



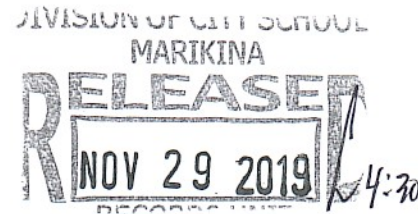
REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE – MARIKINA CITY
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November 29, 2019

MEMORANDUM TO:

OIC, Office of the Assistant Schools Division Superintendent
Chief Education Supervisors, SGOD and CID
Elementary and Secondary School Principals
Officers-In-Charge
Public Schools



SEMINAR ON HEALTHY LIFESTYLE FOR SENIOR CITIZEN EMPLOYEES

Please be informed that there will be a **Seminar on Senior Citizen Employees of the Division of Marikina** scheduled on **December 4, 2019**, from 8:00. A.M. to 12:00 NN. at Sto. Niño Elementary School, Social Hall.

This activity aims to orient the senior citizens about living a healthy lifestyle after retirement.

Attached is the list of participants to this activity.

Immediate and wide dissemination of this Memorandum is desired.

For:

SHERYLL T. GAYOLA
Education Program Supervisor
Officer-in-Charge
Office of the Schools Division Superintendent

By:

ELISA O. CERVEZA
Chief Education Supervisor, CID/OIC-ASDS
OIC, Office of the Schools Division Superintendent

List of Participants

Schools	Name of Participants
ELEMENTARY	
MES	Abueva, Rosario M. Atienza, Lolita B. Se, Marjorie B. Velasquez, Norma C. Vito, Teresita R.
KES	Taule, Mario A.
IVES	Viloria, Elizabeth C.
MALES	Ambata, Merlinda C. Binauhan, Erlinda A. Herbolario, Liza R. Lagdameo, Benita V. Pasa, Josephine I. Villas, Melly G.
SNES	Dugenia, Ofelia S. Mendoza, Marissa B. Montejo, Julita G. Ramos, Myrna G.
BES	Pilla, Patria P.
LVES	Cardano, Ma. Victoria A. Pillejera, Emely D.
CISEL	Alag, Elnora L. Bansale, Erlinda B. Casingal, Maria Marilyn O. Era, Cely B. Pekas, Mercita G. Zuleta, Sandy Y.
PES	Alcuran, Edna B. Dela Paz, Aurea V. Elloso, Jean E. Galzote, Jocelyn P. Macaraeg, Gloria S. Mendoza, Helen T. Sotto, Mercedes B. Villegas, Doreen Joy S. DE GUZMAN, MARCIANA R.
FES	Balingbing, Leonor S. Ramos, Estrelita A. Seda, Ma. Criselda
CES	Santos, Violeta T SANTIAGO, ANTONIO DL.
NES	Dimailig, Julieta S. Santos, Nida F.

	Tumbokon, Leonor C. Velasquez, Ma. Bella S.
HBES	Bali, Joyce Ann T. Dela Cruz, Zenaida E Fajardo, Daisy R.
SSSVES	Angeles, Purita D. Benito, Aida F. Cortez, Mario R. De Guzman, Sonny A. Ilaa, Luzviminda L. Magdaraog, Luis G. Ramos, Monita R. Sandoval, Fe S.
SECONDARY	
MHS	Alava, Margarita B. Barquin, Perla J. Cruz, Rosario D. Cruz, Veronica D. Francisco, Erlinda S. Sobretudo, Celia I DE GUZMAN, LAURO Z.
MHNHS	Dela Rosa, Ma. Daisy A. Ella, Gilda G. Monsod, Normita M
CISHS	Lachica, Alfonso J ABERGOS, MITA A.
FHS	Anghag, Fe B.
PHS	Formacil, Antonina C. Martinez, Iluminado Trinos, June G.
MNHS	Floranza, Roberto L. Guieb, Shirley R Venzon, Trifona
KNHS	Rodriguez, Ramon
BNHS	Java, Demetria N.
SEHS	Heredia, Josephine D Iballa, Gayle D. Lastimado, Teresita DG. Rivera, Dolor Joy R.
MSHS	Solon, Apolonia A. AMURAO, JANET S.
SRNHS	Ventura. Lois N.
SHS	Evangelista, Brenda C. Junio, Elvira C. Marquez, Cecilia N. Pilar, Teodora M.

	Clariza, Gina E. Santos, Teresita C.
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DIVISION OFFICE EMPLOYEES

- ALEGRO, REMIGIO O.
- CAPCO, CLARO DL.
- CONTAPAY, BIENVENIDO N.
- JAPONE, ANNA A.
- LU, JOSEFINO DL.
- SUEGAY, NANCY E.
- VELASCO, JOSE EBUEN S.