



SmartCare Community Calendar

Julian
May 2017

SmartCare Office
2907 Washington St,

Julian Library
4470 Julian Road Highway 78

Borrego Health – Julian Clinic
2721 Washington St,

SmartCare Vista Hill
Jennifer Woods
(760) 834-1338
Veronica Brewster BHC
(760) 504-1407

Follow us:



vistahillsmartcare.org
facebook.com/vistahill.smartcare
vistahillsmartcareblog.org
instagram.com/SmartCare_of_VistaHill

www.vistahillsmartcare.org

Photo Credits:

Habun/123rf, Michal Decker/123rf, Balint Roxana/123rf,
Stepan Gojda /123rf, Rob Marmion/123rf, Wang Tom /123rf,
Kaori Takehana/123rf

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10am Women's empowerment	2 10:00am Hatha Yoga 2:30 Teen Table 4:00pm ESL Class 6:00pm Music on the Mountain	3 10am Baby Storytime 1030am Preschool Storytime 11am Sit-N-Fit for seniors 2:30pm– Teen table talk 4:30pm Qi-Gong 7pm E.N.D	4 9:00am Vet. Connect 1pm Star Wars Day celebration 2:30pm Play Doh Club 2:30pm Teen Table Talk 4:00pm ESL	5 10am stories in motion 11am Zspace Virtual Reality Tour 2:30 Teen Table 3:00pm Kids Movie	6 All day-techie Saturday 2:00pm Flower Arranging Class 2:30pm Teen Table Talk
NATIONAL MENTAL HEALTH AWARENESS						
7 	8 10am Women's empowerment	9 10am Hatha yoga 10am Ask a Nurse 2:00pm Game Day 2:30 Teen Table 2:30 Kids Craft 4:00pm ESL Class 6:00pm Weather Man Steve Vanderburg	10 10am-Baby Storytime 10:00-Feeding San Diego 1030am– Preschool Storytime 11am Sit-N-Fit for seniors 12:15pm Crafter-noon 2:00pm Game Day 2:30pm– Teen table talk 4:30pm Qi-Gong	11 9:00am Vet. Connect 2:30 Advanced Card Making 2:30pm Teen Table Talk 4:00pm ESL	12 10am stories in motion 2:30 Teen Table	13 All day-techie Saturday 2:30pm Teen Table Talk
NATIONAL WOMEN'S HEALTH WEEK						
14 Mother's Day 	15 10am Women's empowerment	16 10am Hatha yoga 2:30 Teen Table 4:00pm ESL class	17 10am Baby Storytime 1030am preschool story-time 11am Sit-N-Fit for seniors 2:30pm Teen Table Talk 4:30pm Qi Gong	18 9:00am Vet. Connect 2:30pm Teen Crafts 2:30 Teen Hour 2:30 Lego club 4:00pm ESL	19 10am Stories in Motion 2:30 Teen Table 3:00pm Friday Afternoon Movie	20 2:30 Teen Table
HIGH BLOOD PRESSURE EDUCATION MONTH						
21 	22 10am Women's empowerment	23 10am Hatha yoga 2:30pm Teen Table 4:00pm ESL Class	24 10am Baby Storytime 10am Feeding San Diego 1030am Preschool story-time 11am Sit-N-Fit for seniors 2:00pm Game day 2:30pm Teen Table Talk 4:30pm Qi Gong	25 9:00am Vet. Connect 2:30pm Teen Table Talk 4:00pm ESL	26 All Day-Fine Free Friday 10:00 am Stories in Motion 2:30 Teen Table	27 2:30 Teen Talk
NATIONAL PHYSICAL FITNESS AND SPORTS MONTH						
28	29 MEMORIAL DAY <small>Thank you to all the soldiers who have given of themselves for our free.</small>	30	31 			