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JUNE & JULY

2025 NEWSLETTER



ALOHA LUNCHEON WITH THE HAWAIIAN ELVIS

TUESDAY, JUNE 10, FAMILY LIFE CENTER - \$7 AT THE DOOR

DOORS OPEN AT 10:00AM, ENTERTAINMENT AT 11:00AM, LUNCH @ NOON
Let's welcome summer with a luau-themed luncheon! Enjoy a menu of fried chicken, pineapple cole slaw and fruit salad with a refreshing dessert. Just for fun, we will have the cotton candy machine set up, too! Entertainment provided by Gary Burt as the Hawaiian Elvis! Tropical attire encouraged! Reserve your spot by Friday June 6.



VITAMINS & MINERAL SUPPLEMENTS FOR OLDER ADULTS

WEDNESDAY, JUNE 18, 11:00 - 12:30 PM IN THE FAMILY LIFE CENTER

Kacyenne Barber RD, registered dietitian with Sharp HealthCare, will be reviewing the evidence-based specifics on vitamin and mineral supplementation for older adults. Topics will include the regulation and safety of supplements, how to read a vitamin supplement label and what vitamins and minerals should we be more concerned about as we age. Light refreshments provided. Bring your questions. RSVP to Elaine.



INTERGENERATIONAL SUMMER FUN DAY

SATURDAY, JUNE 21, 11:00AM - 2:00PM - SKI BEACH @ MISSION BAY

Let's put play into practice with a community-wide Summer Fun Day! We have rented a pavilion and grassy area at Ski Beach to play games, visit and just hang out together. Bring a picnic lunch and a sun hat. **Need a ride? Elaine will drive the seniors in the church van.** Contact her to reserve your spot.



TOUR OF MERRILL GARDENS SENIOR LIVING IN BANKER'S HILL

TUESDAY, JUNE 24, DEPART IN CHURCH VAN AT 10:30AM, RETURN BY 1:30PM

Merrill Gardens is an independent living residence for senior adults located in Banker's Hill. We will receive a guided tour of the facility by Dayna Farris and stay for a hosted lunch. If you are curious about senior living residences and how they work, this is a good place to begin to explore options and have your questions answered. Reserve your spot with Elaine; feel free to bring a friend or family member.



MOVIE AND PIZZA LUNCH - "NONNAS"

WEDNESDAY, JULY 2, 11:00AM IN THE FAMILY LIFE CENTER - \$5 AT THE DOOR

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs. Join us for this heartwarming movie inspired by a true story. Pizza and Caesar salad will be served. RSVP to Elaine.

Register for events ONLINE at pointlomachurch.org/register or you can always call or email Elaine.



TREE OF LIFE NEW LEAF DEDICATION RECEPTION

Sunday, September 28, 2025, 10:00-10:30AM

***Have you considered dedicating a leaf
to the Tree of Life?***

The Tree of Life display has graced the Family Life Center since 1989. It contains over 450 leaves highlighting special events in the life of this congregation. The inscriptions tell an inspiring story of God's blessings to this church and her members: wedding, births and baptisms; dates when new members joined the church; memorial leaves honoring our beloved friends and family; tributes to church leaders, and more.

On Sunday, September 28, there will be a dedication of new leaves that are installed this year celebrating people and milestones. You are invited to order your leaf or leaves which will be included in this reception. To order your leaf, visit <https://pointlomachurch.org/tree-of-life/> or pick up a brochure in the church office or the Family Life Center. The deadline to order your leaf for this year's dedication is **September 1**. Contact Elaine for more information or if you need assistance ordering your leaf.

MORE Teen Slang to incorporate into your vocabulary

Bussin' - *excellent*. This pizza is so bussin', I may eat the whole pie myself.

Mid - *so-so*. Honestly, the new Marvel movie looks mid, so my friends and I are skipping it.

Fanum tax - *stolen bite of a friend's food*. If you order french fries around Jake, he'll take a Fanum tax.

Delulu - *delusional*. Would it be totally delulu for me to invite Taylor Swift to the prom?

No cap - *and that's the truth*. My dog really did eat my homework – no cap!

Sigma - *supercool*. Our gym teacher likes to think he's sigma, but he's kind of a dork.

Ate - *did well on*. Dude, you ate that math quiz! Can you help me study for the next one?

Sus - *suspicious*. The message says I need to reset my password, but the sender's email address looks a little sus.

MY ABILITY TO
REMEMBER SONG
LYRICS FROM THE
80S FAR EXCEEDS
MY ABILITY TO
REMEMBER WHY I
WALKED INTO THE
KITCHEN.

Me debating if I'm going
to let it slide or start
something



How to Adult

- Have a gift bag full of gift bags
- Have bag full of old wires and cords
- Have plastic bag full of plastic bags
- Have loads of personal baggage
- Have bags under eyes



Point Loma Community Presbyterian Church

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Senior Ministry on Vacation

Please note that Senior Adult Ministry will be on summer break from July 10-August 10. New and vibrant programs will resume in September. If you need assistance during this time, please contact the main church office. Have a wonderful summer and we look forward to seeing you in the Fall!