

MAY 2017 EVENTS

Point Loma Community Presbyterian Church | 2128 Chatsworth Blvd, 92017
Elaine Burrell, MSW - Director | 619-223-1633, Ext. 210 | elaine@pointlomachurch.org



STROKE EDUCATION & SCREENING: Sponsored by Sharp Senior Resource Center

May 17, Noon-1:30p.m., Family Life Center

Join us as neurologist, Madrid Keyvani, MD, discusses emergency treatment for a stroke and ways to prevent a stroke. Nurses from Sharp Memorial Stroke Center will conduct a personal health interview with blood pressure and pulse checks following the lecture.

Bring a sack lunch and your questions. Light refreshments provided.

RSVP to Elaine Burrell at 619-223-1633, Ext. 210

RED BRICK SENIOR CENTER

Tuesdays in the Family Life Center

10:00 a.m. Senior Center opens for snacks and coffee

11:00 a.m. Musical Performance

12:00 p.m. Lunch \$6 RSVP to Elaine Burrell 619-223-1633, Ext. 210

MAY SCHEDULE

- 5/2** CINCO DE MAYO- Mariachi Music
Chicken Tortilla Soup, Mini Bean Burrito, Crispy Salad,
Cinnamon & Sugar Burrito Dessert
- 5/9** STEEL DRUM BAND
Pepper Steak, Steamed Rice, Roasted Cauliflower, & Dessert
- 5/16** MUSIC & REMINISCING WITH ELAINE
Bring a picture of yourself as a baby/child
10 am: Free Blood Pressure Check
11 am: Pre-K Students Perform
Tuna Croquettes with Rice, Vegetables with Dill Yogurt Sauce,
& Birthday Cupcakes.
- 5/23** BLUE ZONE
Pasta Primavera with Chicken & Dessert
- 5/30** CITY GUARD BAND
BBQ Hamburgers, Potato Salad, Grilled Vegetables & Dessert

Downsizing Seminar

May 31

11:30am-2pm

For details, contact Elaine



FOREVER FIT

Every Wednesday 9 am

FREE

.....
Thoughts by Elithe

*"I'm not OK,
you're not OK,
and
that's OK."*