

CENTER ACTIVITIES DECEMBER 2024

DAILY/WEEKLY SERVICES:

Lunch–12:30 PM (\$2.00 voluntary donation) Transportation, Case Assistance – Information & Referrals, Nutrition Education & Health Promotion Lectures, Blood Pressure Monitoring, Physical Health & Exercise, Cultural Activities, and Other Activities such as Computer Lab with WIFI, Brain Teasers (Memory Quizzes), Group Discussions, Movies & Billiards

TRANSLATION SERVICES AVAILABLE UPON REQUEST

LGBTQ+, DISABLED, AND LIMITED ENGLISH PROFICIENCY OLDER ADULTS ARE WELCOME FOR SERVICES

SAVE THE DATE

***ENJOYING TRADITIONAL CHRISTMAS MEALS WITH MAUDENE NELSON 11/27 12:30 PM**

***OFFICIAL COSTA AND OFFICER ACOSTA SELF-DEFENSE COURSE 12/3 11:30 AM**

***EINSTEIN MEDICAL STUDENTS 12/9 10:00 AM**

***CHRISTMAS PARTY WITH GERARD CORBET 12/17 11:30 AM**

***SEASONAL DEPRESSION WITH CARLOS TEJEDA 12/18 11:30 AM**

***FINANCIAL SCAMS DURING THE HOLIDAYS WITH NEIGHBORHOOD STORE 12/19 11 AM**

***BIRTHDAY CELEBRATION DECEMBER 12/19 12:30 PM**

**-SAMAI KIENDEE 12/1
-MARIA GRULLON 12/1
-ROBERT MEMORY 12/2
-ALBANIA ORTIZ 12/5
-JUAN NUNEZ 12/8
-MARIANA COPA 12/29**

REMINDER: NO FOOD REMOVAL FROM THE CENTER. REMOVAL OF FOOD NOT PROPERLY WRAPPED MAY CAUSE BACTERIAL OR FOOD-BORNE ILLNESSES. REMOVE AT YOUR OWN RISK.

Fresh Fruits on the weekly menu are subject to change due to the quality of the fruit when delivered.