



September 2017 CENTRAL

Hurricane Harvey on Our Way to Recovery

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
ALL EVENTS ARE FREE! Pre-Registration is required. Seating is Limited. Email or Call Today!					1	2
3	4	5	6	7	8	9
	Labor Day Holiday Campus Closed					
10	11	12	13	14	15	16
	11:30 am – 1:30 pm ESL Information Session	 1:45pm – 2:45pm ♦ Traditional Chinese Practices for Healthy Aging	 ♦ 3:00 pm – 5:00 pm CPD Career Coaching	 1:00pm – 2:00pm ♦ Disaster Recovery Basics. Clean up and repairs. Presented by State Farm	 12:00pm – 1:00pm Healthy Joints & Bones Stretching & Relaxation	
17	18	19	20	21	22	23
	11:30 am – 1:30 pm ESL Information Session 2:00 pm – 3:00 pm Information Session: How to Apply for FREE Job Training	 12:00pm – 1:00pm ♦ Disaster Assistance Resources. Presented by BakerRipley	 ♦ 1:00pm - 2:00pm Trauma & Recovery After the storm - substance abuse prevention. Presented by BACODA	 1:00 pm – 2: 00 pm Beginner Spanish for Social Services & Recovery	 12:00pm – 1:00pm Healthy Joints & Bones Stretching & Relaxation	
24	25	26	27	28	29	30
	 1:00pm – 2:00pm ♦ After the Storm Workshop. Disaster Assistance Resources. Presented by United Way THRIVE	 12:30pm – 1:30pm ♦ Healthy Aging Film & Discussion	 ♦ 1:45pm – 2:45pm Tai Chi for Healthy Aging		 ♦ 9:00 am – 11:00 am Computer Workshop for Seniors 12:00pm – 1:00pm Healthy Joints & Bones Stretching & Relaxation	



Disaster Relief
Workshops



Centro de Educación
Comunitaria

Central Campus

Community Education Center
8060 Spencer Hwy., Pasadena 77505
C-1.108 (BUILDING #1, ROOM 108)

Reserve Your Spot Today!

CommunityEducation@sjcd.edu

281.478.2786

Please Join Us! All Events are FREE!!

September is Healthy Aging Month!