

FEBRUARY 2018 EVENTS

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

BROWN BAG LEARNING



Topic: *Heart Failure*

Wednesday, February 21, 12-1PM, Family Life Center

Learn about the risk factors and warning signs of heart failure from a SHARP Geriatric Nurse Practitioner, as well as preventative measures. FREE. Bring a sack lunch and your questions.

RED BRICK SENIOR CENTER

Join us every Tuesday for great entertainment and a delicious lunch in a friendly environment.

Coffee & Snacks at 10 a.m., Entertainment at 11 a.m., Lunch at Noon.

Suggested donation is \$8. RSVP to Elaine Burrell at 619-223-1633, Ext. 210

2/6 Oscar Arias – Uplifting Favorites

February birthdays, homestyle tomato soup with grilled cheese sandwiches and birthday cupcakes.

2/13 Mardi Gras! High Society Jazz Trio

Louisiana red beans & rice with sausages, celery root coleslaw, and Kings cake.

2/20 Chinese New Year! Preview of Movies Nominated for the Academy Awards

10:00 AM – Free Blood Pressure Check

Orange chicken & vegetable stir fry, egg roll, and dessert.

2/27 Hooray for Hollywood – Lynda Franklin Salute to the Oscars 2018

Photos, music, and humor in an interactive presentation.

Hearty Cobb salad served with homemade bread sticks, and dessert.

2/14 Ash Wednesday

You are invited to an evening beginning with a simple meal, followed by a time of worship communion, and the imposition of ashes. \$5 per person. Sign up sheets in the church office or Sundays on the Plaza.



FOREVER FIT
Wednesdays 9 AM
Family Life Center

Thoughts by Elithe

“Life is a journey,
not a destination.”