

SmartCare Community Calendar

Neighborhood Healthcare Clinic
16650 Hwy 76 Pauma Valley

Senior Group (Spanish)
Jackie Reyes (760)690-7828

Senior Group (English)
Cindy Plascencia (760)803-3703

Awareness Week Campaigns

5/1-5/6 Mental Health Awareness
5/7-5/13 National Women's Health
5/14-5/20 High Blood Pressure
Education
5/22-5/27 National Physical Fitness
and Sports

Food Distribution
Tuesday-May 2 & 16 (760)742-9919

Valley Center Library
29200 Cole Grade Rd. - (760) 749-1305


Monday: VC Robotics
Tuesday: Gentle Yoga & Intermediate ESL
Wednesday: Story Time; Arts & Crafts
Thursday: Gentle Yoga & Beginning ESL
Friday: Preschool Story Time & Craft
Saturday: Qigong, & Yoga

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  4-6pm VC Robotics Club	2 10a Senior Group (Sp) 12 Food Distribution 1p Senior Group (Eng)	3 3:00 Storytime 3:30 After School Crafts	4 4:45pm Gentle Yoga 6pm Beginning ESL	5 10:30am Story Time & Craft World Health Day	6 10am Qigong 12pm Yoga
Mental Health Awareness						

7	8 4-6pm VC Robotics Club	9 10a Senior Group (Sp)	10 3:00 Storytime 3:30 After School Crafts	11 4:45pm Gentle Yoga 6pm Beginning ESL	12 10:30am Story Time & Craft	13 10am Qigong 12pm Yoga
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National Women's Health



14	15 4-6pm VC Robotics Club	16 10a Senior Group (Sp) 12 Food Distribution	17 3:00 Storytime 3:30 After School Crafts	18 4:45pm Gentle Yoga 6pm Beginning ESL	19 10:30am Story Time & Craft	20 10am Qigong 12pm Yoga
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*** High Blood Pressure Education ***



21	22 4-6pm VC Robotics Club	23 10a Senior Group (Sp) 1p Senior Group (Eng)	24 3:00 Storytime 3:30 After School Crafts	25 4:45pm Gentle Yoga 6pm Beginning ESL	26 10:30am Story Time & Craft	27 10am Qigong 12pm Yoga
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National Physical Fitness and Sports

28	 MEMORIAL DAY <small>Thank you to all the soldiers who have given of themselves for our free.</small>	30	31	
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