



Volume 24 No. 12
December 2019
www.sdpSC.org
619-223-1640

The Lamb's Tales

A community that honors, respects and
cares for older adults

Hi Friends of PSC!

December is packed full of events! December is our Christmas Party and White Elephant gift exchange on December 12th. It was such a great time last year and hope you can come. See the flyer insert for details. Also that evening, please join us for a fundraiser sponsored by Point Loma Assembly and Jensen's. All proceeds will go to PSC. This is a very generous offering and we hope you will stop by. Details are also on the flyer insert. On December 18th, Bob Keck will share his recent travels to Ireland, complete with a slide show and refreshments. His last trip to Peru was not to be missed, so please join us. Lastly, I want to make a personal appeal to all of you to continue to support PSC through our Fall Campaign. We have had a productive year with the introduction of new programs, increase in membership and are looking forward to the enhanced All Souls' campus for more events in 2020. We cannot do this without you.



Have a blessed holiday season. Lisa

What's NEW at the Peninsula Shepherd Center?

- ◆ Our lounge has NEW hours! Come by Wednesdays & Fridays from 10:00am-1:00pm.
- ◆ PSC has a NEW website! Info about our Senior lounge, newsletter, calendar and events happening. Interested in becoming a Volunteer Driver or a New Member? Applications can be downloaded on our NEW Website. Learn about us by visiting www.sdpSC.org.
- ◆ Peninsula Shepherd Center would like to welcome our NEW Transportation Member.
Kathleen Davidson
- ◆ **Meals on Wheels: Delivering more than a meal**



Meals on Wheels San Diego County provides delicious and nutritious meals to seniors over the age of 60, their caretakers, and disabled veterans of any age. Meals are delivered by volunteers for every day of the week, including holidays. Lunch and entrée options are fresh, heart-healthy, and well-balanced. Along with the meal comes a friendly visit and safety check. For just \$4, Meals on Wheels will deliver a meal and a smile straight to your door. **Please call 619-260-6110 to sign up today!**



**PENINSULA
SHEPHERD
CENTER**
619-223-1640

Peninsula Shepherd Center Events

99cent Store Shopping!

Take a ride in the Van over to the 99cent store in Clairemont. To RSVP call 619-223-1640. Cost is \$5
When: Monday, December 2nd, 10:00am
Where: 4140 Clairemont Mesa Blvd.



Holiday Wine Tasting/Fundraiser

Come Sip, Savor and Shop at The Point Loma Assembly. Sample wine and holiday spirits for purchase that will make great gifts for family and friends. All items sold will be discounted for purchase and ALL net proceeds will benefit The Peninsula Shepherd Center.
When: Friday, December 12th 5-7pm
Where: Point Loma Assembly 3035 Talbot St.
Tickets are \$25 and can be purchased at Jensen's or online at jensensfood.com/winetasting. Light appetizers will be served.



Alzheimer's San Diego Support Group

Attending this support and discussion group can give someone a safe environment to discuss caregiving experiences, learn strategies for coping and gain emotional support.
When: Thursday December 5th & 19th 10:00-11:30am

Where: Peninsula Shepherd Center
1475 Catalina Blvd

Chat -N -Fold

Do you have some spare time? Come join socialize, enjoy refreshments and fold our Newsletters.

When: Friday, December 20th 9:00am

Where: Peninsula Shepherd Center
1475 Catalina Blvd

Computer Classes

Interested in learning how to use a computer? This class will teach you the basics fundamentals. From email to word processing to printing. Bring your questions and if you like, your own computer. All skill levels welcome!

When: Monday December 9th & 30th 9:30-11:00am.

Where: Peninsula Shepherd Center 1475 Catalina Blvd. To RSVP call 619-223-1640

PSC Holiday Party and White Elephant Gift Exchange

Join us for our annual Holiday party and White Elephant gift exchange. Bring a gift (re-gifts are good) and a dessert to share. Food and refreshments will be provided Entertainment by Villa Musica.

When: December 12th, 11-2pm

Where: St. Peters by the Sea Lutheran Church. 1371 Sunset Cliffs Blvd.
RSVP by December 6th to PSC 619-223-1640. Transportation available for PSC members.



Needlers

Come join this lovely group of Knitters and Crocheters. Enjoy refreshments and laughs with our crafty members. All skill levels are welcome!

When: Monday, December 16th from 10:00-12:00pm

Where: Peninsula Shepherd Center
1475 Catalina Blvd.

Van services are available for PSC Transportation Members.

Explore Ireland with Bob Keck

Come and experience Ireland through the eyes of Bob Keck, a longtime PSC member. View a slideshow and enjoy light refreshments while you gain knowledge about this beautiful country.

When: Wednesday, December 18th 10:30am

Where: Peninsula Shepherd Center
Senior Lounge 1475 Catalina Blvd



Like to Play Bridge?

Bring your own foursome or come and meet others who are looking for partners. This is a free event and open to the community.

Starts at 10:00am

- Thursday December 5th & 19th
Peninsula Family YMCA:
4390 Valeta St.

For more info call the YMCA at 619-226-8888 or PSC 619-223-1640.



Red Brick Seniors



Point Loma Community Presbyterian Church offers weekly activities in a friendly environment. 2128 Chatsworth Blvd. For more information contact **Elaine Burrell**. 619-223-1633

Christmas Luncheon w/Robert Parker Band

Enjoy the classy sounds of Robert Parker on the grand piano and a festive turkey meal with all the fixings. Doors open at 10am, Entertainment at 11am, Lunch at 12pm. (\$6)

When: Tuesday, December 10th

Where: Point Loma Community Presbyterian Church 2128 Chatsworth Blvd. RSVP to Elaine Burrell 619-223-1633 ext. 210

Blue Christmas

A special service of remembrance, light and hope for those experiencing loss this Christmas season.

When: Thursday, December 19th at 6:00pm in the Chapel.

Where: Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd.

RSVP to Elaine Burrell 619-223-1633 ext.210

Memory Friends

A social gathering for people experiencing mild to moderate cognitive changes. We will socialize, enjoy activities, and support each other through the journey. Caregivers & family welcome. Light refreshments served.

When: Tuesday December 17th from 10-11:30am in the Family Life Center

Where: PLCPC 2128 Chatsworth Blvd
Hosted by Elaine Burrell & Pastor Wirth

*Warm wishes for a
happy holiday season
and a
wonderful New Year!*



**PENINSULA
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Community Events

Sacred Heart Senior Luncheon.

Come and invite your friends to this delicious Christmas lunch and fellowship. Bring a plate of your favorite cookies to exchange with your friends.

Cost is \$5 lunch and \$1 Wine

When: Friday, December 6th

Time: Mass at 11:30am; Lunch at 12:15

Where: Sacred Heart Church

4776 Saratoga St. **RSVP required.**

Jerry or Carole Sanders 619-225-2239.



Coping with Grief during the Holiday Season

Those who have lost a loved one will gain new insights and identify strategies for coping with the holiday season.

When: Wednesday, December 18th 12-1pm

Where: Point Loma Community Presbyterian Church 2128 Chatsworth Blvd

Registration Required 1-800-821-

4277

Gentle Floor & Chair Yoga

Gentle floor & chair yoga will encourage you to move into different stretches and postures to ease areas of tightness, tension and discomfort.

Suggested donation of \$10

When: Every Tuesday & Thursday 10:00-11:00am

Where: Episcopal Church Center

2083 Sunset Cliffs Blvd

For information call Mary Adams.

619-755-6990.

Free Blood Pressure Screenings

Sharp Senior Resource Center Registered Nurse offers free blood pressure checks.

♦ **Tuesday, December 3rd**

9:30 – 11:00am

YMCA 4390 Valeta St

♦ **Tuesday, December 10th**

9:30am - 11:00am

PLCPC 2128 Chatsworth Blvd.

Holiday Concert w/ The Peninsula Singers

Come and enjoy this Community Choir based in Point Loma under the direction of Sarah Suhonen with Stewart Simon on the piano.

When: Sunday, December 8th at 2:00pm

Where: Point Loma/Hervey Library 3701 Voltaire St 619-531-1539

Forever Fit Gentle Exercise Class

In Partnership with Peninsula Family YMCA at TWO Locations:

Wednesdays 9:00am-9:50am

PLCPC; 2128 Chatsworth Blvd.

Mondays & Fridays 9:00-9:50am

St. Peters by the Sea, 1371 Sunset Cliffs Blvd.



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Reduce Heating Costs this Winter

Much like summertime, when you see your energy bills spike from using the A/C too often, wintertime is no different—but for the opposite reasons. Rather than keep cool, you'll be trying to stay warm! Its no surprise that heating costs can take a toll on your budget. But did you know that electric heating systems can total as much as 40% of your electric bill every month? While natural gas furnace heating can total more than half of your natural gas bill.

Here are some tips to cut your energy Expenses.

1. **Consider using programmable thermostats or time clocks** that regulate temperature, setting them at comfortable temperatures while awake and only lowering them when you sleep or are out of the house.
2. **Use the sun to your advantage** and naturally heat your home throughout the day by keeping curtains that face the sun open.
3. **Cover the inside of your window frames with clear plastic sheets** to keep the heat from escaping your home or install insulated shades/drapes.
4. **Use a portable space heater** to warm up the rooms you spend the most time in, if possible.
5. **If you have a fireplace, ensure the damper is closed** to prevent the cold from coming in and the heat from escaping. And you don't use your fireplace, consider sealing/plugging the chimney flue.
6. **Keep your heating systems in the top shape** by scheduling maintenance and changing the filter once a month (or when necessary)

For more tips to reduce your energy usage, visit sdge.com/energy-tips

All Souls' 68th Annual Home Tour

Saturday December 7th, 2019 10am-4pm

Purchase tickets in advance for \$30 at All Souls' Church, Walter Anderson Nursery or online www.ptlomahometour.com. Tickets can also be purchased the day of the event for \$35.

Special buy 10 or more for only \$25!

- Marketplace & Food Trucks 10am-4pm
- Tea 1pm-4pm

Exchange your voucher/receipt for a map December 2nd- Dec.7th 9:00am– 4:00pm at **All Souls' Episcopal Church, 1475 Catalina Blvd. 92107. 619-223-6394**



ALL SOULS'

EPISCOPAL CHURCH



PENINSULA
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CENTER

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

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To:

Summer Celebration Day 2019



**Thank you to all our Sponsors for
your support and continuing to make
Peninsula Shepherd Center grow and
thrive!**



Kimberly Platt, SRES

