



Republic of the Philippines
Department of Education
National Capital Region
DIVISION OF CITY SCHOOLS
City of Mandaluyong

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November 12, 2013

MEMORANDUM

TO: Officer In-Charge, Assistant Schools Division Superintendent
Education Program Supervisors/Public School District Supervisor
Principals, Public Elementary and Secondary Schools

Please be informed that the **Division Seminar on Physical and Emotional Preparedness and Wellness Among Senior Citizens of DepEd Mandaluyong City** will be held on **November 22-23, 2013** at the **Grand Villa Resort, Purok 2, Barangay Tranca, Bay, Laguna**.

All Senior Citizens (Teaching and Non-Teaching) are expected to be at the **Division Office Ground** on or before **8:30 A.M.** together with the School Head, Education Program Supervisors, Public School District Supervisors and Section Chiefs, as participants to the above-mentioned division seminar.

Attached is the schedule of activities for your information and guidance.

Immediate dissemination of this **Memorandum** to all concerned is desired.

For:

EVANGELINE P. LADINES

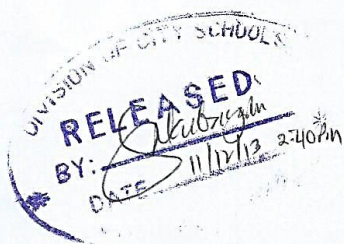
Officer In-Charge

Office of the Schools Division Superintendent

By:

BONY G. ABALOS

Administrative Officer V
Officer In-Charge of the Division



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DIVISION OF CITY SCHOOLS
City of Mandaluyong

**DIVISION SEMINAR ON PHYSICAL AND EMOTIONAL PREPAREDNESS &
WELLNESS AMONG SENIOR CITIZENS OF DepEd MANDALUYONG CITY**
November 22-23, 2013

The Grand Villa Resort, Purok 2, Barangay Tranca, Bay, Laguna

SCHEDULE OF ACTIVITIES

TIME	DAY 1-Nov. 22	TIME	DAY 2-Nov. 23
8:30-9:00	Registration & Departure	6:30-7:30	Exercise Mr. Arnold Cabaluna
10:30-11:30	Arrival and Settling down	7:30-9:00	BREAKFAST
11:30-1:00	BUFFET LUNCH	9:00-11:00	Coping with Aging and Management Change
1:00-1:30	Orientation and Opening Program		
1:30-4:00	GSIS *Retirement Options, Procedure, Requirements, and Benefits *Other Benefits and Personnel Matters Mr. R. Agustin/ Mr. B. Manuel	11:00-11:30	CLOSING PROGRAM
4:00-5:00	Learning/Experiencing Best Healthful Commands for Wellness and Healthy Lifestyle Medical and Physiological Needs of Adults Dr. Agueda Sunga	11:30-12:30	BUFFET LUNCH
		12:30-1:00	CHECK-OUT
5:00-5:30	Free Butterfly and Aviary Tour	1:00-3:00	HOME SWEET HOME
6:00	BUFFET DINNER		