



August 2022

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

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

VALLEY CENTER 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

**All SmartCare events listed are always free*

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

CALL 211 FOR MORE RESOURCES

This Months Wellness Themes:

Children’s Eye Health and Safety Month
National Immunization Awareness Month
National Breast Feeding Awareness Month

Gentle Yoga,
 Food Distribution
 Tech Help
 At the
 Valley Center Library

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





Agosto 2022

Síguanos:
vistahillsmartcare.org
facebook.com/vistahillsmartcare
instagram.com/vistahillsmartcare
vistahillsmartcareblog.wordpress.com

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

EVENTOS COMUNITARIOS EN

VALLEY CENTER

Distribución de Comida
 Martes 2 y 16 12 pm– 1 pm
 16650 Hwy 76,
 Pauma Valley, CA 92061

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

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

Mes de concientización sobre:

Mes de salud y seguridad de los ojos de os niños
 Mes nacional de inmunización
 Nacional de lactancia materna

Yoga Suave
 Distribución de Comida
 Y
 Ayuda Tecnica
 En la
 Biblioteca deValley Center

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

