



# November 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Women's Social Hour (50+) 10am-12am Mobile Pantry Descanso 9-10 AM	6 Santee Food Bank 8-11Am	7 Bethlehem Food Pantry 9-11AM Santee Food Bank 8-11Am
8	9	10 Relationship Webinars 12pm	11 Mobile Pantry Alpine 9-10AM Santee Food Bank 8-11Am	12 Women's Social Hour (20+) 10am-12am	13 Santee Food Bank 8-11Am	14 Bethlehem Food Pantry 9-11AM Santee Food Bank 8-11Am
15	16	17 Relationship Webinar 12pm	18 Santee Food Bank 8-11Am	19 Women's Social Hour-TBA (teens) Mobile Pantry Descanso 9-10 AM  Great American Smoke-Out	20 Santee Food Bank 8-11Am	21 Bethlehem Food Pantry 9-11AM Santee Food Bank 8-11Am International Survivors of Suicide Loss Day
22	23	24 Relationship Webinar 12pm	25 Mobile Pantry Alpine 9-10AM Santee Food Bank 8-11Am	26	27 Santee Food Bank 8-11Am	28 Bethlehem Food Pantry 9-11AM Santee Food Bank 8-11Am
29	30					

## ALPINE COMMUNITY EVENTS

**Mobile Pantry Alpine**  
 1912 Arnold Way  
 Alpine, CA 91901  
 1st and 3rd Wednesday: 9:00 - 10:00 AM

**Mobile Pantry Descanso**  
 Descanso Branch Library, 9545 River Dr.  
 Descanso, CA 91916  
 1st and 3rd Thursday: 9:00 - 10:00 AM

**Bethlehem Food Pantry**  
 737 Grant Avenue  
 El Cajon, CA 92029  
 Saturday: 9:00 - 11:00 AM

**Santee Food Bank**  
 9715 Halberns Blvd  
 Santee, CA 92071

**Relationship Webinar**  
 Contact Maria to RSVP  
 (619) 961-8096  
[mmadrid@vistahill.org](mailto:mmadrid@vistahill.org)

**Women's Social Hour**  
 Contact Beatriz to RSVP  
 (619) 787-0145  
[bbautista-juarez@vistahill.org](mailto:bbautista-juarez@vistahill.org)

*\*All SmartCare events listed are always free*  
 For more events in your community visit:  
[WWW.SDCL.ORG](http://WWW.SDCL.ORG)

In Collaboration with:  
 Mountain Empire Family Medicine  
 1620 Alpine Blvd #111, CA 91901

### This Months Wellness Themes:

Alzheimer's Awareness Month  
 Diabetes Awareness Month  
 Family Caregivers Month

Great American Smoke-Out- Nov 19  
 International Survivors of Suicide Day - Nov 21  
 National Family Health History Month



**SAN YSIDRO HEALTH**

DOMINGO	LUNES	MAR- TES	MIERCOLES	JUEVES	VIERNES	SABADO
1	2	3	4	5 Hora social de la mujer (50+) 10am-12am Despensa de Comida Móvil Descanso 9-10 AM	6 Santee Despensa de Comida 8-11Am	7 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am
8	9	10	11 Despensa de Comida Móvil Alpine 9-10AM Santee Despensa de Comida 8-11Am	12 Hora social de la mujer (20 +) 10am-12am	13 Santee Despensa de Comida 8-11Am	14 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am
15	16	17	18 Santee Despensa de Comida 8-11Am	19 Hora social de la mujer (teens) TBA Despensa de Comida Móvil Descanso 9-10 AM	20 Santee Despensa de Comida 8-11Am	21 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am
22	23	24	25 Despensa de Comida Móvil Alpine 9-10AM Santee Despensa de Comida 8-11Am	26	27 Santee Despensa de Comida 8-11Am	28 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am
29	30					

## EVENTOS COMUNITARIOS EN ALPINE

**Despensa de Comida Móvil Alpine**  
 1912 Arnold Way  
 Alpine, CA 91901  
 1er y 3er Miércoles: 9:00-10:00 AM

**Despensa de Comida Móvil Descanso**  
 Descanso Branch Library, 9545 River Dr.  
 Descanso, CA 91916  
 1er y 3er Jueves: 9:00-10:00 AM

**Bethlehem Despensa de Comida**  
 737 Grant Avenue  
 El Cajon, CA 92029  
 Sábado: 9:00 - 11:00 AM

**Santee Despensa de Comida**  
 9715 Halberns Blvd  
 Santee, CA 92071

**Hora Social de la Mujer**  
 Para reservar su lugar llama Beatriz  
 (619) 787-0145  
[mmadrid@vistahill.org](mailto:mmadrid@vistahill.org)

*\*Eventos de SmartCare siempre son Gratuitos*  
 Visite los siguiente sitios para ver mas eventos en su comunidad :  
[www.SDCL.org](http://www.SDCL.org)

En colaboración con:  
 Mountain Empire Family Medicine  
 1620 Alpine Blvd #111, Alpine CA



### Temas De Bienestar De Este Mes:

- Mes de concientización del Alzheimer
- Mes de concientización del Diabetes
- Mes nacional de los Cuidadores Familiares
- Mes Nacional de la Historia de la Salud Familiar

- 19/11/2020 - El Gran Día De No Fumar
- 21/11/2020 - Día Internacional de Sobrevivientes de Pérdidas por Suicidio