



VIRTUAL SENIOR PROGRAMS & SERVICES

OCTOBER 2020 CALENDAR OF EVENTS



Events/Workshops:

Oct. 7 | Let's Talk Emotional Intelligence

Join resident services and LA Department of Mental Health for this hour of checking our Emotional Intelligence to improve our quality life in the midst of this pandemic.

Oct. 8 | Partners In Care Foundation

Join us in this Social Hour of Health Power! Learn more on seniors health programs while sheltered in place. You don't want to miss the Bingocize info!

Oct. 9 | Virtual Resident Meeting

It's that time we hear your voices to help us improve your community. Join PM and Resident Services for the hour!

Oct. 23 | Virtual Movie Friday

Sheltered in Place Movie Theatre presents an awesome Netflix Movie "Love, Guaranteed." This movie will have you laughing, crying, and more laughter!

Oct. 28 | Open Mic Poetry with Celestial

Share your talents and be entertained in this Open Mic Poetry class with fellow seniors! SCAN Volunteer Action on Aging will host this event of fun, led by Celestial from Morgan Place.

What can a Resident Services Coordinator do for you?

Your RSC is here for YOU! To advocate, be the listener, helper and encourager. Our services include programs, referrals, and information for social and community services, supportive services, and health education. Call me today!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1	2
5	6	7 "Emotional Intelligence" LA Dept. Mental Health Seniors Bureau 2:30 PM	8 "Stay Healthy While Staying Home" Partners In Care 2:00 PM	9 Virtual Resident Meeting 3:00 PM
12	13	14	15	16
19	20	21	22	23 Virtual Movie Friday "Love, Guaranteed" 3:00 PM
26	27	28 Virtual Social Hour "Open Mic Poetry" With Celestial 2:30 PM	29	30

MEKA BROWN | RESIDENT SERVICES COORDINATOR AT WORK FOR YOU!

REMOTE OFFICE HOURS: Monday through Thursday | 10 AM to 5 PM

Phone: 949-829-2190 | Email: mbrown@abodecommunities.org | Virtual Zoom Office: <https://zoom.us/j/91406025814>