

MISSION COVE UPDATES

-Zumba with the amazing Patty will be on Thursday February 1st, 8th and 22nd at 12:30 pm.

-Back by popular demand, the next resident swap meet is tentatively scheduled in March. Start thinking about what you'd like to donate now. More details to come in next month's newsletter. All leftover items will be donated to Disabled American Veterans (DAV)

- Bingo will be on Tuesday February 6th and 13th at 11 am. Arts and Crafts with Elizabeth will be on February 6th and 27th at 1 pm.

-We will be having another coffee social hour on Thursday February 29th at 9 am in the community room with Eric and Brian.

- Our monthly food box distribution will be on Monday February 12th. If you are interested in receiving a box, please contact Eric. Or you can call Makena at the San Diego Food Bank and register yourself at 858-863-5208.

-There will be no Elderhelp hours on Monday February 19th due to President's Day.

February 2024

MISSION COVE SENIORS

*All the News That's fit to Print! *



LOVE YOUR HEART EVENT

Mission Cove has registered again to be a screening site for the Live Well San Diego 'Love Your Heart' event on **Thursday February 15th at 11 am** in the **community room**. Love Your Heart is an annual event in which organizations from across the U.S. and Mexico join to provide **FREE blood pressure screenings** to the public on or near Valentine's Day. The event brings together community partners to prevent heart disease and stroke and empowers the public to take control of their heart health, know their blood pressure numbers, and know what they mean.

The 2023 event had over 46,365 participants screened online and in-person at 386 sites across the U.S. and Mexico, with over 3,200 blood pressure cuffs distributed across San Diego County.

ERIC LIGARE

ELDERHELP OF SAN DIEGO
HOURS

MONDAY-THURSDAY

8 AM-5:30 PM

FRIDAY

8 AM-12 PM

MISSION COVE ONSITE
DAYS

TUESDAYS-THURSDAY

COMPUTER LAB HOURS

MONDAY-FRIDAY

8 AM-5 PM

SAN DIEGO FOOD BANK BOX
DELIVER

2ND MONDAY EVERY MONTH

INTERESTED? SEE ERIC!

OFFICE: 619 284-9281

DIRECT: 619-852-4786

ELIGARE@ELDERHELPOFSANDIEGO.ORG

RESOURCE OF THE MONTH



LIVE WELL
SAN DIEGO

Live Well San Diego is a vision for a region that is Building Better Health, Living Safely, and Thriving. It aligns the efforts of individuals, organizations, and government to help all 3.3 million San Diego County residents live well.

Live Well San Diego involves everyone. Only through a collective effort — in which all of us work together toward a shared purpose — can meaningful change be achieved in a region as large and diverse as San Diego County.

Organizations can become *Live Well San Diego* Recognized Partners by making a formal commitment to support the *Live Well San Diego* vision. Recognized Partners include health care providers, community and faith-based organizations, businesses, school districts, and other jurisdictions, including cities, tribal governments, and military or veteran's organizations.

Individuals can take part in the *Live Well San Diego* vision by making positive choices, participating in Recognized Partner programs and *Live Well San Diego* Signature Events, and contributing in unique ways to improve the quality of life for themselves and those around them.





Organizational leaders and community members gather regionally to identify priority needs, plan community improvements and conduct activities to improve the health, safety, and overall well-being of residents and their communities.

These teams serve as a central point for action at the local level.

For more Information you can go to livewellsd.org or call (619) 400-8174

February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 ZUMBA CLASS-12:30 PM Multipurpose Room	2	3
4	5	6 Bingo 11:00 am Arts & Crafts- 1 pm	7 WEEKLY FOOD MARKET-11:30 AM	8 ZUMBA CLASS-12:30 PM Multipurpose Room Tech Support- 1 pm	9 	10
11 	12 San Diego Food Bank Box Delivery	13 Bingo 11:00 am- Community Room	14 WEEKLY FOOD MARKET-11:30 AM	15 LOVE YOUR HEART EVENT 11 AM- Community Room	16 	17
18	19 EH CLOSED 	20 Tech Support- 11 am	21 WEEKLY FOOD MARKET-11:30 AM	22 ZUMBA CLASS-12:30 PM Multipurpose Room	23	24
25	26	27 Arts & Crafts – 1pm	28 WEEKLY FOOD MARKET-11:30 AM	29 COFFEE SOCIAL HOUR- 9 am- Community Room		



ERIC LIGARE
ELDERHELP OF SAN DIEGO
HOUSING SERVICES COORDINATOR
M – TH (8AM- 5:30PM) F (8AM- 12PM)

ERIC'S MISSION COVE OFFICE
HOURS
Tuesdays-Thursdays
619-852-4786
eligare@elderhelpofsandiego.com