



FALL LUNCHEON FEATURING THE HIGH SOCIETY JAZZ BAND **Tuesday, September 15, Family Life Center, \$7 at the door** **Doors Open at 10:00am; Music at 11:00am; Lunch at Noon**

Join us for the first luncheon of the fall season! Enjoy the music, humor and energy of the High Society Jazz Band as they put a fresh twist on the lively sounds of traditional jazz. Our lunch menu includes savory chicken salad sandwiches, crisp green salad, fruit and dessert. Bring a friend! RSVP by Friday, September 11.



SENIOR TECH CONNECT: HOW TO USE UBER **Wednesday, September 23, 12:00-1:30pm, Family Life Center**

Would you like to feel more confident using Uber, so that you can remain more independent and have flexibility on transportation options? Dylan Willis from Senior Tech Connect returns to teach us how to set up an Uber account, schedule a ride and introduce us to Uber's new "Simple Mode." Join us for this informative presentation! Reserve your spot today.



SUPPORT GROUP FOR PARENTS & GRANDPARENTS OF COLLEGE STUDENTS **Mondays, September 21, October 19, November 16 & December 22** **6:00-7:00pm 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. RSVP to Elaine



TREE OF LIFE RECEPTION - CALL FOR NEW LEAVES **Sunday, September 27, 10:30am, Family Life Center, After Congregational Meeting**

The Tree of Life display has graced the Family Life Center since 1989, featuring over 450 leaves highlighting special events and honoring people and ministries in the life of our church. On this day, new leaves will be dedicated and breakfast refreshments served. **To dedicate a leaf, visit www.pointlomachurch.org/tree-of-life or contact the main office. Leaves must be ordered by September 11 to be included in the reception.**



UPDATE: FOREVER FIT EXERCISE CLASS

Forever Fit free gentle exercise class takes place at All Soul's Episcopal Church at 2475 Catalina Blvd. on Wednesdays at 9:00am. The class is offered in partnership with the Ryan Family YMCA and will return to the PLCPC Family Life Center this fall (date to be determined). PLCPC is grateful for our partnership with All Soul's and the Peninsula Community Senior Center for hosting the class in the meantime!

Register for events online at pointlomachurch.org/register or contact Elaine.
619-223-1633, Ext. 210, elaine@pointlomachurch.org

Upcoming

GriefShare®

Loss of a Spouse SEMINAR & DINNER

Wednesday, October 7, 5:30-8:00pm
Family Life Center, \$10



School Days, 1942

Elaine and Jim dropping off their twin sons
to their respective colleges!



James - Cal Poly Pomona
Manufacturing Engineering

George - Cal Poly
San Luis Obispo
Aerospace Engineering



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

PRODUCE PANTRY

AT THE RYAN FAMILY YMCA

4390 VALETA ST.

Fridays, September 4 & 18

12:00-1:00pm

Open to all, no eligibility
requirements,
free produce varies



BEWARE OF RECENT SCAMS

- **Fake party invitations** - Scammers are sending fake party invitations that mimic services like Evite, Paperless Post and Punchbowl to steal login credentials. **Do not open. Delete immediately.**
- **Jury Duty Scam** - You receive a phone call or email claiming you've missed jury duty and must pay an immediate fine to avoid arrest. **Hang up/delete immediately.**



WHAT TO DO IF YOU'VE BEEN SCAMMED:

- Call the free AARP Fraud Watch Network Helpline at **877-908-3360** to speak with trained specialists who can offer support and guidance. **Save this number as a contact in your phone.**
- Report online scams to the FBI's Internet Crime Complaint Center at **IC3.gov**.

Delete Request and Opt-out Platform (DROP)

DROP. Delete. Done.



D.R.O.P. is a website developed by the California Privacy Protection Agency that helps you limit the information data brokers collect and sell about you. Visit www.privacy.ca.gov for more information.

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