



Alabama Manor April 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
April 24th, 2024,
AT 11AM.

See Easter to sign up for
Senior Boxes.

Volunteer Opportunities
See Easter for more info.

Resident Reminder:

LAST CHANCE!

Sue Reynolds Valor Scholarship

To Register online at [CHWORKS.ORG/VALOR](https://chworks.org/valor)

Coffee & Chat

Monday thru Friday @8:30am-12pm

Tai Chi in Better Balance

Mon. Wed. and Friday @10am-11am

SALAD SOCIAL

April 3rd and 24th @1:30pm

Resident's Meeting

April 10th @1pm Wednesday

Bingo/ Birthday

Birthday Celebration – @1pm

Bingo - April 17th @2pm

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.

FINANCIAL WELL BEING RESOURCES

Veronica Lagler: (619) 823-7319 or by Email: vlagler@chworks.org

Rodrigo Gomez: (619) 795-0227 or by Email: rgomez@chworks.org

For more information, please visit <https://chworks.org/for-residents>