



Alabama Manor October Newsletter

**Connect with Us/
Conéctate con nosotros**

**Sr. Community
Building Coordinator
CHW
Easter LLeasau
619-732-3111**

**Alabama Manor
Community Manager
619-955-8075**

alabamamanor@chworks.net

**Maintenance Emergency/
Emergencia de
Mantenimiento
619-718-0692**

SENIOR FOOD BOXES

DELIVERED

Every 4th WEDNESDAY
October 23rd , 2024,
AT 11AM.

See Easter to sign up for
Senior Boxes.

Volunteers Needed.

**For more info see your
Sr. CBC - Easter**

Resident Reminder/Recordatorio para residentes :



Coffee Chat

Monday thru Friday 9am-11:30am

Bingo

October 17th, Thursday 1pm

Resident Meeting/Reunión de residentes

October 9th 1pm

HalloWeee Party!

October 31st, Thursday 1pm

Movie Night

“Beetle Juice”

October 26th, 1pm Thursday

****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-residents36>



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Resident Reminder:

Join us for a
HalloWeee time.



If you know someone who is living with breast cancer or has been affected by the disease, check in with them to ask them how they're doing. Schedule your annual mammogram. Encourage your friends and family to do the same. Learn more about breast cancer and how it affects people's lives from [Breastcancer.org](https://www.breastcancer.org). news, educational content, podcasts, and more. This information is provided by [Breastcancer.org](https://www.breastcancer.org).

APTEXX

Online users will be able to pay rent, submit maintenance request. Keeping record of on time payment. This will help improve your credit score.

To sign up visit:
alabamamanor.aptx.cm

Any issues with washer/dryers
inform your property
management
Or call Washtek with details
760-735-2459

WASHTEK
WE MAKE LAUNDRY ROOMS PERFORM