for making Summer Celebration a great success! 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, July 16th, 9:30am-1:00pm, Balboa Park**

Join Rob as he guides us through Balboa Parks pleasant walkways and museums of your choice! Bring comfortable walking shoes and resources for lunch. Water and snacks will be provided. **Please call the PSC office to RSVP.**

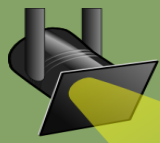
**Tuesday, August 20th, 9:30am-1:00pm, Seaport Village**

Next up on PSC Walks will be gorgeous Seaport Village. Enjoy coastal views, colorful restaurants, gift shops, and leisurely walkways. Water and snacks will be provided. **Please call the PSC office to RSVP.**

### **PSC Knitters, Crocheters and Needlers**

**Monday, July 29th and Monday August 26th, 10:00 am, PSC Lounge**

Come socialize with friends, enjoy refreshments and help fold PSC's newsletter in the Senior Lounge on Friday  
**To register call the PSC office at (619) 223-1640.**



# SPOTLIGHT ON THE PENINSULA SHEPHERD CENTER

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## In Need of Medical Equipment? We Got You Covered!

This is your friendly reminder that PSC has several pieces of medical equipment available for use for all! Thanks to generous donations from our community, we have many useful items such as **shower chairs, sliding tub chairs, walkers, wheelchairs in addition to other things.**



If you or a loved one are in need of medical equipment, you may either visit the PSC office anytime, Monday through Friday 9:00am –3:00pm, or call the office to make a drop-off/pick up reservation at **(619) 223-1640.**

## PSC Summer Movies in June

We will be showing popular movies this summer in the PSC Senior Lounge, 4 Fridays during July and August. at 10:30 AM on the following dates:

- **Friday, July 12th & 19th 10:30AM**
- **Friday, August 2nd & 9th 10:30AM**

These are some of the movie possibilities:

- “The Boys in the Boat”, directed by George Clooney
- “Moneyball”, starring Brad Pitt
- “The Pride of the Yankees”, an incredible story of triumph and tragedy in the life of Lou Gehrig, starring Gary Cooper
- “The American President”, starring Michale Douglas and Annette Benning
- “The Manchurian Candidate”, starring Denzel Washington and Meryl Streep
- “Saving Private Ryan”, starring Tom Hanks
- “Hotel Rwanda”, starring Don Cheadle

“I double-dog dare you to find a better movie lineup than this. And don’t forget, season 4 of ‘The CHOSEN’ will be shown this fall.” - Jim D.

## PSC Walks: Balboa Park—Tuesday, July 16<sup>th</sup>

PSC walks are a wonderful opportunity to spend quality time outdoors with valued members of our community. Our guide, Rob Keller, will show us Balboa’s pleasant short trails, walkways, museums, and gardens! **Bring \$5** and walking shoes if you’d like to join us. Water and snacks will be provided. **Vans depart to Balboa Park at 9:15 am from PSC. RSVP to Lauren at (619)223-1640 by Friday, July 12th.** Reservations are **REQUIRED** as space is limited!



## Seaport Village—Tuesday, August 20<sup>th</sup>

Next up on PSC Walks will be gorgeous Seaport Village. Enjoy coastal views, colorful restaurants, gift shops, and leisurely walkways. **Bring \$5** and walking shoes if you’d like to join us. Water and snacks will be provided. **Vans depart to Seaport Village at 9:15am from PSC. RSVP to Lauren at (619) 223-1640 by August 16th.** Reservations are **REQUIRED** as space is limited!

## EVENTS AT PSC

### Pizza & Bingo

**Wednesday, July 17th and August 14th**

**11:00am** Come hang out with friends and play Bingo! **Cost is \$5. Please RSVP to (619) 223-1640 by Friday, July 12th & August 9th**

BINGO				
4	18	37	59	51
34	68	12	63	8
28	54	44	26	15
43	72	46	25	40
57	74	3	61	37

### PSC Birthdays

**Wednesday, July 31st & August 28th at 11:00am**

Please join us for pizza and cake to celebrate our members’ birthdays!



### PSC Walks: Balboa Park & Seaport Village

**Tuesday, July 16th & August 20th, at 9:30 am**

Rob Keller will guide us along Balboa Park’ and Seaport Village’s beautiful walkways and attractions. Water and snacks provided **Cost is \$5. Please RSVP to (619) 223-1640 by July 12<sup>th</sup> and August 16<sup>th</sup>**

### Computer Classes with David McColl

Computer Classes are back in session! Every **1st and 3rd Monday** of every month from **9:00 am-10:30 am** in the PSC Senior Lounge. To make sure everyone gets the help they need, please register through the office at **(619) 223-1640**

### Viejas Excursion

**Tuesday, July 23rd at 9:30am**  
Our Viejas Casino and Resort trip is back in action! Van pick up available by advance reservation. Drivers meeting at PSC must arrive by 9:15am. \$20 donations\ includes roundtrip transportation and refreshments. Please RSVP by **Friday July 19th at (619) 223-1640**



# IN THE COMMUNITY...

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## Viejas Casino and Resort Excursion

**Tuesday, July 23rd, 9:30am-2:00pm**

Viejas is back in action! Come join us for a day of fun at Viejas Casino and Resort. Your \$20 donation includes roundtrip transportation and refreshments. Van pick up is available by advance reservation. Drivers meeting at PSC please arrive by 9:15 am to board PSC Vans at 9:30am. Vans will depart Viejas at 2:00 pm to return home or PSC. Please reserve your spot by **Friday July 19th to the PSC Office at (619) 223-1640.**



## Brought to You by Cura Consulting & PSC

**Ask the Expert** will return in September. Stay tuned to find out which Expert will be joining us next!

**Crafting with Eleanor** will return August 16th 11:00am-1:00pm. The theme will be flowers.



## Point Loma Summer Concert Series

Point Loma Summer Concerts is proud to announce The Third Act. Located at the Catalina Entrance next to the Fire Station, this Senior friendly area is hosted by Peninsula Shepherd Center and Cura Home Health. This will include Senior only parking, a concession stand and food runners (no more hiking down stairs for food). Raffle sales which support music programs on The Point and more! Transportation is coordinated through PSC. Shows begin **July 12th.**

- July 12th**—Fleetwood Max (Fleetwood Mac Tribute Band)
- July 19th**—Big Time Operator (Big Band Orchestra)
- July 26th**—D.S.B. (Journey Tribute Band)
- August 2nd**—Billy nation (Billy Joel Tribute Band)
- August 9th**—The Pine Mountain Logs (Best Cover Band Ever)

For more information, please visit [www.PointLomaConcerts.org](http://www.PointLomaConcerts.org). To arrange transportation, please call the PSC office at (619)223-1640

## Ryan Family YMCA in JULY

### YMCA Hiking and Yoga Club

Join the club the **first Sunday of the month** for community, nature, and connection to Self. For more information email **Katie Lewis** at [Klewis1@ymcasd.org](mailto:Klewis1@ymcasd.org) to sign up.

### Produce Pantry Every 1st and 3rd Friday 10:00am –12:00pm

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).

## **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 today!



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San Diego, CA 92107

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### **PAYMENT BY A GIFT CARD? IT'S A SCAM!**

Gift cards are popular and convenient...and not just for gifts. Con artists have latched onto gift cards as a convenient form of payment in their scams. In a recent AARP survey 1 in 4 adults said they or someone they know had been asked at some point to purchase a gift card to pay a fee, fine, some other debt or obligation to claim a prize. About 1 in 4 adults who were contacted reported they bought the cards, approximately 13 million US adults ages 18 and older.

#### **SIGNS TO WATCH FOR:**

1. Requests to pay off IRS Debt or to resolve a problem with your Social Security account
2. A utility company warning of an imminent shutoff
3. A lottery company promising a big prize – once you pay fees up front
4. A grandchild needing bail or facing another financial emergency
5. A request to share the numbers on the card by reading them or sending a picture
6. Gift cards referred to as “Electronic Vouchers” - a quick means of making a payment

**HANG UP THE PHONE!** Asking to be paid by a gift card is **ALWAYS A SCAM! ALWAYS SAY NO!**

### **Are You Prepared for Storms?**

The San Diego County Department 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).