

# Senior Adult Ministry

## August 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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#### NAME THAT HYMN!

**Tuesday, August 13, 10:00am Sanctuary**

Come together to sing our most loved Christian hymns that have stood the test of time. Alicia McMillan, Director of Worship & Music, will lead us as we discover the stories behind the hymns and test our knowledge as we try to guess some of the songs. Join us for this fun event. Refreshments to follow in the Parlor. RSVP to Elaine



#### MOVIE DAY – BREAKTHROUGH

**Tuesday, August 27, 10:00am in the Family Life Center**

When Joyce Smith's son falls through the ice, all hope seems lost.

**Breakthrough** is the inspirational true story of a mother's unfaltering love and faith in the face of impossible odds. Refreshments – and tissues – provided. RSVP to Elaine



#### FOREVER FIT GENTLE EXERCISE CLASS

In Partnership with the Peninsula Family YMCA

**Every Wednesday 9-9:50am\* in the Family Life Center – FREE**

\*No Class on August 21 due to Termite Tenting



**Please Note:** Due to tenting for termites, the PLCPC church campus will be **CLOSED from August 19 through August 23.**

We look forward to seeing you in September for a full calendar of activities!

*Looking Ahead...*



#### TAKING TRANSIT 101 – LEARN TO RIDE THE BUS & TROLLEY

**Wednesday, September 4, 12-1:30pm in the Family Life Center**

This 90-minute class is designed to teach seniors and first-time riders the travel skills needed to use public transit in San Diego. An MTS-certified trainer will cover important topics related to riding transit, such as reading a bus/trolley schedule, paying for transit fare and operating a wheelchair ramp or lift. RSVP to Elaine

#### WELCOME BACK LUNCHEON

**Tuesday September 10**

**Details in September flyer**