

**SENIOR ADULT MINISTRY
POINT LOMA COMMUNITY PRESBYTERIAN CHURCH
WEEK OF JUNE 15, 2020**

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Greetings Precious Friends!

Happy Summer! I hope you all continue to be safe and well. I am enjoying writing this newsletter for you and I hope you have found it to be informative and fun to read. I will be taking some time off during the month of July, so these newsletters will pause until August. I will be checking my telephone messages and emails, so if you have a special need, please do call or send me a message and I will respond to you promptly. As always, the church pastors are also available to you for extra support.

Typically during the summer I visit my mother and sisters in Northern California. This year, we have to be creative about visiting, while respecting distancing measures. So, we are renting an RV for our trip! I have always wanted to take a road trip in an RV with Jim and our three sons, so this is our opportunity to do so! Do some of you have experience traveling in an RV? Perhaps you have some advice for me!

I will tell you all about our experience when we return in the end of July. I will miss you and I will be thinking about you. I will also be developing new ideas for Senior Ministry in the Fall...stay tuned for new ways of staying connected and having fun together.

May God continue to bless and protect you throughout the summer.

Blessings,



<i>June 11</i>	<i>Carole Sanders</i>	<i>July 15</i>	<i>Carol Cook</i>
<i>June 19</i>	<i>Lillian Lawley</i>	<i>July 23</i>	<i>Sandra Raths</i>
<i>June 21</i>	<i>Audrey McManus</i>	<i>August 7</i>	<i>Karen Fiegenger</i>
<i>June 24</i>	<i>Ben Burdine</i>	<i>August 15</i>	<i>Bob Hull</i>
<i>July 1</i>	<i>Rosalie Camarda</i>	<i>August 21</i>	<i>Marie Hollenbeck</i>
		<i>August 30</i>	<i>Peggie Welch</i>

Enjoy your special day!! We love you!!



MOMENTS OF JOY

Recently, Adam Thompson performed a delightful music performance for two of our friends. If you would like to be serenaded, contact me on my cellphone and I will arrange! (619-838-2028)

-Elaine



AARP®

Driver Safety

AARP has announced that there will be no more in-person classes through the remainder of 2020 😞 *but* they are extending the special 25% off discount through the end of the year. Our local instructor, Tom Hay Bauer, has offered to help you get signed up for an online class or answer any of your questions. Here are the details:

Website: www.aarpdriversafety.org
Promo code for 25% discount: **DRIVINGSKILLS**
Good through: December 31, 2020

Tom Hay Bauer for AARP Driver Safety
231-445-2006 mobile
858-230-7228 landline



Oasis Everywhere (www.oasiseverywhere.org) is a new website offering live online courses led by top instructors from across the country, making it possible for anyone in the world to participate in courses exclusively curated by Oasis Centers regardless of geographic location, mobility or travel constraints. Oasis Everywhere features classes that are web-based but designed to provide the same interaction and intellectual stimulation that traditional in-person classes offer. Examples of topics include:

- 50 Questions to Free Your Mind
- Benjamin Franklin – America's Original Renaissance Man
- Dismantling Racism One Insight at a Time
- Cooking with Herbs and Spices



Did you know....

That your cane can be used as a tool to protect you? "Cane Master" Mark Shuey, 73, teaches "cane fu" to seniors through his site, www.canemasters.com.

Try this move: Swing the crook of the cane around one hand and then trace a series of figure eights in front of you with our arm. Then swing the shaft of the cane under your armpit to stop it, an impressive move called "The holster." Try this at home and let me know if you feel like Doc Holliday!



CHURCH UPDATES

The church is slowly re-opening by offering worship services in new ways in the coming months. A new, in-person service will begin on Sunday, June 21 at 5:30pm in the rear parking lot of the church campus. Attendance will be limited and registration is required. If you would like to learn more about all the details and guidelines, please visit www.pointlomachurch.org or contact me and I will send you a current Spire Newsletter.



Refreshing Watermelon, Cucumber, Feta & Mint Salad

Melon is a common treat for salad and dessert in Greece. Here is a unique and refreshing recipe that is sure to satisfy during a hot summer evening.

- 4 Cups chopped watermelon cubes
- 1 medium cucumber, peeled & chopped into cubes
- 1/4 lb crumbled feta
- 3 sprigs fresh mint, chopped

Toss together in a bowl. Enjoy in good health (Yassou!)

A Poem for the Fathers Out There



My father, George Fotinos, died in August 2014, so he is not here for me to read this poem to him. So, I will share it with all you fathers out there:

Fathers Are Wonderful People By Helen Steiner Rice

Fathers are wonderful people
too little understood,
And we do not sing their praises
as often as we should...
For somehow Father seems to be
the man who pays the bills,
While Mother binds up little hurts
and nurses all our ills...
And Father struggles daily
to live up to his image
As protector and provider
and hero of the scrimmage...
And perhaps that is the reason
we sometimes get the notion
That fathers are not subject
to the thing we call emotion,
But if you look inside Dad's heart,
where no one else can see,

You'll find he's sentimental
and as soft as he can be...
But he's so busy every day
in the grueling race of life,
He leaves the sentimental stuff
to his partner and his wife...
But fathers are just wonderful
in a million different ways,
And they merit loving compliments
and accolades of praise,
For the only reason Dad aspires
to fortune and success
Is to make the family proud of him
and to bring them happiness...
And like our heavenly Father,
he's a guardian and a guide,
Someone that we can count on
to be always on our side.



Independence Day July 4, 2020

The Fourth of July is just around the corner and we have to think of new ways to celebrate this year!
Here are some ideas:

- Have a BBQ or eat hot dogs that day while listening to Patriotic music
- Watch Fireworks Festivities on TV - Many local TV stations will air fireworks displays from previous years
- Wear Red, White & Blue
- Display a flag in front of your house or on your door
- If you use a walker or wheelchair, decorate it with a small flag, red, white and blue ribbon or whatever you have on hand

Make these easy Patriotic Glass Jar Luminaries



- Supplies:**
- Several clean and empty jam jars or pickle jars
 - Inexpensive hand-held flags
 - White glue
 - Twine or ribbon
 - Battery-operated votive candles or regular votive candles

Carefully remove the flags from their sticks. Apply glue evenly on the back of the flag. Position the flag on the jar. For more adhesion, apply more glue to the front of the flag using a brush. You can dilute the glue with a few drops of water to more easily brush it on. Allow to dry.

Wrap some twine around the lip of the jar for a finished look. Tie in a bow or a knot.

Place the candle in the bottom of the jar and display on your table or on your porch for Independence Day.

God Bless America!



Two engineering students were biking across a university campus when one said, "Where did you get such a great bike?"

The second engineer replied, "Well, I was walking along yesterday, minding my own business, when a beautiful woman rode up on this bike, threw it to the ground, took off all her clothes and said, "Take what you want."

The first engineer nodded approvingly and said,

"Good choice, the clothes probably wouldn't have fit you anyway."