



SENIOR ADULT MINISTRY

POINT LOMA COMMUNITY PRESBYTERIAN CHURCH

DECEMBER 2019

2128 Chatsworth Blvd., San Diego, CA 92107

Elaine Burrell, MSW, Director of Senior Adult Ministry

619-223-1633, Ext. 210 or elaine@pointlomachurch.org



COMMUNITY CHRISTMAS CONCERT & SOCIAL RECEPTION

Sunday, December 8

5:00pm & 7:00pm – Concert in the Sanctuary

6:00-7:00pm – Social Reception in the Family Life Center

“For Unto Us a Child is Born” featuring Handel’s *Messiah*. New Covenant Choir, Worship Band, Soloists and members of the San Diego Symphony. Suggested donation for concert: \$20/pp; \$40/family

Complimentary reception will offer savory appetizers, festive beverages and adult fellowship. Join us!



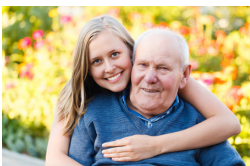
CHRISTMAS LUNCHEON w/ROBERT PARKER PIANO

Tuesday, December 10

Doors Open at 10, Entertainment at 11, Lunch at Noon (\$6)

9:30-11:00 Blood Pressure Check by a SHARP Nurse

Enjoy the classy sounds of Robert Parker on the grand piano and a festive turkey meal with all the fixings. RSVP to Elaine



MEMORY FRIENDS

Tuesday, December 17, 10-11:30 in the Family Life Center

A social gathering for people experiencing mild to moderate cognitive changes. Together we will socialize, enjoy a stimulating activity, reminisce and support each other through the journey. Caregivers & family welcome. Light refreshments served. Hosted by Elaine Burrell & Pastor Alex Wirth.



STAY FIT THROUGH THE HOLIDAYS! FOREVER FIT GENTLE EXERCISE CLASS

In Partnership with the Peninsula Family YMCA
Every Wednesday* 9-9:50am, Family Life Center
FREE

*No class on 12/25 or 1/1

***Christmas Coffee potluck immediately following class on 12/18**
Coffee & tea provided – bring a light snack to share

COPING WITH GRIEF DURING THE HOLIDAYS

Wednesday, December 18, 12:00-1:00pm, Family Life Center

Those who have lost a loved one will gain new insights and learn new ways to cope with the holiday season. Taught by Kelly Engelson from SHARP Hospice Care. Contact Elaine to attend. Light refreshments served.



BLUE CHRISTMAS

Thursday, December 19, 6:00pm in the Chapel

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

OTHER CHURCH HAPPENINGS



RACHEL CIRCLE – Christmas Potluck

Monday, December 16, 9:30, Church Library

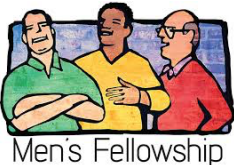
Our longest active women’s circle, Rachel Circle fosters friendship among women through monthly meetings, service projects, field trips and interesting programs. RSVP to Marge Grant at 619-296-2720.



RED BRICK KNITTERS & CROCHETERS

Thursday, December 12, 10-12:00pm, Parlor

Bring your own project or work on squares for blankets while we chat. Contact Judy White at 858-565-6375, gmajudv@san.rr.com



MEN @ WORK

Every Wednesday, 8:30am, Church Library

A congenial group of men who meet weekly for coffee to discuss life, our families, our wishes, the Bible and pray a bit. Then we spend time working on projects around the church. All abilities welcome. Contact: Don Griffith at

