



May 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Gentle Yoga 10:30-11:30 am	3 Food Distribution Gentle Yoga 10:30-11:30 am	4	5 Food Distribution Gentle Yoga 10:30-11:30 am	6 Tech Help 10-11 am	7 Food Distribution
8	9 Gentle Yoga 10:30-11:30 am	10 Gentle Yoga 10:30-11:30 am	11	12 Food Distribution Gentle Yoga 10:30-11:30 am	13 Tech Help 10-11 am	14 Food Distribution
15	16 Gentle Yoga 10:30-11:30 am	17 Food Distribution Gentle Yoga 10:30-11:30 am	18	19 Food Distribution Gentle Yoga 10:30-11:30 am	20 Tech Help 10-11 am	21 Food Distribution
22	23 Gentle Yoga 10:30-11:30 am	24 Food Distribution Gentle Yoga 10:30-11:30 am	25	26 Food Distribution Gentle Yoga 10:30-11:30 am	27 Tech Help 10-11 am	28 Food Distribution
29	30 Memorial Day	31 Gentle Yoga 10:30-11:30 am				

VALLEY CENTER COMMUNITY EVENTS

Food Distribution
 Tuesdays 3 & 17 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

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

**All SmartCare events listed are always free*

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



This Months Wellness Themes:

- Mental Health Awareness Month
- Military Appreciation Month
- National Trauma Awareness
- Better Sleep Awareness
- Older Americans Month



Mayo 2021

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DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
1	2 Yoga Suave 10:30-11:30 am	3 Distribución de Comida Yoga Suave 10:30-11:30 am	4	5 Distribución de Comida Yoga Suave 10:30-11:30 am	6 Ayuda Técnica 10-11 am	7 Distribución de Comida
8	9 Yoga Suave 10:30-11:30 am	10 Yoga Suave 10:30-11:30 am	11	12 Distribución de Comida Yoga Suave 10:30-11:30 am	13 Ayuda Técnica 10-11 am	14 Distribución de Comida
15	16 Yoga Suave 10:30-11:30 am	17 Distribución de Comida Yoga Suave 10:30-11:30 am	18	19 Distribución de Comida Yoga Suave 10:30-11:30 am	20 Ayuda Técnica 10-11 am	21 Distribución de Comida
22	23 Yoga Suave 10:30-11:30 am	24 Distribución de Comida Yoga Suave 10:30-11:30 am	25	26 Distribución de Comida Yoga Suave 10:30-11:30 am	27 Ayuda Técnica 10-11 am	28 Distribución de Comida
29	30 Dia de los Caídos en E.E.U.U.	31 Yoga Suave 10:30-11:30 am				

EVENTOS COMUNITARIOS EN VALLEY CENTER

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
 Pauma Valley Community Church
 32077 Community Church Dr
 Pauma Valley, CA 92061

*Eventos de SmartCare siempre son Gratuitos
 LAME AL 211 PARA MAS RECURSOS

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

Mes de concientización sobre:

- La Salud Mental
- El Trauma
- La Salud en la Edad Avanzada
- El Sueño Reparador
- El Agradecimiento al Militar

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