

# POINT LOMA COMMUNITY PRESBYTERIAN CHURCH

## Senior Adult Ministry | February 2021

2128 Chatsworth Blvd., San Diego, CA 92107

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Dear Friends,

*Valentine's Day is my favorite holiday, not only because it's all about LOVE but also because my son, John, was born on Valentine's Day weekend and he was the best Valentine's Day gift God (and my husband) ever gave me! John turns 18 this year, but he will always be my Valentine baby. What are some of your sweetest Valentine memories? Drop me a note and let me know. With Love and Care, Elaine*



Ruby Bigelow, 99th birthday, January 5

Carol Simpson, February 2

Joyce Quinn, February 5

Jane Howard, February 6

George Martinez, February 22

*To all of our friends celebrating a birthday this month,  
many Blessings to you today and throughout the year!*



### IN LOVING MEMORY...

*Lillian Griebel, age 96 - December 20*

*Anthony Rivera, age 90 - December 28*

*Dottie Searcy, age 97 - January 6*

(At left, Dottie with friend, Jenelle, in a homemade clown costume and wig during a Halloween luncheon

...what fun we had together!).

### "Elaine and Friends" Daily Message

619-223-1633, Ext. 214, Monday through Friday

Call in to hear a new message each day:

**Monday** - This Week in History

**Tuesday** - Devotional

**Wednesday** - Musings from Em Cummins' Bookshelf

**Thursday** - Medical Tips from Dr. Gresham Bayne

**Friday** - Humor



*The message is updated each morning by 9am.*



## Vaccine Assistance

Are you interested in getting the COVID Vaccine but need assistance with scheduling, transportation or follow-up? Elaine is available to assist you! Don't hesitate to call her at 619-223-1633, Ext. 210

## [Peninsula Shepherd Center News](#)



PENINSULA  
SHEPHERD  
CENTER

The Peninsula Shepherd Center offers weekly chats, Bingo (with prizes!), and interesting presentations on Zoom. They also will set you up with a loaner computer tablet if you don't already have one!

Contact Larysa or Lisa at PSC to join: 619-223-1640 or [www.sdpssc.org](http://www.sdpssc.org).

**"Zingo" (Zoom Bingo) - Tuesdays at 11-12:00pm**

**PSC Weekly Chats (topics vary) - Thursdays at 11:00am**

**"Hawaiian Volcanoes and the National Parks of Hawaii"  
Thursday, February 25th at 11:00 am, presented by John Pearson.**

## Friendly Helpers

Do you have a small outdoor project that needs to be taken care of? Some young men from the church may be able to help. Call Elaine and describe the task and she will coordinate the assistance for you. Tasks are limited to outdoors only at this time; all safety measures will be observed.



## Valentine's Chex Mix Snack

*(Also good for Super Bowl Sunday February 7!)*

### Ingredients

6 C Rice Chex cereal  
1 bag (12oz) white chocolate baking chips  
1 box Strawberry Creme Jell-O Pudding  
(NOT gelatin)  
1 TBSP Shortening  
Red food coloring (optional)  
Sprinkles or Valentine M&M's

- Pour rice Chex into a large bowl.
- Pour chocolate pieces and the dollop of shortening into a glass measuring cup or bowl. Microwave for 1-1/2 minutes until melted. Stir.
- Add 4 TBSP of the powdered pudding into the white chocolate and stir until smooth and blended. Add red food coloring if desired.
- Pour the mixture over the Chex cereal and stir gently to coat.
- Transfer mixture to a large piece of wax paper. Sprinkle with Valentines sprinkles or M&M's. Let cool to set. Enjoy!

## *A Vaccine Testimony from Bob & Ann Simoneau (both age 83)*



"Bob and I took our first step to receive the benefit of getting vaccinated against the Covid-19 virus. Our pharmacy at Ralph's called us and made our appointment for two days hence. I would say that the experience was no different than getting a flu shot. There is some paperwork to complete and they asked to see a government ID. They gave us each a reminder card with the name and lot number of the vaccine, as well as the date in two weeks to call for an appointment for the second dose. The next morning my arm was a little sore, just like a previous flu shot. I took a Tylonol, Bob did not. So far, I would say the experience is a "no brainer." We will proceed with caution to do all the right things and have a positive attitude as the vaccine's process has just begun. We are grateful."



### **Active Minds** **Are you ready to try something** **NEW and FUN???**

Active Minds is an educational program, designed specifically for seniors, that teaches improvisational acting techniques to improve cognitive ability, foster brain health, broaden creative expression and help increase social interaction. Designed by the folks at the National Comedy Theatre, the classes are fun, hilarious and engaging!

The class is low stress, accessible, very funny and never embarrassing. Classes meet once per week from 9:30-11:30am on Zoom. Cost is \$75/month

To register for the class, click below or give us a call at 619-295-4999

<https://unscriptedlearning.org/activeminds/>

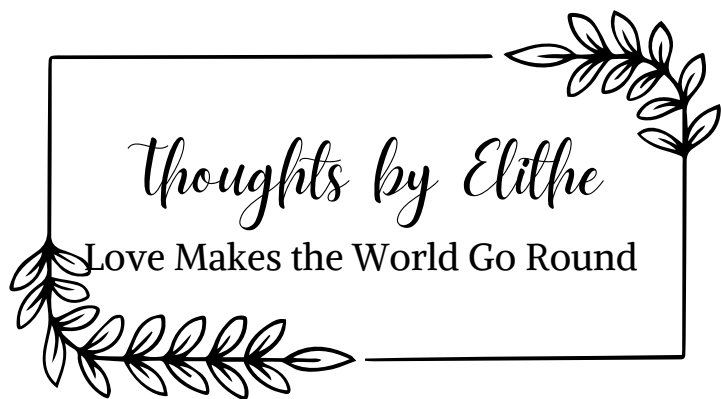


### **HOLY EASTER**

PLCPC is planning many creative experiences throughout Lent and Easter, online and in-person. Learn more by going to [www.pointlomachurch.org](http://www.pointlomachurch.org), or ask Elaine to send you a copy of the monthly church newsletter, *The Spire*.







← Not so long ago....

The picture at left was from the Rhinestone Grannies Valentine performance last February. Fabulous baton twirler Patee, the amazing John James (singer) and the fantastic Rhinestone Dancers delighted us with their performance.



What does love mean?"  
As answered by 4 to 8 year-olds



- When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore... So my grandfather does it for her all the time, even when his hands got arthritis too. That's love. Rebecca - age 8
- Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK. Danny - age 8
- Love is when you tell a guy you like his shirt, then he wears it every day. Noelle - age 7
- Love is like a little old woman and a little old man who are still friends even after they know each other so well. Tommy - age 6
- Love is when Mommy gives Daddy the best piece of chicken. Ellen - age 5
- Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford. Chris - age 7
- When you love somebody, your eyelashes go up and down and little stars come out of you. Karen - age 7