

March 2021

Follow us on:
vistahillsmartcare.org
facebook.com/vistahillsmartcare
instagram.com/vistahillsmartcare
vistahillsmartcareblog.wordpress.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Alpine Mobile Pantry 8:30am-9:30am Santee Food Bank 8am-11am	4 Descanso Mobile Pantry 9am-10am	5 Santee Food Bank 8am-11am	6 Bethlehem Food Pantry 8am-10am Santee Food Bank 8am-11am
7	8	9	10 Santee Food Bank 8am-11am	11 Guatay Mobile Pantry 10am-11am	12 Santee Food Bank 8am-11am	13 Bethlehem Food Pantry 8am-10am
14 daylight saving time begins	15	16	17 Alpine Mobile Pantry 8:30-9:30am Santee Food Bank 8am-11am	18 Descanso Mobile Pantry 9am-10am	19 Santee Food Bank 8am-11am	20 Bethlehem Food Pantry 8am-10am Santee Food Bank 8am-11am
21	22	23	24 Santee Food Bank 8am-11am	25 Guatay Mobile Pantry 10am-11am	26 Santee Food Bank 8am-11am	27 Bethlehem Food Pantry 8am-10am
28	29	30	31 Santee Food Bank 8am-11am			

ALPINE COMMUNITY EVENTS
ALPINE COMMUNITY EVENTS

Alpine Mobile Pantry
 1912 Arnold Way
 Alpine, CA 91901
 1st and 3rd Wednesday, 8:30—9:30AM

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

Guatay Mobile Pantry
 27521 Old Highway 80
 Guatay, CA 91931
 2nd and 4th Thursday, 10am - 11am

Bethlehem Food Pantry
 737 Grant Avenue
 El Cajon, CA 92029
 Saturdays, 8am- 10am

Santee Food Bank
 9715 Halberns Blvd
 Santee, CA 92071
 Wednesday, Friday, Saturday 8am-11am

For more events in your community visit:
WWW.SDCL.ORG

In Collaboration with:
 San Ysidro Health
 1620 Alpine Blvd #111, CA 91901



SAN YSIDRO HEALTH

This Months Wellness Themes:
 National Sleep Awareness Month
 Patient Safety Awareness Week
 National Nutrition Month
 National Poison Prevention
 National Women’s and Girls HIV/Aids Awareness Day - March 10

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
	1	2	3 Despensa de Comida Móvil Alpine 8:30am-9:30am Santee Despensa de Comida 8am-11am	4 Despensa de Comida Móvil Descanso 9am-10am	5 Santee Despensa de Comida 8am-11am	6 Bethlehem Despensa de Comida 8am-10am Santee Despensa de Comida 8am-11am
7	8	9	10 Santee Despensa de Comida 8am-11am	11 Despensa de Comida Móvil Guatay 10am-11am	12 Santee Despensa de Comida 8am-11am	13 Bethlehem Despensa de Comida 8am-10am Santee Despensa de Comida 8am-11am
14 Comienza el tiempo de verano	15	16	17 Despensa de Comida Móvil Alpine 8:30am-9:30am Santee Despensa de Comida 8am-11am	18 Despensa de Comida Móvil Descanso 9am-10am	19 Santee Despensa de Comida 8am-11am	20 Bethlehem Despensa de Comida 8am-10am
21	22	23	24 Santee Despensa de Comida 8am-11am	25 Despensa de Comida Móvil Guatay 10am-11am	26 Santee Despensa de Comida 8am-11am	27 Bethlehem Despensa de Comida 8am-10am
28	29	30	31 Santee Despensa de Comida 8am-11am			

EVENTOS COMUNITARIOS EN ALPINE

Despensa de Comida Móvil Alpine
1912 Arnold Way
Alpine, CA 91901
1er y 3er Miércoles, 8:30am– 9:30am

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

Despensa de Comida Móvil Guatay
27521 Old Highway 80
Guatay, CA 91931
2do and 4to Jueves, 10am - 11am

Bethlehem Despensa de Comida
737 Grant Avenue
El Cajon, CA 92029
Sábado, 8am-10am

Santee Despensa de Comida
9715 Halberns Blvd
Santee, CA 92071
Miércoles, Viernes, Sabado, 8am-11am

Visite los siguiente sitios para ver mas eventos en su comunidad :
www.SDCL.org

En colaboración con:
San Ysidro Health
1620 Alpine Blvd #111, Alpine CA

mas De Bienestar De Este Mes:
Mes Nacional de concientización del higiene del sueño saludable
Semana de concientización sobre la seguridad del paciente
Mes Nacional de la Nutrición
Día Nacional de Concientización sobre el VIH / SIDA para Mujeres y Niñas
Prevención Nacional del Envenenamiento Saludable

Te-



SAN YSIDRO HEALTH