

# POINT LOMA COMMUNITY PRESBYTERIAN CHURCH

## Senior Adult Ministry | October 2021

2128 Chatsworth Blvd., San Diego, CA 92107

Elaine Burrell, MSW, Director of Senior Adult Ministry

619-223-1633, Ext. 210 or [elaine@pointlomachurch.org](mailto:elaine@pointlomachurch.org)



*We are pleased to continue offering in-person activities for senior adults in a safe and comfortable environment. In accordance with CDC & County guidelines, we strongly encourage mask-wearing when indoors for vaccinated individuals, and require masks indoors for the unvaccinated. Let's stay safe and have fun in faith and fellowship. I look forward to seeing you this month!*

*Elaine*



### Oktoberfest Luncheon

with Live Music by The Oompah Katz

Tuesday, October 12

Doors open at 10:00am; Music from 11:00am-Noon

Enjoy a German-style lunch of bratwurst and sauerkraut while listening to traditional Oktoberfest-style music, including marches, waltzes, and polkas. Wear your lederhosen!

\$5.00 Donation requested. **RSVP required by 10/10**



### Field Trip to Meals on Wheels

Tuesday, October 19, Meet at Church at 10:00am for a ride in the church van, or meet us at Meals on Wheels at 10:30am

3555 India St., 92103 – Meals on Wheels Lunch Provided

Enjoy a tour of Meals on Wheels San Diego County Kitchen! See how the kitchen staff gets the fresh lunches prepared for their clients. Watch how the meals are prepared, boxed, and kept fresh. Experience just what it takes to keep the organization running. Lunch will be generously provided by Meals on Wheels which we will enjoy at a nearby park.

**RSVP Required by 10/15, contact Elaine to reserve your spot.**



### Forever Fit is Back! Every Wednesday 9-9:50am

Family Life Center, Elke Ertle, Instructor

Get fit at this free, gentle exercise class especially for senior adults. Weights provided; bring your own water and towel.

*This class is offered in partnership with the Ryan Family YMCA and made possible through a generous gift from the David Arnold Baldwin Trust.*



## **Fall Prevention**

**Wednesday, October 20, 12-1:00pm**

### **Family Life Center**

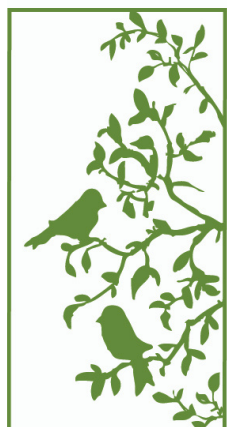
Learn how to stay safe and prevent falls by attending this informative workshop. Taught by a SHARP Physical Therapist, you will learn the components of good balance; internal & external risk factors that contribute to falls; how to identify your potential fall risk, and how to establish a plan of action to reduce your risk. RSVP to Elaine to attend.



## **Percussion Ensemble**

**Wednesdays October 27 & December 1,  
11:00am-Noon in the Family Life Center**

Our Percussion Ensemble continues this month with Adam Thompson, instructor. Experience playing drums with a group of people and learn other percussion instruments, fun dance steps and even some vocal chants. Let's have fun and make music together! Space is limited, RSVP to Elaine today! (Free).



**PENINSULA  
SHEPHERD  
CENTER**

## **Transportation Assistance**

### **provided by the Peninsula Shepherd Center**

Do you need a ride to one of our events or to church on Sunday? The Peninsula Shepherd Center provides transportation services to senior adults within the zip codes of 92106, 92107 & 92110, Monday - Friday from 9-1pm and Sundays for local church services. Pre-registration is required, so plan ahead by contacting the Peninsula Shepherd Center today at 619-223-1640 or [www.sdpjsc.org](http://www.sdpjsc.org).

### Sunday Schedule

- 9:00 am: Sanctuary Worship
- 9:30 am: Online Worship
- 10:30 am: Cafe Worship (Chapel)
- 9:00 am & 10:30 am: Kids' Worship  
Preschool - 5th grade in the Children's Center

[pointlomachurch.org](http://pointlomachurch.org)



### COFFEE on the porch

**Sundays 10:00 am  
Family Life Center**



**Mission Statement:** *To provide enriching fellowship and educational opportunities that nurture the spiritual, social, intellectual and physical wellness of mature adults.*