

# Senior Adult Ministry

## OCTOBER 2019

### Point Loma Community Presbyterian Church

2128 Chatsworth Blvd., San Diego, CA 92107

Elaine Burrell, MSW, Director of Senior Adult Ministry

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# SHARP®

## SENIOR HEALTH FAIR WITH FLU SHOTS

**WEDNESDAY, OCTOBER 16, 10-12:00PM IN THE FAMILY LIFE CENTER**

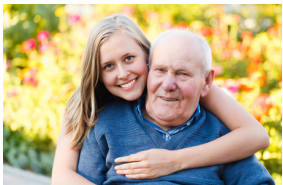
Flu Shots (\$2); Health Screenings - Blood Pressure, Hand Screening, Stroke Screening, and More; Resources for Seniors & Caregivers. Registration not required.



### OKTOBERFEST LUNCHEON w/THE MELODIANS ACCORDIAN BAND

**Tuesday, October 8; Doors Open at 10, Entertainment at 11, Lunch at Noon  
9:30-11:00 Blood Pressure Check**

Get ready to polka to the sounds of festive German music performed by the Melodians accordion duo. Traditional Oktoberfest lunch - bratwurst, sauerkraut, German potato salad, vegetables & dessert. (\$6) RSVP to Elaine



### MEMORY FRIENDS

**Tuesday, October 15, 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.



### OUTING TO THE MINIATURE ENGINEERING CRAFTSMAN MUSEUM IN CARLSBAD

**Tuesday, October 29; Meet at PLCPC at 10am, arrive in Carlsbad by 11:00am (free admission to museum); No-host lunch at the Old California Mining Company**

Browse this extraordinary collection of hundreds of metalworking projects exhibiting outstanding craftsmanship of all sorts of machines at the small end of the size scale. Ride in church van (room for 13 guests) or meet us there. Must be able to board van with minimal assistance. Museum is entirely wheelchair accessible. Contact Elaine to reserve your spot!



### YOUR LIFE IS A WORK OF ART – PORTRAIT & INTERVIEW SESSIONS

**Tuesday, October 22, 9:30-1:30pm**

PLCPC is curating creative projects about the people in our community. We are looking for a few seniors (age 80+) to participate in a brief interview about your life and to sit for a black & white portrait. Your photo and life story will be beautifully displayed during an exhibition later in the year. Interviews & photos will be taken on this day by appointment. If you would like to participate but cannot get to church on this day, contact Elaine and she will come to you. Call or email Elaine to schedule your session.



### SAVE THE DATE: HONORING OUR VETERANS

Luncheon & Patriotic Program

Tuesday, November 5



# FOREVER FIT GENTLE EXERCISE CLASS

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

**\*NO CLASS ON 10/16 DUE TO SHARP HEALTH FAIR**

## OTHER CHURCH HAPPENINGS



### **LIFE AFTER LOSS**

**October 3 & 17, 2:00pm in the Parlor (meets 2x/month)**

Life After Loss is a grief support group led by Rev. Alex Wirth from PLCPC and Rev. Megan Cochran from Westminster Presbyterian Church. We'll be reflecting on scripture and passages from *Grief Day by Day: Simple Practices and Daily Guidance for Living with Loss* by Jan Warner. For more information, contact Pastor Alex at Ext. 205 or [alex@pointlomachurch.org](mailto:alex@pointlomachurch.org)



**CHECK YOUR MOOD DAY - Thursday, October 10, 1-3:00pm - Table Near Front Courtyard  
In Partnership with San Diego County Department of Health & Human Services**

- Get screened for depression and other types of mental illness
- Get informed about mental health resources in San Diego County
- Be part of the conversation #StigmaFreeSD



**RACHEL CIRCLE - Ann Hill Presents Her Trip to the Holy Land  
Monday, October 21, 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, October 10, 10-12:00pm, Parlor**

Bring your own project or work on squares for blankets while we chat. Contact Judy White at 858-565-6375, [gmajudy@san.rr.com](mailto:gmajudy@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 619-225-0350 or [don.griffith69@gmail.com](mailto:don.griffith69@gmail.com)

