

MISSION COVE UPDATES

- Eric will be off from Friday September 27th and will return Tuesday October 8th. However, there will still be a food distribution on Wednesday October 2nd.
- Our San Diego Food Bank Box delivery will be on the 3rd Monday of October (10/21). If you are interested in receiving one or no longer wish to receive a box, talk to Eric!
- Our coffee and donut social will be held on Thursday October 17th at 9 am in the community room.
- Arts and Crafts will be held on Tuesday October 29th at 1 pm in the community room. We will also be decorating the community room for our Halloween party at that time as well.
- The CRC food bag delivery will be on October 16th and 23rd. Those who live on floors 1 & 2 should receive their bag on October 16th. Residents who live on floors 3 & 4 will receive their bag on October 23rd. If you do not wish to receive a food bag going forward, please let Eric know. We are unsure at this time if this program will continue after 2024. I will provide updates from CRC as I get them!

OCTOBER 2024 MISSION COVE SENIORS

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



HALLOWEEN PARTY & DIA DE LOS MUERTOS ALTAR!

Mission Cove's 2nd annual Halloween costume party will be held on Thursday October 31st at 12 pm in the community room. Please feel free to wear a Halloween costume or come as yourself. The winner for best costume will win a \$50 gift card of their choice. All residents are eligible to vote whether they wear a costume or not. Eric will provide snacks, beverages and spooky music, but residents are also encouraged to bring any dish or beverage they want, along with any Halloween decoration. We will also be having our Dia De Los Muertos altar again, same location as last year. All residents are encouraged to bring any photos, possessions, items, etc. of deceased loved ones. Eric will be opening the altar for resident items sometime towards the end of October.

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



Who We Are

The League operates on a national, state and local level.




The League of Women Voters (LWV) is a national, grassroots, network and membership organization that believes the right to vote is a non-partisan issue. For over 100 years, we have worked to empower voters and defend democracy.

Your local league, the League of Women Voters of North County San Diego, was formed when a group of civic-minded North County women came together over 60 years ago, in 1962, to form the first local league. Eventually the League grew to encompass all of North County from Del Mar north to Oceanside and Vista, and east to Escondido, and surrounding unincorporated communities. League members represent all 8 cities in North County and 12 communities.

The League of Women Voters is a nonprofit 501(c)(3) corporation. The League adheres to a strict nonpartisan policy and never endorses any political party, candidate or elected official.

Visit League of Women Voters at lwvncsd.org to register to vote or to view issues and candidates more in depth!

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
ERIC WILL BE OFF FROM FRIDAY SEPTEMBER 27th AND WILL RETURN TUESDAY OCTOBER 7th.			WEEKLY FOOD MARKET- 11:30 AM			
6	7 NO EH HOURS	8 BINGO 11 AM- Community Room	9 WEEKLY FOOD MARKET- 11:30 AM	10 Tech Support- 11 am	11 	12
13	14	15 BINGO 11 AM- Community Room	16 WEEKLY FOOD MARKET- 11:30 AM	17 Coffee Social- 9 am	18	19
20	21 San Diego Food Bank Box Delivery	22 BINGO 11 AM- Community Room	23 WEEKLY FOOD MARKET- 11:30 AM	24 Tech Support- 11 am	25	26
27	28 	29 ARTS & CRAFTS- 1 pm	30 WEEKLY FOOD MARKET- 11:30 AM	31 Halloween Party- 12 pm		

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