



February 2023



POINT LOMA COMMUNITY PRESBYTERIAN CHURCH | 2128 Chatsworth Blvd., 92107
Elaine Burrell, MSW - Director | 619-223-1633, Ext. 210
elaine@pointlomachurch.org



"80 FOR BRADY" MOVIE OUTING

Wednesday, February 8, AMC Fashion Valley Theater

Depart church at 2:30pm, movie starts at 3:30pm, return by 6pm - \$10

80 for Brady is inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl to see their hero Tom Brady play. Starring Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field and 7-time Super Bowl Champion Tom Brady. Running time, 1 hour 38 minutes. Space is limited to 13 passengers in church van. Reserve your spot by contacting Elaine.



"BE MY VALENTINE": VALENTINE PARTY WITH THE RHINESTONE GRANNIES

Tuesday, February 14 in the Family Life Center

Doors open at 10:00am; Entertainment starts at 11:00am; Lunch served at Noon - \$5

Spend your Valentine's Day with friends and enjoy the Rhinestone Grannies dance troupe. This special group of ladies over 70, along with John James of the Platters, will perform new music, comedy, dancing and great celebrity impersonations! Enjoy a "fancy" meal, dessert, and other surprises. Reservations required by February 12.



AGING FOR ALL WORKSHOP

Wednesday, February 15, 12-1:30pm, Family Life Center

Participate in this interactive workshop hosted by AgeWell San Diego about how to make aging a positive experience for all. Learn about what the County of San Diego is doing to improve access to services for older adults throughout San Diego and share your thoughts and ideas during group discussion. For more information or to attend, please contact Elaine.



TEEN TECH 4 SENIORS

Monday, February 20, 1-3:00pm, Family Life Center

Would you like to become more proficient at using your portable digital device, such as your phone, laptop, or tablet? At this workshop, you will be paired with a friendly, tech-savvy teenager to work with you one-on-one for up to an hour. They can help you troubleshoot basic problems, teach you how to optimize the functions of your device, and adapt your device to suit your needs. Reservations required by February 17. When registering, please indicate the type of device you need help with.



SPAM® VIRTUAL TOUR & LUNCH SAMPLING

Tuesday, February 28, 11:00am Family Life Center - \$5

Join us for a real-time, docent-led virtual tour of the SPAM® Museum in Austin, Minnesota. We will learn about the origin of the canned spiced ham brand, the manufacturing process, varieties and recipes. Following the tour we will enjoy lunch samplings provided by SPAM® and our kitchen staff team. Reservations required by February 26.

You may now register for events ONLINE at www.pointlomachurch.org/register or you can always call or email Elaine to RSVP.

FOREVER FIT GENTLE EXERCISE CLASS

Every Wednesday 9:00-9:50am, Family Life Center, Elke Ertle, Instructor

Join us every Wednesday for this free, gentle exercise class especially for senior adults. Exercises are chair-based with some standing, with a focus on flexibility and balance. Hand weights and resistance straps provided; bring your own water bottle. No reservation needed. Offered in partnership with the Ryan Family YMCA.



A Kiss Remembered

by Frederic Parker

Beyond fair reason, I shall think of you.
In fallen grass or gently flowered field.
To see each fleeting moment fade to blue,
With my distant thoughts, I silently yield.
This memory to tremble ever soft,
A misty vision of a face once kissed.
I'm whisked to midnight skies and stars aloft,
A sheltered afterglow now reminisced.
The shadowed door with candlelight so still,
An empty chair with a fading silhouette.
Forgotten times in love's unyielding will,
As flames to ash can trace the two who met.
A hand that brushed a cheek to often soothe,
A kiss remembered, many years removed.



HERE'S HOW YOU KNOW IT'S

VALENTINE'S DAY

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. And now these three remain: faith, hope and love. But the greatest of these is love.

1 Corinthians, 13, 4-8, 13

We welcome your donations at any time for the continuation of our vibrant programs.

Thank you for your support!

<https://pointlomachurch.org/giving/>

Mission Statement: To provide enriching fellowship and educational opportunities that nurture the spiritual, social, intellectual and physical wellness of mature adults.