

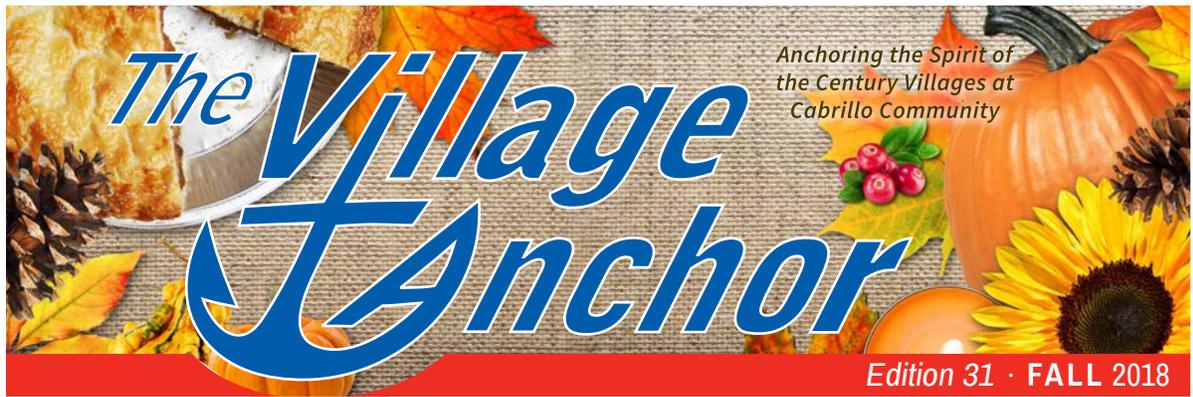


Century Villages  
at Cabrillo

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Anchoring the Spirit of  
the Century Villages at  
Cabrillo Community

Edition 31 · FALL 2018

## Donating Has Never Been Easier

Did you know that you can donate to CVC just by doing everyday normal things?



**AmazonSmile:** Make a difference when you shop on Amazon! Select CVC as your charity on smile.Amazon.com, or use the link provided below when you shop, and a small portion of your purchase will be donated to CVC at no cost to you.



**Ralphs:** You can also link your Ralphs Rewards Card to CVC so that every time you use your card, Ralphs will contribute money to CVC!

**GoodSearch and GoodShop:** You can help CVC by using GoodSearch for your internet searches and GoodShop for your online shopping!

**GoodSearch and GoodShop:** You can help CVC by using GoodSearch for your internet searches and GoodShop for your online shopping!



Choose Century Villages at Cabrillo as your cause, and we will receive a small donation every time you search and shop.

To access these links directly, go to our website at [www.centuryvillages.org/other-ways-to-give/](http://www.centuryvillages.org/other-ways-to-give/)

## On-going meetings

Everyone is welcome.

**Twelve Step, Attitude Adjustment (AA)** 6:30am, Daily, Social Hall  
**Self-Help Recovery Meeting** 6pm-7pm, Tuesday, VVRC  
**AA Meeting** 7pm, Sunday, Changing Spirits  
**Saturday Night Candle Lite (AA)** 7:30pm, Saturday, VVRC  
**Cabrillo Church in Christ** 10:30-12pm, Sunday, Social Hall

# Kicking the School Year off Right!

Once again, CVC teamed up with The H.O.P.E Foundation to host our 7<sup>th</sup> annual HOPEFEST, a back to school themed resource fair and summer festival attended by over 300 residents. On a hot summer day, hundreds of residents, both veterans and families, explored the many resource tables and exhibits that lined the Grand Lawn.

While kids joyfully slid down a giant water slide and toddlers stayed cool in the Splash Zone, many visited the booths, collected school supplies and learned about community resources. Everyone enjoyed music by our friend, DJ Dave, and some even joined in on the line dancing while others enjoyed the drum circle in the shade.

We couldn't have done it without the support of over 25 community partners who hosted a table or activity, or helped by providing volunteers and school supplies, especially The H.O.P.E. Foundation who helped by donating backpacks and organizing



this resource fair. With their help, we were able to provide community information to our residents, offer fun family-friendly games, and school supplies and backpacks for the children. A big thanks

also goes out to our awesome volunteers from The H.O.P.E. Foundation, American Indian Changing Spirits, staff volunteers from CVC and our partners: AAADAP, Baking Changes, Boy Scouts of America, Caremore, ChildNET, City HeART, Cal State University Long Beach, Epiphany, Healthy Active Long Beach, Long Beach Fire Department CERT, Long Beach Head Start, Long Beach City PHEM, Long Beach Public Library, Long Beach Transit, LA Barber College, Mother's Nutritional Center, Music is the Remedy, PATH Ventures, School on Wheels, The Children's Clinic, The Guidance Center, U.S.VETS, and You Had Me at Cool.

Stay tuned for details about our next community event: our Halloween Festival on the 24<sup>th</sup> of October!

## The Numbers

- ★ 200+ Residents attended
- ★ 400+ Turkey Dogs Served
- ★ 400+ Bags of popcorn served
- ★ 400+ You Had Me at Cool Italian Ice Served
- ★ 300+ Trips down the water slide
- ★ 150+ Back Packs given to youth residents
- ★ 40+ haircuts given
- ★ 25+ exhibitors gave out school supplies



PosterMyWall.com

## The Village Anchor Team

**Editor:** Donna Ferraro

**Writers:** René Castro, Steve Colman, Jaylene Westfall, Kim Wee, Brett Morales, Melissa Rain, Israel Matos, Kaitlyn Taylor, Joana Archangel, Danica Potts. **Guest Writers:** Melany Pary, Georgina Phelps, Paige Pelonis, Sherry Martinez, John Oppenheim, Gilbert Zavala

**Photographer:** Cassandra Jablonski **Design & Layout:** Cyndi La

# What's Cookin', Good Lookin'?

## Healthier Lunch Ideas On-the-Go



With 365 days in a year, it's hard trying to be creative and non-repetitive with meals. Like so many Americans, do you find yourself standing in front of the fridge, 10 minutes before you have to be out the door, wondering what you're going to eat for lunch?

Well, you're not alone! Most of us end up eating out (and kicking our savings to the curb), grabbing the first thing we see (most likely something sweet or unhealthy) or we skip lunch and end up gobbling unhealthy snacks later. Whether you're working, at home parenting or care-giving, retired, etc., the "dinner tonight/lunch tomorrow" meal plan is the way to go! By making a little extra at dinner each night and packing

it up right then, you'll gain more time in the morning *and* save money in the long run! Here are other options to keep the "hangry" away!

**Option #1** Hummus, pita bread, grape tomatoes, cucumbers, sliced oranges

**Option #2** Cheese quesadilla, guacamole, salsa, tortilla chips, strawberries

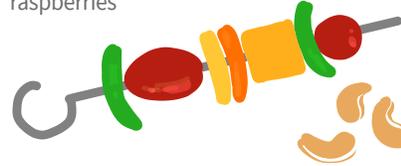


**Option #3** deli meat + cheese kabobs, red bell pepper slices, apples, fruit snacks

**Option #4** Turkey, cheese, lettuce and Tortilla Roll-Ups (with cheese or hummus spread), carrots, grapes, granola bar

**Option #5** Easy Pasta Salad (leftover pasta + chopped zucchini/red onion/tomato/bell peppers/ham) + salad dressing (roasted garlic, creamy Italian, and classic vinaigrette are awesome in this)

**Option #6** Cashews, dark chocolate chips, kiwi, blueberries, salami, provolone, crackers, radishes, cucumber, carrots, black olives, raspberries



**Option #7** Roasted veggies and chicken (great with dressing on top and roasted garlic), red and green grapes, pecans, almonds, dates, dark chocolate chips

### Lunch Box Kabobs:

- Turkey and cheddar cheese with cucumbers
- Salami and provolone with bell peppers
- Chicken and Monterey Jack cheese with pickles
- Roast beef and Swiss with olives
- Bacon, chicken, lettuce and tomato
- Chicken, cheese and flour tortilla
- Grilled chicken, cooked broccoli and cheddar cheese
- Bagel bite kabob (whatever you like in between your bagel... PB&J, cream cheese, turkey and hummus) cut up and stacked in between fruit or veggies

## What a Summer!

### Wrapping Up a Fun-filled Summer of Activities

This year, the Oasis Summer Camp served 16 children ages 5 to 11 living at CVC. In July, the children enjoyed creative recycled art projects, crafts, physical activities, cooking and nutrition, yoga and relaxation, and water play, just to name a few. They also participated in the first ever "Oasis Storytellers Showcase", which involved learning to imagine their own worlds, writing short stories, developing scripts, and casting and directing the younger children, all culminating in a performance for their families. To celebrate the end of camp, Oasis staff took the children to the L.A. Zoo to see reptiles, hippos, and gorillas (oh my!).

Summer camp for the We Are B.O.L.D. teen program included four weeks of activities, workshops, and classes that provided both fun and growth opportunities for the 22 youth and teens registered. Our partner, CityHeART, took on Mondays to facilitate art, acting, and film-making workshops. On Tuesday, Thursday, and Friday mornings, students got active through gym workouts, yoga, and sports. Afternoons included music lessons, creative writing classes led by our Occupational Therapy

student interns, and cooking classes. Tuesday and Thursday late afternoons were adopted by School on Wheels who provided tutors for students to get an early start on their studies. Lunch was provided daily, followed by fun at the pool at Cabrillo High School. "There was a lot to do this summer," one student commented. "It was nice to have different things to do every day... I liked having the choice to participate in a bunch of different activities."



### Intergenerational Art

This summer, the Occupational Therapy program and Oasis staff provided a series of recycled art workshops for residents of all ages. The goal of this project was to bring together folks of all ages to learn from one another while creating unique art pieces. Adults and children met weekly at the Youth Center to create plastic bag weaving and collages.

### Back to School

It's that time of year again—back to school! The Oasis After-School Program began Tuesday, September 4<sup>th</sup> and offers homework help, relaxation and sensory activities, arts and crafts, gardening, active games, and more! The program is hosted at the Youth Center from Monday – Friday 3:30-5:30 p.m. The We Are B.O.L.D. after school program began on Tuesday, September 4<sup>th</sup> and runs Monday – Thursday 3:00 to 6:00 p.m.

Looking for more support? Oasis Youth and Family Services staff are available to assist families in providing parents of children and teens with the tools they need for social and emotional growth, as well as offering referrals for academic, mental health, and behavioral support. Contact Kaitlyn Taylor at (562) 388-8067 for more information.

# Teen Center to Open



teens to build healthy, strong, and supporting relationships with each other.”

Vyshonne Jackson, a Family Commons teen resident who is an active We Are B.O.L.D. student, said there are a few specific things he and his friends look for when programs end for the day. “We need something for just us,” Jackson said. “We look for a place with AC and WiFi so we can use our phones and a TV so we can plug in our game systems.”

Many adults residents long for peace and quiet at the end of the day and would like a break from the sounds of kids running around after hours and “taking over” the TVs in common areas. One resident suggested, “A place for the teens means I can get work done in the Social Hall without being distracted.”

Youth and Family Services Assistant Dione Riley said he understands the noise complaints and other issues. He thinks a private space for the kids would address these concerns. “The kids aren’t being ‘bad,’ they’re being kids,” Riley said. “If kids don’t have anything to do, they’ll find something to occupy their time. We can help fill the gaps with a teen room where they would be free to hang out and have fun without disrupting others.”

Director of Property Management Brett Morales addressed initial concerns regarding an exclusive teen hangout room and lack of adult supervision with a commitment to occasional monitoring by staff. The prospective grand-opening of the teen hangout room is fall, 2018. The teen room will include WiFi, several TVs, comfortable seating, and a variety of games.

Despite critical and engaging youth programs at CVC such as We Are B.O.L.D. and PATH Explorers, staff must eventually leave for the day while teens remain on campus. “There’s nothing to do here,” is an all-too-familiar cry by the youth at The Villages. In order to provide a solution to this problem and to alleviate ongoing concerns about teen activities after program hours, the development of a teen hangout room is in the works.

Oasis and PATH staff proposed turning the Valley Room at Family Commons into a place for teens to socialize, play video games, and “be teens” in a safe environment. Although there are plenty of opportunities within current programming for youth to share struggles and receive helpful resources, sometimes they just want to be among peers. “Giving teens their own space so that they can feel ownership with their peers will create an environment where friendships are made and social isolation is decreased,” Resident Services Supervisor Jaylene Westfall said. “We want to encourage our

# Villages Scouts Program Granted Charter Status

The Villages Scouts Program has a number of activities for children ages 5 to 20 including: Great Wolf Lodge, Club-Boo-Ree, beach clean ups, USS Iowa fall camp, Veterans Day Parade and Cabrillo Beach Camp. The program was recently granted Charter Status by the Boy Scouts of America as Troop 709. The Troop is currently looking for an adult staff member to help teach scouting curriculum, attend events and trainings, plan activities and instill a passion for camping and field trips. No experience is necessary but the applicant must love children and be willing to work Monday – Friday and some weekends. For more information contact Sherry Martinez at [sherry.martinez@longbeachbsa.org](mailto:sherry.martinez@longbeachbsa.org).



## OASIS AFTER SCHOOL PROGRAM

homework help  
gardening  
arts+crafts  
active games  
relaxation  
sensory activities

**For children ages 5-11 living at CVC**  
**Monday - Friday from 3:00pm - 5:30pm**  
**Located at the Youth Center** beginning 9/14  
 to enroll contact Kaitlyn Taylor (562)388-8067

# Goodbye Summer, Hello Fall! Four Things to Look Forward to with CityHeART

Summer may be in the rearview mirror, but that doesn’t mean the fun, relaxing, and useful resources CityHeART launched over the summer are all in the past. Check out the list below to see what we have in store this Fall!

**Monthly Art Nights** Have you made it to the monthly HeARTsy by CityHeART art night yet? If not, no worries! We will continue this fun-filled event on the third Friday of every month from 4–6 p.m. in the Oasis Youth Center. Join us for an engaging art workshop with your family and friends, and enjoy a family-style dinner afterward. Come one, come all!

**Self Care groups** started September 5<sup>th</sup> from 1–2:30 p.m. and will run through October

24<sup>th</sup> in the AP Community room. Contact Kaitlyn Taylor @ [ktaylor@centuryvillages.org](mailto:ktaylor@centuryvillages.org) for more information. No need to pre-register.

**Veteran Film Discussion Group** Movie Night anyone? Art from Ashes by CityHeART is excited to launch a discussion group for veterans at CVC who love good movies and great conversation. This group will meet to enjoy a meal and watch a new movie every week. Participants will be prompted to reflect and discuss the films each week individually and as a group. Dates and times still to be determined.

**Thanksgiving Dinner** Already have turkey on the brain?! For the second year in a row, CityHeART will host a memorable holiday

meal open to the entire campus in the Social Hall. Turkey, mashed potatoes, ham, veggies, pie, and more are on the menu for the evening. We hope you can join us! Stay tuned for the date and time of this very special evening.

If you are interested in any of the above or have questions, please contact Izzy Matos or Kaitlyn Taylor. Inquiries may also sent via email to [love@ourcityhart.org](mailto:love@ourcityhart.org). Happy Fall!



# Discover CVC

## Walking Tour Tells the CVC Story

Have you ever wondered how the Urban Forest was built or where to get a free meal every Monday, Tuesday and Thursday? Did you know the Tongva were the original settlers on the CVC site 3,000-5,000 years ago, or that there are nearly 3,000 stone columns below Anchor Place? Learn these interesting tidbits, and more, just by joining a walking tour around our community lead by CVC Executive Director Steve Colman.

As part of a new initiative to “Tell the CVC Story,” Steve will be inviting residents, staff and guests to go on one of his walking tours. The hope is that more folks will get to know their community here at CVC and understand how and why it has grown to a community of nearly 1,500 residents.

Steve is also currently searching for

volunteer resident “ambassadors” to guide guests from around the southland and beyond who are visiting CVC. These lucky guests will hear the story from a resident’s point of view.

The first tour has been scheduled for Wednesday, September 26<sup>th</sup>. If you would like to participate, please meet at “The Flaggpoles” at 9:30 a.m. sharp. Dress comfortably and wear walking shoes, as a typical tour takes about an hour and covers roughly 4,000 steps.

Additional tours will be added in the future—keep an eye on the Daily Activities email sent out by Rene Castro. If you haven’t signed up to receive daily emails, make sure to stop by a Town Hall meeting (first Tuesday of every month) to sign up, or contact Rene Castro (rcastro@centuryvillages.org) to be added to the email list.



**Wee bits!**

LBUSD was the first public school system in the U.S. to require uniforms K through 8<sup>th</sup> grade; the first to require any 3<sup>rd</sup> grader reading below grade level to attend mandatory summer school; and first to end social promotion.

## CVC Satellite Offices

For three years, CVC has staffed a satellite office at Cabrillo Gateway. But now, we have two satellite offices: West Lobby-Anchor Place office is open! Assistant Property Manager Danica Potts (below, right) remains at Cabrillo Gateway while Assistant Property Manager Melissa Rain has relocated to Anchor Place. The office hours are the same as the main Property Office (Monday – Friday, 8:30 a.m. to 5:30 p.m.; closed 12:00 – 1:00 p.m. for lunch).

All residents can pay rent at the Anchor satellite but at this time, only Gateway residents can pay rent at the Gateway satellite office. Any CVC resident is able to pay their telecommunications or complete a work order at either satellite. They may also check on the status of a work order, obtain rent receipts, voice a complaint, or complete an incident report. Stop by and say hello to Melissa or Danica. While it might be a longer walk, you will enjoy a shorter wait line, or no line at all! Do something healthy (walking) and help Property reduce the number of residents in the Property lobby.



## Award of Excellence 2018 Winner



humanity within their own small piece of the world. They do not seek accolades...and need only to know that they gave back and made things better for those in need,” Mrs. Walker

continued. She then presented the evening’s 2018 Award of Excellence to Los Angeles Habilitation House (LAHH), praising “they have inspired us all and have carefully nurtured some of the best and most dedicated cleaning workers in the industry.”

During the 17<sup>th</sup> Annual Cleaning Industry Standards and Benchmarking awards dinner hosted by the Simon Institute, Mrs. Renae Walker took the stage to present the Award of Excellence for 2018 – Inspiration.

“Inspiration is when ordinary people do extraordinary things,” said Mrs. Walker. She spoke of heroes like Mother Teresa, Gandhi, Martin Luther King, Jr., ordinary people who felt the world needed their help. Their belief that they could change for world for the better against impossible odds, challenges, or opposition lifted people’s spirits.

“What truly inspires are people who work each and every day to better

Nancy Albin, on accepting the award on behalf of LAHH, says, “to say the least, we were moved to tears with our hearts overflowing with gratitude for the wonderful people with disabilities with whom we share the journey of work. Guido and I dedicate this award to all people with disabilities who go to work each day and for all of the people with disabilities who desire to have a job to go to each day... You are the best of the best because of your heart!” Congratulations LAHH!

“What truly inspires are people who work each and every day to better

**Wee bits!**

There are more than 7.4 million teachers; 2.9 million work at elementary and middle schools.

67% of kids in the U.S. like school.

Founded in 1635, Boston’s Latin School is the oldest public school in the U.S. Five of the 56 signers of the Declaration of Independence are graduates: Benjamin Franklin, John Hancock, Robert Treat Paine, Samuel Adams and William Hopper.

# Staying Healthy

## Back to School Perfect Time to Tackle Health Needs



Returning back-to-school can be both an exciting and hectic time for children and their families. While everyone is adjusting to the new school year, it is important for families and their children to take some preventative steps in order to have a safe and healthy year.

The Children's Clinic (TCC), "Serving Children & Their Families" is a full service community health center providing care for children, youths, and adults in the community.

TCC-Century Villages at Cabrillo Clinic is your neighborhood clinic! Our health and wellness services include a wide range of primary, preventative, acute and ongoing health care for all. TCC offers school health services for children such as immunizations, physicals, prescribed medications, and linkage to community resources.

Maria Chandler, MD, MBA who is a Pediatrician and Chief Medical Officer at TCC, recommends children to see their primary provider once a year for a physical check-up. Additionally, families should bring a list of medications their child is taking to their doctor's visit and provide a copy to the child's school. This is especially important for children who have asthma. If your child has asthma, TCC can provide the school with your child's medication information so they can have it available in case of emergencies. TCC provides health services for all children up to twenty years of age, regardless of the family's ability to pay.

Dr. Chandler recommends before going back to school, children should receive vaccines before kindergarten and seventh grade. Back to school can be extremely busy for pediatricians.

In order to avoid extended wait times, families should schedule appointments ahead of time.

According to the Centers for Disease Control and Prevention (CDC), students should carry water bottles in class to stay hydrated, wash their hands, avoid unhealthy snacks, get 60 minutes of physical activity a day, and a full night's rest every night to have a safe and healthy school year.

If you would like more information about TCC, please visit [www.thechildrensclinic.org](http://www.thechildrensclinic.org), or if you would like to schedule an appointment, please call 1 (844) 822-4646.



[thechildrensclinic.org](http://www.thechildrensclinic.org), or if you would like to schedule an appointment, please call 1 (844) 822-4646.

# Is Christmas Coming Early This Year?

## Tips That Can Help You Budget for the Holiday Spending Blues



No, Christmas is still in December, but we all like to shop early to get the best deals. Still, it's easy to go crazy and overspend during the holidays. We've all been guilty of buying things we *want* rather than *need*. It doesn't help that ads bombard us with the "deal of a lifetime" (quantities are limited, while supplies last) or the incessant popups while playing Candy Crush convincing us we need the new "IT" toy. No worries though, you can still save money with these easy tips.

**Start Saving Early** - Around September, start counting paychecks and other income. Look at past bank statements and note your spending. It's surprising how much we spend on

luxuries like eating out and snacks. Something as simple as an 8 piece/2 sides KFC family dinner can top out at \$25. When purchased from a grocery store, it can be bought at half the price, and most likely be better quality. Also, think about what you spend on snacks. \$1 to \$3 here and there adds up. You'll be healthier—and richer—if you cut out snacks.

**Make Sure It's A Deal You Need** - Whether it's shopping for groceries or holiday gifts, **DO YOUR RESEARCH**. Keep those mailers, compare prices from different stores, and use those coupons. Ralphs, Vons and Albertson's offer promotions like \$20 off your first online purchase with FREE or lower cost delivery. This comparison process helps with gift buying as well and helps cut down impulse buys. Track prices; if another store offers a better deal, go there. Look for competitors who price match or offer a better deal.

**Shop Online** - Don't be afraid of online shopping, but be cautious. Most people like to see before they buy something. The SOLUTION is window shopping! Find the items you or your kids like at a store and try them on to get the size. Day After

Christmas Returns will be a thing of the past. Sometimes online stores have special sales not offered in-store. Often different stores will sell the exact same item at a much lower cost.

**Get Paid to Shop** - Get cash back with programs like *Ebates*. *Paribus* watches your items and pays back the difference if the price drops within a few days of your purchase.

**Use Your Phone** - Every time you shop, **USE YOUR PHONE!** Most store coupons can be found using apps such as RetailMeNot and Sherpa. A few seconds of scrolling can result in huge savings and deals. Keep a list on your phone as reference and to help stay on budget. Most smart phones have apps that will search for the best deal available on whatever item you need. Sign up for their rewards and you often get an additional discount to use on that purchase.

**Quality not Quantity** - Wouldn't you rather spend the same amount on 1 or 2 items that

will last, rather than 5 that will fall apart in a single use? Styles are constantly changing—don't spend more on an item that will most likely be "out" when the season is over. Shop at retailers that sell brand name items for less. If your budget is limited, try crafting and do-it-yourself things. Kids get hours of entertainment from homemade "slime." Friends and family will love personalized gifts made by hand.

The holidays should be about spending time with family and giving gifts from the heart, not measured by the price tag that could result in financial stress. Small lifestyle changes now will make the next year better. Happy Savings!



# Sensory Room Coming to CVC

The Occupational Therapy department here at CVC is building a Sensory Room to help our residents deal with trauma and stress. We are asking that you email us a photo of something that makes you feel calm and safe. Photo contestants will receive a Farm Buck to be used at the Farm Stand on Tuesdays and will be entered into a drawing for a small gift card. The photos will be used to decorate the Sensory Room. Send your photos to [ot4cvc@gmail.com](mailto:ot4cvc@gmail.com) by October 5, 2018.

So, what is so important about our senses? We all have some know-how about our five basic senses: taste, sight, hearing, touch, and smell. But just as important, our bodies take in

information about movement, gravity, and our body in space. Our senses give us information about our bodies and the environment around us. It's how we understand the world. If we have trouble understanding the world through our senses, this can make everyday life difficult.

We know that trauma can affect the way our bodies handle information coming from our senses. Our bodies may feel constantly threatened. We may have more trouble controlling our behavior or understanding other people's feelings. Trauma also affects how we control anger and cope with stress. It may be harder to start and follow through with our daily activities. Sometimes we might feel like we're "not fully awake." Other times we might feel "too alert" and like we're in crisis.



Send us your photos!  
What makes you feel calm & safe?

All residents will be able to use the Sensory Room in times of crisis and to learn more about how our bodies handle information from the senses. Residents can also discover ways to relax and self-regulate—to be in a calm yet alert state.

The Sensory Room will feel like you are in your home but with special sensory equipment that can be used for self-regulation. You could then create the same feeling in your own

home. One example is a weighted blanket that can provide a deep pressure touch and create a calm feeling. We hope that this room will provide a much needed service for the residents of CVC both through individual sessions and groups.

Be on the lookout for ways that you can contribute to our future Sensory Room such as donating items or taking part in our photo contest.

## Pathways to Health and Yoga

Yoga has been a Pathways activity since its inception in April of 2016. Since then, the attendance for yoga classes have steadily increased. Many of our residents have made yoga a big part of their life, attending all the classes they can. For the many residents who have moved on, we hope they continue their practice. Currently we offer three classes per week, open to all residents of Century Villages.

**Regular yoga with mats** — 3:45 p.m. Tuesdays and Thursdays / Anchor Place. We are grateful that Century Villages has a real studio and certified teachers. Even if you joined a gym or a yoga studio, you wouldn't have a better class than what we offer here — and best of all, it's free! We supply mats, blocks and straps to all who attend. In addition, for those who attend at least 10 classes, we give you a set of your own.

The benefits of any of these classes can be yours. Join us and find out just how great it can be.

**Gentle yoga without a mat** — 10:00 a.m. Mondays / Social Hall. Using chairs and standing, this class was originally designed for those who have never tried yoga as there isn't a requirement to get up and down from the floor. We were happy to find that some participants enjoy the extra class and the benefits of breathing, mediation and guided movement.



## Fun Holidays Calendar

Sep 19	Wednesday	International Talk Like a Pirate Day
Sep 28	Friday	Good Neighbor Day
Oct 8	Monday	Columbus Day Observed - CVC Offices Closed
Oct 20	Saturday	Sweetest Day
Oct 30	Tuesday	Candy Corn Day
Oct 31	Wednesday	Magic Day
Nov 12	Monday	Veteran's Day Observed - CVC Offices Closed LBUSD Closed - No School
Nov 14	Wednesday	Pickle Day
Nov 19-23	Mon-Fri	LBUSD Closed for Thanksgiving Recess
Nov 22	Thursday	Thanksgiving - CVC Offices Closed
Nov 23	Friday	CVC Offices Closed
Dec 21	Friday	Ugly Sweater Day
Dec 24-Jan 4	Mon-Fri	LBUSD Closed for Winter Recess
Dec 24-25	Mon-Tues	Christmas Eve and Day - CVC Offices Closed

## OT4CVC Occupational Therapy Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Walking Group</b> 9-10 am Meet at Anchor Place (Starts Sept 24)	<b>Walking Group</b> 9-10* am Meet at Anchor Place (Starts Sept 18)	<b>Walking Group</b> 9-10 am Meet at Anchor Place (Starts Sept 19)	<b>Walking Group</b> 9-10* am Meet at Anchor Place (Starts Sept 20)	<b>Walking Group</b> 9-10 am Meet at Anchor Place (Starts Sept 21)
<b>Cooking Club</b> 11-12:30 pm Anchor Kitchen (Starts Sept 24)	<b>Cooking Club</b> 11-12:30 pm Gateway Kitchen (Starts Sept 25)	<b>SILS Diabetes/Nutrition</b> 11-12 pm Kitchen 11-2 (Starts Sept 26)	<b>Cooking Club</b> 11-12:30 pm Gateway Kitchen (Starts Sept 27)	
<b>Community Garden</b> 10:00-11:00 pm (Starts Sept 24)	<b>VIP Cooking</b> 1-2:30 pm Kitchen 29-1 (Starts Sept 25)			
		<b>Journey to Wellness</b> 3:00-4:00 pm Anchor Kitchen (Starts Sept 26)	<b>Sensory &amp; Self</b> 2:00-3:00 pm Hacienda of Hope (Starts Sept 25)	

\*9:30 Changing Spirits