

July 2021

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

PAUMA VALLEY COMMUNITY EVENTS

Food Distribution
 Tuesdays 6 & 20 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

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



This Months Wellness Themes:

- UV Safety
- Firework Safety
- National Parks and recreation Awareness
- National Eye Injury Awareness



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| DOMINGO | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|---------|-------|------------------------------|-----------|------------------------------|---------|------------------------------|
| | | | | 1 Distribución de Comida | 2 | 3 Distribución de Comida |
| 4 | 5 | 6 Distribución de Comida | 7 | 8 Distribución de Comida | 9 | 10 Distribución de Comida |
| 11 | 12 | 13 | 14 | 15 Distribución de Comida | 16 | 17 Distribución de Comida |
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| 25 | 26 | 27 Distribución de Comida | 28 | 29 Distribución de Comida | 30 | 31 Distribución de Comida |

EVENTOS COMUNITARIOS EN PAUMA VALLEY

Distribución de Comida
 Martes 6 y 20 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
 Pauma Valley, CA 92061

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

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 Neighborhood Healthcare
 28477 Lizard Rocks Rd,
 Valley Center, CA 92082



Temas De Bienestar De Este Mes:

- Seguridad UV
- Seguridad de fuegos artificiales
- Parques Nacionales y recreación
- Conciencia nacional de lesiones oculares