



A Message from President Kim Lopez

Weekly Update: 11-9-23

Dear Cañada Colleagues,

Veterans Week

This week marked Veterans Week, featuring a series of impactful events centered around mental health awareness. Among the highlights were informative sessions led by our Personal Counseling team, which shed light on various resources available. Additionally, Yoga instructor Vera Quijano shared valuable breathing techniques aimed to promote overall well-being. Veterans Week events also included a Ruck N' Walk and a discussion about BIPOC soldiers' contributions during World War II, which further enriched our understanding of their invaluable service and sacrifices.



Annual High School Counselors Breakfast and Community Partner Forum

On Wednesday, we hosted our 7th Annual High School Counselors Breakfast and Community Partner Forum! More than 80 partners joined for an exciting morning to connect, collaborate and get updates on Cañada's newest services and programs available to support students. Thank you to the college and district representatives who attended and presented at the event. You can view more event photos [here](#).



Health & Wellness Fair

On Wednesday, the Health Center, Personal Counseling, and Disability Resource Center hosted a Health & Wellness Fair. The event offered free food, flu shots, STI testing/counseling and health-related resources.





Día de los Muertos Performance with Casa Circulo Cultura

Last night, we were delighted to host Casa Circulo, who delivered an exceptional performance highlighting various regions of Mexico, alongside a special Guatemalan dance. A heartfelt thank you to Casa Circulo and our Cultural Center for orchestrating this unforgettable event. We were honored to have numerous community members and the Cañada family in attendance, contributing to the success of this mesmerizing performance.



Update from Athletics

After winning their first game yesterday, our Men's Basketball team lost in a heartbreaker at the buzzer. They are back in action at home tomorrow to take on San Joaquin Delta College at 5 p.m. Cañada College Men's Soccer remains in the top 10 in the region with a 4-1 win vs Las Positas College. They look forward to the regular season finale at Foothill College tomorrow. Cañada College Women's Soccer remains in the top 10 in the region and battling for first in the conference with a 9-0 win vs Gavilan. They look forward to Sophomore Day and the regular season finale against De Anza at home today at 1:30 p.m.



Holiday Gathering – RSVP by Dec. 5

The entire college community is invited to the Campus Holiday Gathering! Mix and mingle over light refreshments and merriment.

Friday, December 15 from 11:30 a.m. to 1 p.m.
Location: Building 8 Lobby

Please RSVP [here](#) by December 5.

Cañada College

Campus Holiday Gathering

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Mix and mingle over light refreshments and merriment.

DATE: FRIDAY, DEC. 15, 2023
TIME: 11:30 A.M. – 1 P.M.
LOCATION: BUILDING 8 LOBBY

**PLEASE RSVP
BY DECEMBER 5**

**HAPPY
Holidays**

<https://tinyurl.com/CANGathering23>

Veterans Day

While classes and student services will be closed on Friday, November 10 for Veterans Day, please take a moment to remember the efforts and sacrifices made by veterans of all eras. This day is especially meaningful to our students, colleagues and neighbors who have served our nation. Educating veterans is an important part of our mission at Cañada College.

I would like to say thank you to all of our faculty and staff members, students and alumni who have served our country, as well as those who have supported them in service. We honor your service.

I hope you have a wonderful long weekend!

Sincerely,
Kim