



MVSCC October & November 2024 Newsletter

Activities

Mondays- Social Hour & Coffee 9:30-10:30am **10/14 & 28
 Tuesdays- Low Impact Exercise 10:00-10:45am 10/8, 15, 22 & 29
 Thursdays- Healthy Cooking 11:00am-12:00pm **10/3, 17 & 31
 Thursdays- Arts & Crafts W/ Ruthie 10:00-10:45am **10/10 & 24
 Friday- Simple Table Stretches SURPRISE TIME 10/11, 10/18 & 10/25
 ** Classes will be every other week.

FREE



Important Dates

Wed., 10/23 to Wed, 11/13
Early Voting in MV Senior CC
Programming will be in
Sepulveda RC
Halloween Party.
 Thursday, 10/31
Dia De Los Muertos
 Thursday, 11/1
Thanksgiving Feast
 Tuesday, 11/26

Birthday Celebrations

Every Third
 THURSDAY
 of the month
 10/17 & 11/21

October

10/15 Freddy
 10/27 Hermelinda Magallanes



November

11/12 Andrea Segovia 11/13 Cynthia
 11/16 Ramona Lujano 11/19 Lydia Arca
 11/21 Ana Carderon 11/25 Irma Rios



Dates we will be Closed

October

Monday, October 14
 Indigenous Peoples' Day

November

Monday, 11/11
 Veterans Day
Thursday, 11/24 &
Friday, 11/25
 Thanksgiving Holiday

Monthly Regular Activities

Mental Wellness Series for Older Adults

Health, Wellness, and Wholeness- Tuesday, 10/22

Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude.

Emotional Intelligence- Tuesday, 11/19

This presentation defines emotional intelligence, the components of emotional intelligence, and explain how it impacts an individual's daily functioning in the context of interpersonal relationships.



ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.