



# JANUARY 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>SmartCare Closed for Holiday</b>	2 <b>Food Distribution</b>
3	4 <b>Back to School End of Winter Break</b>	5 <b>Food Distribution</b>	6	7 <b>Neighborhood Healthcare Valley Center Grand Opening</b>	8	9 <b>Food Distribution</b>
10	11	12	13	14 <b>Food Distribution</b>	15	16 <b>Food Distribution</b>
17	18 <b>SmartCare Closed for MLK Holiday</b>	19 <b>Food Distribution</b>	20	21 <b>Food Distribution</b>	22	23 <b>Food Distribution</b>
24	25	26 <b>Food Distribution</b>	27	28 <b>Food Distribution</b>	29	30 <b>Food Distribution</b>
31						

## PAUMA VALLEY COMMUNITY EVENTS

**Food Distribution**  
 Tuesdays 1 & 15 12 pm– 1 pm  
 16650 Hwy 76,  
 Pauma Valley, Ca

**Food Distribution**  
 Thursdays 10 am—11 am  
 Pala Mission Church  
 11800 Mission Rd  
 Pala, Ca 92059

**Food Distribution**  
 Saturdays 8:30 am—9:30 am  
 4th Saturday 12:30 pm—2pm  
 St Stephen’s Church  
 31020 Cole Grade Rd  
 Valley Center, CA 92082

**Food Distribution**  
 4th Tuesday 2pm  
 Pauma Valley Community Church  
 32077 Community Church Dr  
 Pauma Valley, Ca

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

In collaboration with:  
 Neighborhood Healthcare  
 16650 CA-76  
 Pauma Valley , A 92061



### This Months Wellness Themes:

National Codependency Month  
 Cervical Health Awareness Month

Women’s Self-Empowerment Month  
 Healthy Weight Week



# ENERO 2021

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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
					1 <b>SmartCare cerrara por el día festivo</b>	2 <b>Distribución de Comida</b>
3	4 <b>Regreso a clases</b>	5	6	7 <b>Gran Apertura Neighborhood Healthcare Valley Center</b>	8	9 <b>Distribución de Comida</b>
10	11	12	13	14 <b>Distribución de Comida</b>	15	16 <b>Distribución de Comida</b>
17	18 <b>SmartCare cerrara por el día festivo de MLK</b>	19	20	21 <b>Distribución de Comida</b>	22	23 <b>Distribución de Comida</b>
24	25  31	26	27	28 <b>Distribución de Comida</b>	29	30 <b>Distribución de Comida</b>

## EVENTOS COMUNITARIOS EN PAUMA VALLEY

### Distribución de Comida

Martes 1 y 15 12 pm– 1 pm  
 16650 Hwy 76,  
 Pauma Valley, Ca

### Distribución de Comida

Jueves 10 am—11 am  
 Pala Mission Church  
 11800 Mission Rd  
 Pala, Ca 92059

### Distribución de Comida

Sabado 8:30 am—9:30 am  
 4to Sabado 12:30 pm—2pm  
 St Stephen’s Church  
 31020 Cole Grade Rd  
 Valley Center, CA 92082

### Distribución de Comida

4to Martes 2 pm  
 Pauma Valley Community Church  
 32077 Community Church Dr  
 Pauma Valley, Ca

Visite los siguiente sitios para ver mas eventos en su comunidad :  
[www.SDCL.org](http://www.SDCL.org)

En colaboracion con:  
 Neighborhood Healthcare  
 16650 CA-76  
 Pauma Valley , A 92061

### Temas De Bienestar De Este Mes:

Mes de Nacional de la Codependencia  
 Empoderamiento de la Mujer

Mes de Concientización sobre la Salud Cervical  
 Semana del peso saludable

