



November 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Food Distribution	3	4 Food Distribution	5	6 Food Distribution
7	8	9	10	11 VETERANS DAY Food Distribution NO SCHOOL	12	13 Food Distribution
14	15	16 Food Distribution	17	18 Food Distribution	19	20 Food Distribution
21	22 NO SCHOOL	23 NO SCHOOL Food Distribution	24 NO SCHOOL	25 NO SCHOOL HAPPY THANKSGIVING	26 NO SCHOOL	27 Food Distribution
28	29	30				

PAUMA VALLEY COMMUNITY EVENTS

Food Distribution
 Tuesdays 5 & 19 12 pm– 1 pm
 16650 Hwy 76,
 Pauma Valley, CA 92061

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

CALL 211 FOR MORE RESOURCES

This Months Wellness Themes:

- Alzheimer’s Awareness Month
- Diabetes Awareness Month
- Family Caregiver’s Month
- Great American Smoke Out- Nov 18
- International Survivors of Suicide Day - Nov 20
- National Family Health History Month

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

In collaboration with:
 Neighborhood Healthcare
 28477 Lizard Rocks Rd,
 Valley Center, CA 92082





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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
	1	2 Distribución de Comida	3	4 Distribución de Comida	5	6 Distribución de Comida
7	8	9	10	11 Distribución de Comida	12	13 Distribución de Comida
14	15	16 Distribución de Comida	17	18 Distribución de Comida	19	20 Distribución de Comida
21	22 NO ESCUELA	23 NO ESCUELA Distribución de Comida	24 NO ESCUELA	25 NO ESCUELA Feliz Dia de Accion de Gracias	26 NO ESCUELA	27 Distribución de Comida
28	29	30				

EVENTOS COMUNITARIOS EN PAUMA VALLEY

Distribución de Comida
 Martes 5 y 19 12 pm– 1 pm
 16650 Hwy 76,
 Pauma Valley, CA 92061

Distribución de Comida
 Jueves 10 am—11am
 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

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

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Mes de concientización sobre:

- 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
- 18/11/2020 - El Gran Día De No Fumar
- 20/11/2020 - Día Internacional de Sobrevivientes de Pérdidas por Suicidio