



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

DEC 02 2022

MEMORANDUM

**LIFESTYLE WELLNESS PROGRAM FOR AGING ADULTS
AND PERSONS WITH DISABILITIES**

To: OIC – Assistant Schools Division Superintendent
Chief Education Supervisor, Curriculum Implementation Division
Chief Education Supervisor, School Governance and Operations Division
Public Elementary and Secondary School Heads/OICs
Administrative Officer V
All Others Concerned

1. This Office announces the conduct of the one-day Lifestyle Wellness Program for Aging Adults and Persons With Disabilities on December 5, 2022 from 8:30 AM to 5:30 PM at B-Hotel, Ayala Alabang, Muntinlupa City.
2. Attached are the lists of the expected participants and the program of activities for reference.
3. Immediate dissemination of this Memorandum is desired.


CARLEEN S. SEDILLA, CESO V
Schools Division Superintendent

Encl: As stated

Reference:

To be indicated in the Perpetual Index
under the following subjects

TRAININGS PROGRAMS TEACHERS

ECE/ LIFESTYLE WELLNESS PROGRAM FOR AGING ADULTS
AND PERSONS WITH DISABILITIES

418 December 1, 2022





Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

List of SDO-Muntinlupa Officials

NO.	NAME	OFFICE/POSITION
1.	MS. CARLEEN S. SEDILLA	SDO-OSDS
2.	DR. NERISSA R. LOMEDA	SDO-OASDS/SGOD

List of Participants

No.	NAME	OFFICE/POSITIO
1.	MS. MADELINE ANN L. DIAZ	SDO-CID CHIEF
2.	DR. EMELITA BAUTISTA	SDO-CID/EPS
3.	DR. VALENTINA D. BALLESTEROS	SDO-CID/EPS
4.	DR. MA. CARMEN D. SOLAYAO	SDO-CID/EPS
5.	DR. MARISSA M. ANDANZA	SDO-CID/EPS
6.	DR. GINA U. URQUIA	SDO-CID/EPS
7.	DR. LILIOSA B. PALCE	SDO-CID/EPS
8.	MR. EDISON C. ENERLAS	SDO-CID/EPS
9.	DR. MA. THERESA C. DELA ROSA	SDO-CID/PSDS
10.	ENGR. REYNANTE TEJADA	SDO-SGOD/ENGR. III
11.	MS. CLARISSA C. AVILA	SDO-CID/PSDS
12.	MS. NOEMI A. VALDEZ	SDO-OSDS/AO
13.	MS. SUSAN LABUNTOG	SDO-OSDS/ACCOUNTANT III
14.	MS. VILMA MARQUEZ	SDO-OSDS/ADAS III
15.	MR. REYNALDO MALAHITO	SDO;OSDS/ADMIN. AID III
16.	MS. CECILLE CLUADEL	SDO-SGOD/EPS II
17.	MS. CECILLE ILARDE	SDO-CID/LIBRARIAN II
18.	MS. LERMA GALANG	SDO-OSDS/EPSA II
19.	MS. MA. ANA LICERIO	SDO-OSDS/ADAS III
20.	MS. LUZVIMINDA GABRINO	SDO-OSDS/ADMIN. AID III
21.	MR. ARIEL ARCIAGA	SDO-OSDS/ADMIN. AID IV
22.	MS. ANNABEL CALIT	SDO-OSDS/ADMIN. AID I
23.	MR. GEORGE ROMANO	SDO-OSDS/CASHER
24.	MS. ADA TRINIDAD A. TAGLE	SDO-CID/PSDS

25.	MR. MELANIO SAN JOSE	SDO-OSDS/ADAS III
26.	DR. ZOREN GUBALANE	SDO-SGOD/SEPS
27.	MR. JERICO B. YLEN	SDO-OSDS/ADSA III
28	MS. VINA PADLAN	SDO-CID/AO II

Technical Working Group:

NO.	NAME	OFFICE
1	DR. MARK JOSEPH C. FERNANDEZ	SDO-CID/PSDS
2	MS. MARIEL EUGENE L. LUNA	SDO-CID/EPS
3	DR. ARMIDA S. OBLINADA	SDO-CID/EPS
4	DR. JOHN ALBERT B. COLLE	SDO-CID/EPS



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PROGRAM OF ACTIVITIES

TIME	ACTIVITY
8:00 – 8:30	Registration
8:30- 9:00	Preliminaries -Prayer -Nationalistic Song -Muntinlupa March -Opening Remarks- Ms. Carleen S. Sedilla CESO V
9:00 – 10:30	Topic 1. <i>Stages of Retirement and Its Process</i> Speaker: Dr. Raymundo P. Arcega CESE-Pamantasan ng Lungsod ng Muntinlupa University President
10:30 –10:45	Open Forum
10:45-12:00	Topic 2. <i>Discussions on the R.A. 9994 – The Expanded Senior Citizens Act</i> Dr. Raymundo P. Arcega CESE-Pamantasan ng Lungsod ng Muntinlupa University President
12:00 – 1:00	Lunch break
1:00 – 3:00	Workshop
3:00 – 4:00	Wellness Activities
4:00 – 5:00	Closing Program -Distribution of Certificates -Closing Remarks-Dr. Nerissa R. Lomeda -Community Singing -SDO Muntinlupa Hymn



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Muntinlupa City

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