

Senior Adult Ministry

SEPTEMBER 2018

Point Loma Community Presbyterian Church

2128 Chatsworth Blvd., San Diego, CA 92107

Elaine Burrell, MSW, Director of Senior Adult Ministry

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WELCOME BACK LUNCHEON

Tuesday, September 11, 10am Coffee, 11am Entertainment, Lunch at Noon (\$6) Entertainment by **REAR VIEW MIRROR**
Chicken salad sandwich on croissant, fruit, potato salad and dessert. RSVP to Elaine by 9/9.



CURRENT EVENT DISCUSSION GROUP

Tuesday, September 18, 10-11:30am

Keep up to date with happenings in our world. We will share and discuss engaging ideas, local and global news and new things happening in our community. Bring a news article, magazine story, or topic of general interest to discuss. Coffee & pastries will be served.



STRENGTHENING YOUR BACK

Wednesday, September 19, 12-1:30pm

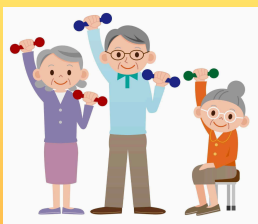
Learn what you can do to strengthen your back, the importance of proper posture, lifting techniques and exercises. Presented by Nancy Jungling, Physical Therapist, Sharp Rees-Stealy. Light refreshments provided. Bring a brown bag lunch and your questions.



PIZZA AND A SERVE PROJECT

Tuesday, September 25, Coffee @ 10:00am, Lunch at Noon

Enjoy fellowship while we write letters to military troops, inmates, and orphaned children. Complimentary pizza lunch follows our serve project. All supplies provided.



Forever Fit Gentle Exercise Class

In Partnership with the Peninsula Family YMCA

Every Wednesday 9-9:50am

Family Life Center

FREE

NOTE: All events on this page take place in the Family Life Center

OTHER CHURCH HAPPENINGS



RACHEL CIRCLE

Monday, September 17, 9:30am, Church Library

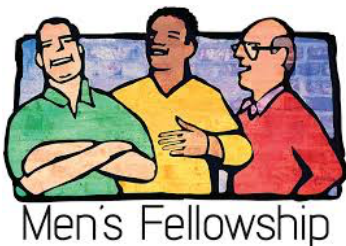
Our longest active women's circle, Rachel Circle fosters friendship among women through monthly meetings, service projects, field trips and interesting program. This month's speaker: City Councilwoman Lori Zapf. RSVP to Marge Grant at 619-296-2720.



RED BRICK KNITTERS & CROCHETERS

Thursday, September 13, 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



MEN @ WORK

Every Wednesday starting 9/12, 9:00am, 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

THE FINAL ANALYSIS

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the world the best you have, and it will never be enough. Give your best anyway.

You see, in the final analysis, it is all between you and God.
It was never between you and them anyway.

- Mother Teresa of Calcutta

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