



LOSS OF A SPOUSE WORKSHOP AND DINNER

Monday, October 6, 5:30-8:00pm, Family Life Center, \$20 donation at the door

The profound loss of a spouse affects every area of your life. At this GriefShare workshop, we will watch a 30-minute video, have guided discussion time and enjoy a simple meal together. Each participant will receive a workbook to take home with them. Facilitated by Pastor John Moser and Deacon Jeanie Spies. Join us for an evening of hope and healing. RSVP to Elaine.



OCTOBERFEST LUNCHEON WITH ENTERTAINMENT BY THE POLKA DOTS

Tuesday, October 14, Family Life Center - \$7 at the door

Doors Open at 10:00am, Music at 11:00am, Lunch at Noon

Dust off your lederhosen and dirndl, it's time for our annual Oktoberfest luncheon! Enjoy a traditional German meal of sheet pan sausage with peppers and sauerkraut along with a Bavarian pretzel with mustard while being entertained by San Diego's Accordion Sweethearts: The Polka Dots! Reserve your spot by Friday, October 10.

FUNDAMENTALS OF ARTIFICIAL INTELLIGENCE & HOW TO USE CHAT GPT

Wednesday, October 22, 11:00 - 12:30PM in the Family Life Center

What exactly is "AI"? At this workshop, we'll explore this question, learn what ChatGPT is and how to use it, and compare it with common tools like Google to understand when a specific AI tool is the best choice. Presented by Senior Tech Connect, an organization dedicated to enriching the lives of older adults by equipping them with essential digital skills. Bring your questions! Refreshments provided. RSVP today.



SUPPORT GROUP FOR PARENTS & GRANDPARENTS OF COLLEGE STUDENTS

Monday, October 27, 5:00 - 6:00pm in the Parlor

When a child goes away to college, the whole family goes through an adjustment period. At this meeting, we will share joys and concerns, pray for our students and learn about our Deacon college outreach ministry. Refreshments provided. RSVP to Elaine.



TOUR OF AMAZON FULFILLMENT CENTER IN OTAY MESA

Wednesday, October 29, Depart in Church Van at 9:30am, return by 1pm

Ever wondered how products in your online shopping cart get from Amazon to you? Take a free tour of the San Diego Fulfillment Center to see behind the scenes. We will join an Amazon Tour Leader on a 60 minute walk through the center as they introduce the people, technology, and processes that help prepare each customer order. Space is limited, closed-toe shoes required, walking and standing. **REGISTRATION REQUIRED BY OCTOBER 20.**



Register for events online at pointlomachurch.org/register or contact Elaine.

619-223-1633, Ext. 210, elaine@pointlomachurch.org

FOREVER FIT GENTLE EXERCISE

Every Wednesday, 9:00 - 9:50am
All Soul's Episcopal Church
Elke Ertle, Instructor

Join us for this free, gentle exercise class especially for senior adults. Exercises are chair-based with some standing with a focus on flexibility, balance and core strength. Equipment provided, no reservation needed. Newcomers welcome anytime. Offered in partnership with the Ryan Family YMCA.



PRODUCE PANTRY AT THE RYAN FAMILY YMCA

4390 VALETA ST.

Fridays, October 3 & 17

12:00 - 1:00pm

Open to all, no eligibility requirements,
free produce varies



SAVE THE DATE

HONORING OUR VETERANS Neighborhood Concert Celebrating Fleet Week San Diego

Tuesday, November 4
2:00pm in the Sanctuary
Navy Band Southwest
Woodwind Quintet

Cake & Coffee Reception on the Plaza



**The older I get the
tighter companies are
putting the lids on jars**



12th Annual
RIDE THE POINT
Jim Krause Memorial Ride

JOIN OUR TEAM!

Red Brick Riders

November 8

Calling all bike riders!

Join Point Loma Church's team—Red Brick Riders—for Ride the Point, a community bike ride supporting pancreatic cancer research. Choose between a 25-mile ride or a 5-mile family-friendly option. Select "Red Brick Riders" as your team when registering, and use code RTP25RBR for \$10 off the 25-mile ride. Let's ride together for a great cause and fun fellowship!



Elaine at the beautiful Presbyterian Theological Seminary in Louisville, Kentucky this Summer



Point Loma Community Presbyterian Church
2128 Chatsworth Blvd., San Diego, CA 92107

Senior Adult Ministry provides enriching fellowship and educational opportunities that nurture the spiritual, social, intellectual, and physical wellness of mature adults.

Elaine Burrell, MSW | Senior Adult Ministry Director
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