

MAY 2025

MONTHLY NEWSLETTER



SENIOR CENTER OPERATIONS

Purpose

To provide services designed to enable older individuals to attain and maintain physical and mental well-being by addressing their physical, social, psychological, economical, educational, and recreational needs; to include disease prevention and health promotion services and activities.



WEEKLY CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY - 1ST

FRIDAY - 2ND

SNJ: 10am
Senior Memorial

STR: Mother's
Day flower
project

INA: UOG
Nutrition
Lesson1-Reach
Your Goals

MER: 1pm
Center's
Meeting

SNJ: Food
Truck/Vendors
Day

Happy Mother's Day

WEEKLY CALENDAR

MONDAY - 5TH

DED: Spirit Week

MNG: Monthly Meeting

MER: Sharing Stories about their weekend

YIG: Mother's Day Activity

TUESDAY - 6TH

DED: Spirit Week

MER: Socialization

YIG: Mother's Day Activity

WEDNESDAY - 7TH

DED: Spirit Week

MNG: Brain Enhancing Games

MER: Radiology Presentation

SNJ: 10am Hair Cut Day

YIG: Mother's Day Activity

THURSDAY - 8TH

DED: Spirit Week

MNG: Brain Enhancing Games

MER: Radiology Presentation

SNJ: 10am Hair Cut Day

YIG: Mother's Day Activity

FRIDAY - 9TH

DED: 10am Mother's Day Celebration Spirit Week

INA: Exercise-Improving Balance and Strength

MER: Mother's Day Luncheon at VIP

SNJ: Mother's Day Luncheon at Palm Cafe

YIG: Mother's Day Activity

WEEKLY CALENDAR

MONDAY - 12TH

MER: 11am
Current of Event
Reading

YIG: 1pm YSCC
Council Meeting

INA: Guam
Sunshine Lions
Group Donation

YON/TAL: Spirit
Week Wear a
Flower

TUESDAY- 13TH

MNG: Arts &
Crafts

YIG: Monthly
Fieldtrip to ASC

INA: Preventing
Falls: Making
your home safe

STR: Mother's
Day Luncheon at
Ruby Tuesday's

YON/TAL: Spirit
Week Mis Match
Shoes

WEDNESDAY - 14TH

10am ENP Mtng

MER: 11am
Sharing
Conversation
about Natures
Plants and se of
it.

STR: 12pm UOG
Food Smarts
Adults Nutrition
Program

INA: Home
Safety for Older
Adults

YON/TAL: Spirit
Week Wacky
Hair Day

THURSDAY - 15TH

YIG: Monthly
Center Meeting

INA: Exercises
to Help Prevent
Falls

YON/TAL: Spirit
Week Pajama
Day

FRIDAY - 16TH

MER: 1:30pm Fire
Drill Exercise

MNG: Group
Activity-Indoor
& Outdoor
Walking &
Planting

SNJ: Food
Truck/Vendors
Day

YIG: 11am Food
Demo by YSCC
Clients

YON/TAL: Spirit
Week Dress in
Sunday's Best

WEEKLY CALENDAR

MONDAY - 19TH

MER: 11am
Seniors Sharing
their Weekend
Stories

TUESDAY- 20TH

INA: Exercises
to Improve
Strength &
Balance

STR: Mother's
Day Luncheon at
Ruby Tuesday's

YON/TAL: Spirit
Week Mis Match
Shoes

WEDNESDAY - 21ST

***Legislative
Luncheon at
Dusit Thani
Resort***

DED: 11:30am
Trivia
Questionnaire

MNG: Brain-
Enhancing
Games

SNJ: Ice Cream
Day

THURSDAY - 22ND

MNG: Monthly
Birthday
Celebration

INA: UOG
Nutrition:
Lesson 3-
Colorful &
Classic
Favorites

FRIDAY - 23RD

SNJ: Food
Truck/Vendors
Day

YIG: 11am
Birthday
Celebration

WEEKLY CALENDAR

MONDAY - 26TH

***Memorial Day
Holiday***

TUESDAY- 27TH

INA: Monthly
Birthday
Luncheon

1:30pm General
Membership
Mtng

WEDNESDAY - 28TH

MER: 11am
Sharing Ideas
on Different
Organic Plants
used for making
CHamoru
Medicines

STR: 11am UOG
Food Smarts
Adults Nutrition
Program

THURSDAY - 29TH

INA: UOG
Nutrition:
Lesson 4-Eat
Smart, Spend
Less

SNJ: Senior
Mtng

FRIDAY - 30TH

MER: 11:30am
Sharing their Jokes

MNG: Group
Activity-Indoor &
Outdoors Walking
& Planting

STR: Aging
Conference

SNJ: Birthday
Celebration/Food
Truck & Vendors
Day

TAM: Birthday
Celebration

YIG: Birthday
Celebration

SENIOR CENTER OPERATIONS



Mayors' Council of Guam

Konschelen Mahet Guahan

SENIOR CENTER OPERATIONS PROGRAM DIRECTORY Update: May 2025

SENIOR CENTER ADDRESS	TITLE	PHONE NUMBER	EMAIL ADDRESS
Agana Heights District: Agana Heights/M-T-M/CP-O 184 Chalan Macajna Street, Agana Heights, Guam 96932	Charlene F. Cruz, Recreation Leader II	(671) 477-3884	char.f.cruz@gmail.com
Astumbo 2111 Y-Sengsong, Road, Dededo, Guam 96929	Brenda M.P. Meno, Recreation Leader II John Ray S.A. Aguigui Recreation Leader II	(671) 632-0159	astumboseniorcenter17@yahoo.com
Dededo 319 Iglesia Circle, Dededo, Guam 96929	Idrenne Gumataotao, Recreation Leader II Lugene Santos, Recreation Leader II	(671) 633-0292	dededoseniorcenter@gmail.com
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Mangilao 120 S. Vietnam Veteran Highway, Mangilao, Guam 96913	Janeth Smith, Recreation Leader II	(671) 734-9203	janeth1249dom@gmail.com
Malesso' District: Malesso'/Humåtak 462 Chalan Kanton Tasi, Malesso, Guam 96915	Anna Tyquingco, Recreation Leader II	(671) 828-8215	malessomo@gmail.com
Sånta Rita-Sumai 183 A.B. Won Pat Lane, Santa Rita, Guam 96915	Lucinda "Cindy" Baletto, Recreation Leader II	(671) 565-2512	santaritaseniorcenter@yahoo.com
Sinajana 117A Chalan Guma Yu'us, Sinajana, Guam 96910	Bonny J. Duenas, Recreation Leader II	(671) 477-9321	bonny.duenas@mcog.guam.gov
Tamuning 120 Tun Jesus Crisostomo Street, Tamuning, Guam 96913	Danny Cave Jr., Recreation Leader II Melinda "Marie" Mesa, Recreation Leader II	(671) 588-1839	tamuningseniorcenter@gmail.com
Yigo 225-B Gayinero Drive, Yigo Guam 96929	Melissa Espiritu, Recreation Leader II	(671) 653-3392	freskugum@gmail.com
Yona/Talofofo 125 Pugu Drive Windward Hills, Yona, Guam 96915	Heather Acfalle, Recreation Leader II	(671) 789-2327	yontalseniorcenter@gmail.com
SENIOR CENTER OPERATIONS ADMINISTRATIVE OFFICE			
215A Chalan Santo Papa, Suites 110F & 111F Commercial Center, Hagåtña, Guam 96932	Lakrisha R. Sablan, Program Coordinator I	(671) 475-6266	lakrisha.sablan@scoguam.com
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April ACTIVITIES



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