

SENIOR ADULT MINISTRY
POINT LOMA COMMUNITY PRESBYTERIAN CHURCH
AUGUST 2020

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Greetings to My Dear and Precious Seniors!

I hope this newsletter finds you healthy, happy (or, at least content), and hopeful about our difficult and wearisome situation. Don't fret! I have some good news for you! God is with us during this time, helping us endure and stay strong in our faith and hope!

"And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast." 1 Peter 5:10

In other, earthly good news, in this newsletter you will read about new offerings and things to do to keep your mind active, your faith strong, and your spirits high. My hope today is that something in this newsletter will make you smile. And when you smile, I will feel it from afar with a warmth in my heart for you!

In Hope and Faith,



July in the Wine Country

During the month of July, my family (husband Jim, sons John (17), George (12) and James (12) took a road trip to visit my mother and sisters in my hometown of Sonoma, California. While there, we rented an RV to allow for more space for sleeping and to explore the area in a new way. The boys loved the RV and I admit, it did make our visit to Sonoma feel more like an adventure. However, I don't think we will be buying one soon!

Something fun happened on the 4th of July when we participated in a Vintage Car Cruise through Sonoma and Glen Ellen. There were over 100 vehicles participating, to the delight of the spectators who came out of their houses to watch the caravan, waving their American flags. I drove the vehicle I inherited from my father.

Can you guess the make and year of this car? What author lived and wrote his books in Glen Ellen?? Send me your answers! Winners will receive a puzzle from our new Lending Library!

EXERCISE WITH ELKE - on DVD!



Many of you miss the gentle exercise class we used to offer on Mondays & Wednesdays with Elke Ertle. Well, we have good news for you! We are in the process of making DVDs of Elke's class which will soon be available for you to watch in the convenience of your own home! Please call or email me and get on my list so I can deliver (or mail) one to you when they are ready (probably by September).



MATHER TELEPHONE TOPICS

Yes! You can Join a Zoom Class on your Landline!



For those of you who don't use computers, I would like to share with you a new program I discovered that allows you to "listen-in" to a Zoom class from your land line without needing a Zoom account! I tried it and it is very easy to use.

The program is called Mather Telephone Topics and here are the details: Simply call a toll-free number at the start time of the program to listen to a wide range of interesting discussions and programs. All calls are FREE! Give it a try!

Call-in number: (855) 880.1246, Enter Meeting ID: 386 399 7030

Caregiving & Creativity Chat

Sharon Smith, Mather & Ruthe Guerry, Art Therapist

Tuesday, August 11, 11:00 a.m. PT

Join a discussion about intentional self-care for the caregiver. Learn the benefits of self-care and simple things you can do for yourself at home on a budget.

Game Time with Jeanne: Word Detective

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, August 12, 11:00 a.m. PT

Have fun challenging your knowledge by guessing the origins some everyday words.

What's Your Favorite Flower? Part 2

Jan Smith, Presenter

Thursday, August 13, 11:00 a.m. PT

Let's talk more about our favorite flowers. Learn what a flower says about you, how flowers got their names, and more.

Voices from the Grave

Paula Fenza, Historian

Thursday, August 13, 2:00 p.m. PT

Paula will share some of her favorite tombstones located in cemeteries around the country. Each tombstone has a unique story to tell about the person whose grave it marks.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, August 14, 11:00 a.m. PT

Hear a master storyteller read a thought-provoking short story, followed by discussion.

Road Trip: A Sentimental Journey

Rick Pickren, Musician

Friday, August 14, 12:30 p.m. PT

Join Rick on a virtual trip across America as he sings and plays favorites like "Sentimental Journey," "On the Road Again," "Country Roads," "No Particular Place to Go," and more.



Cool Zones Fan Program

Free box fans are available to seniors who qualify, thanks to a grant from SDG&E and the County of San Diego. You must be over age 60, earn less than \$33K/year (single household). The application process is easy and is handled over the phone by a friendly County agent. The box fan will be mailed directly to your home!

Call 1-800-339-4661, Press 9, then 1, then 2, then 5

PUZZLE & BOOK LENDING LIBRARY

I have collected a nice supply of puzzles and books that you are welcome to borrow. All puzzles and books are sanitized and rotated out for a time between uses. Please call or email and let me know which one you would like to borrow and I will deliver to you.

BOOKS

(with thanks to Ellen MacVean and the Friends of the Point Loma Library)

<u>Title</u>	<u>Author</u>
The Secrets of Harry Bright (Large Print)	Joseph Wambaugh
Lake Success: A Novel (Large Print)	Gary Shteyngart
The Rocky Road to Romance (Large Print)	Janet Evanovich
A Woman's Place (Large Print)	Barbara Delinsky
The Improper Governess (Large Print)	Carola Dunn
Life After Life (Large Print)	Kate Atkinson
Yayas in Bloom (Large Print)	Rebecca Wells
Faith of My Fathers (Large Print)	John McCain
The DaVinci Code (Large Print)	Dan Brown
Endurance: A Year in Space, a Lifetime of Discovery (LP)	Scott Kelly
The Fortunate Pilgrim	Mario Puzo
The Book Woman of Troublesome Creek	Kim Michelle Richardson
Traveling Mercies: Some Thoughts on Faith	Anne Lamott
To Have and to Hide	Camy Tang
I Wish I Had a Red Dress	Pearl Cleage
I Still Believe	Jeremy Camp
The Seat of the Soul	Gary Zukav
First Man: The Life of Neil A. Armstrong	James R. Hansen
800 Grapes	Laura Dave
The Sunday Philosophy Club	Alexander McCall Smith
Driving Force	Dick Francis

JIGSAW PUZZLES

<u># of Pieces</u>	<u>Theme</u>
300	Georgetown Floral (bouquets)
300	World Landmarks Map
300	Grandpa's Garage (large format)
499	General Store
500	Birds of a Feather
500	Garden Stairway
500	Cherry Blossoms
500	Canned Veggies
550	Travel the World - Travel Posters
1000	Colorful Hot Air Balloons
1000	Best Places in America
1000	Colorful Garden
1000	To the Lighthouse
1000	Farm Fresh (produce stand)
1000	Welcome to the Jungle (Exotic Animals)
1000	Play that Beat (Album Covers)
Unknown	Mystery Puzzles - Wood (2)
Unknown	Telephones in the Map Room
Unknown	Flower (round puzzle)

Texting for Seniors



Since more and more Seniors are texting and tweeting there appears to be a need for a STC (Senior Texting Code). If you qualify for Senior Discounts this is the code for you.

Please pass this on to your children and grandchildren so they can understand your texts.

ATD	At The Doctor's
BFF	Best Friend Fainted
BTW	Bring The Wheelchair
BYOT	Bring Your Own Teeth
CBM	Covered By Medicare
CGU	Can't get up
CUATSC	See You At The Senior Center
DM	Doing My Dentures
FWB	Friend With Beta Blockers
FWIW	Forgot Where I Was
FYI	Found Your Insulin
GGPBL	Gotta Go, Pacemaker Battery Low!
GHA	Got Heartburn Again
HGBM	Had Good Sex All
IMHO	Is My Hearing-Aid On?
LMDO	Laughing My Dentures Out
LOL	Living On Lint



Love's Colors

by Ron Barker, Boise, Idaho

Colors and wonders in frothy display
 Sing to me like wildflowers array
 Sandpiper surf and tide pool tales
 the fitting of all things – even the whales.
 Waves of wildness bend into view
 Blue-green loveliness smiles anew...
 Amazing, amazing – the magic today
 Shining, sensate by the bay...for you today!
 All these gifts love brought about –
 Joys the heart – won't do without!
 Colored in love; give life a shout!

