



Alabama Manor February Newsletter 2024

Contact Us

Sr. Community
Building Coordinator
CHW

Easter LLeasau
619-732-3111

Alabama Manor
Property Manager
Deimi Gomez
619-955-8075

alabamamanor@chworks.net

Maintenance Emergency
619-718-0692

Computer Lab open:
Monday thru Friday
8am-12pm

SENIOR FOOD BOXES

DELIVERED

Every 4th WEDNESDAY
February 28th, 2024,
AT 11AM.

See Easter to sign up for
Senior Boxes.

Volunteer Opportunities
See Easter for more info.

Resident Reminder:

Valentine's Day February 14th Wednesday
President's Day February 19th Monday –
Community Room CLOSED



Coffee & Chat

Monday thru Friday @8:30am-12pm
(Community Room)

Tai Chi in Better Balance

Mon. Wed. and Friday @ 10am

Senior Arts & Crafts

Tuesday's @11am
February 6, 13, 20 & 27, 2024.

Friendstine's Day Card Exchange

February 14th 3:30pm - Kalos Community Room

RESIDENT COMMUNITY MEETING

February 8th, 2023, Wednesday @1pm

****Activity/Events is subject to change without notice****

988 Suicide and Crisis Lifeline Adds to County's Resources

People experiencing a suicide, mental health or substance use crisis will now be able to call or text to a three-digit 988 dialing code to get help for themselves or a loved one.

<https://www.facebook.com/chwalabamamanor/>