



GUADALUPE

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NEWS RELEASE
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Trivia Tuesdays At The Senior Center

The City of Guadalupe Senior Center, located at 4545 10th St., is hosting Trivia every Tuesdays from 10:45 a.m. to 11:30 a.m. throughout the month of September. Trivia offers a stimulating mental workout, which is important for cognitive health. Trivia also provides a sense of accomplishment and boosts self-esteem; furthermore, it encourages social interaction and friendly competition. Sharing knowledge and past experiences during trivia can also be very enriching. Engaging in activities like trivia contributes to a positive and lively atmosphere. This trivia class is a free service provided by the City of Guadalupe Recreation and Parks Department to all seniors.

Questions may be directed to Isaias Rosas, Senior Center Coordinator at 805-356-6155.

Department: Recreation and Parks Department
Contact Person: Annis Barajas, Recreation Service Manager
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