

# November Schedule

at Liberty Community Plaza

14181 Telegraph Road, Whittier, CA 90604 / 562-273-0700

Hours: Mon 8am-9pm, Tues 8am-8pm, Wed 8am-8pm, Thurs 8am-9pm

Fri 8am-6:30pm, Sat 8am-4pm, Sun CLOSED

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5  
Citizenship Class 9:30-10:45am  
Hatha Yoga 11:15-12:15/12:30-1:30pm  
Gentle Yoga 10-11am  
Self-Advocacy Mtg. 1-2pm  
Nar Anon (English) 6-7:30pm  
\$3 Zumba 6:45-7:45pm  
Parenting Class 5-630pm  
Board Games 5:30-7:30pm

6  
Al-Anon (Spanish) 10-12pm  
Nar-Anon (Spanish) 6:30-7:45pm  
Yoga Fundamentals 4:15-5:15pm  
\$3 Zumba 6:45-7:45pm

7  
VA Office Hours 8am-4pm  
Citizenship Class 9:30-10:45am  
Painting for Older Adults 10-12 pm  
Kidz Zumba 5:30-6pm/6-6:30pm  
\$3 Zumba 6:45-7:45pm  
CEA-HOW 6:30-7:30pm  
Al-Anon (English) 6:30-7:50pm

1/8  
VA Office Hours 8am-4pm  
Hatha Yoga 11:15-12:15/12:30-1:30pm  
Yoga Fundamentals 4:15-5:15pm  
\$3 Zumba 6:45-7:45pm

2/9  
**(9)** Community Showers 9-1pm

3/10  
Free Zumba 9:30-10:30am  
Sat Parenting Class 9:30-11am  
Al-Anon (Spanish) 10-12pm  
Codependents Mtg. 11-12:30pm  
**(10)** Veterans Day Celebration 11am-1pm

12  
**CLOSED FOR VETERANS DAY**  
  
**VETERANS' DAY**

13  
YAGC 10-1pm  
Al-Anon (Spanish) 10-12pm  
Nar-Anon (Spanish) 6:30-7:45pm  
Yoga Fundamentals 4:15-5:15pm  
\$3 Zumba 6:45-7:45pm

14  
VA Office Hours 8am-4pm  
Citizenship Class 9:30-10:45am  
Painting for Older Adults 10-12 pm  
Kidz Zumba 5:30-6pm/6-6:30pm  
CEA-HOW 6:30-7:30pm  
\$3 Zumba 6:45-7:45pm  
Al-Anon (English) 6:30-7:50pm

15  
VA Office Hours 8am-4pm  
Hatha Yoga 11:15-12:15/12:30-1:30pm  
Yoga Fundamentals 4:15-5:15pm  
\$3 Zumba 6:45-7:45pm

16  
Community Showers 9-1pm

17  
Al-Anon (Spanish) 10-12pm  
Sat Parenting Class 9:30-11am  
Codependents Mtg. 11-12:30pm  
Free Zumba 9:30-10:30am

19  
Citizenship Class 9:30-10:45am  
Gentle Yoga 10-11am  
Hatha Yoga 11:15-12:15/12:30-1:30pm  
Self-Advocacy Mtg. 1-2pm  
Board Games 5:30-7:30pm  
Nar Anon (English) 6-7:30pm  
\$3 Zumba 6:45-7:45pm  
Parenting Class 5-630pm

20  
Al-Anon (Spanish) 10-12pm  
Nar-Anon (Spanish) 6:30-7:45pm  
Yoga Fundamentals 4:15-5:15pm  
\$3 Zumba 6:45-7:45pm  
CAC 6:30-8pm

21  
VA Office Hours 8am-12pm  
Citizenship Class 9:30-10:45am  
Painting for Older Adults 10-12 pm  
**CLOSED AT NOON FOR THANKSGIVING HOLIDAY**

22  
**CLOSED**  


23  
**CLOSED**

24  
**CLOSED**  


26  
Citizenship Class 9:30-10:45am  
Hatha Yoga 11:15-12:15/12:30-1:30pm  
Gentle Yoga 10-11am  
Self-Advocacy Mtg. 1-2pm  
Nar Anon (English) 6-7:30pm  
\$3 Zumba 6:45-7:45pm  
Board Games 5:30-7:30pm  
Parenting Class 5-630pm

27  
Al-Anon (Spanish) 10-12pm  
Yoga Fundamentals 4:15-5:15pm  
Nar-Anon (Spanish) 6:30-7:45pm  
\$3 Zumba 6:45-7:45pm

28  
VA Office Hours 8am-4pm  
Citizenship Class 9:30-10:45am  
Painting for Older Adults 10-12 pm  
Kidz Zumba 5:30-6pm/6-6:30pm  
\$3 Zumba 6:45-7:45pm  
CEA-HOW 6:30-7:30pm  
Al-Anon (English) 6:30-7:50pm

29  
VA Office Hours 8am-4pm  
Hatha Yoga 11:15-12:15/12:30-1:30pm  
Yoga Fundamentals 4:15-5:15pm  
\$3 Zumba 6:45-7:45pm

30  
LA County Veterans Resource Fair 9am-2pm

**HYC**  
On Track to a Bright Future



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|---|--|
| Al-Anon Meeting (Family Groups)         | En Español! Free every Tuesday and Saturday. Call for more info about this inviting and supportive group of individuals. Meetings start at 10:00am and end at Noon. <b>Arts &amp; Crafts Room</b>  |
| Al-Anon (English Group)                 | Free resource in English at Liberty Plaza every Wednesday. Do you have a loved one who may be struggling with alcoholism? This warm and supportive group may be just for you. 6:30-7:50 pm. <b>Arts &amp; Crafts Room</b>  |
| Community Advisory Council (CAC)        | Want to know more about what's going on in your neighborhood? Come join our Community Advisory Council from 6:30-8pm on the 3 <sup>rd</sup> Tuesday of every other month for updates, discussion, and what's happening near your city! <b>MPR</b>  |
| Community Showers                       | Mobile showers, homeless resources and hygiene kits available on the 2 <sup>nd</sup> and 3 <sup>rd</sup> Friday of the month from 9am-1pm. In partnership with several homeless agencies and 4 <sup>th</sup> District Supervisor Janice Hahn. <b>LCP Parking Lot</b>   |
| CEA-HOW                                 | A program for anyone suffering from compulsive eating, anorexia, and bulimia, we are a fellowship of individuals who, through shared experience, strength and hope are recovering. Wednesdays 6:30-7:30pm. <b>LCP Conference Room</b> .  |
| Citizenship Course                      | Mondays & Wednesdays, Presented by Rio Hondo College, this nonaccredited course is FREE and will help you gain the path to being a United States Citizen! MUST BE REGISTERED. 9:30-10:45 am. <b>LCP Conference Room</b>  |
| Co-Dependents Anonymous                 | En Español! Join the new CoDA group every Saturday, free. Stop looking for outside reasons to feel good, join CoDA for you, 11:00am-12:30pm. <b>LCP Conference Room</b> .  |
| GI Forum                                | Every 3 <sup>rd</sup> Thursday, come to find out more about this community Veterans organization and other services available. Visit 10-12pm. <b>LCP Conference Room</b>   |
| Gentle Yoga                             | Free! Mondays 10am-11am, formerly known as Body Movement & Awareness, this class allows modifications in yoga available for seniors or those with mobility impairments. MUST BRING OWN MAT. <b>Health &amp; Wellness Center</b>  |
| Hatha Yoga (2 Sessions)                 | Come join this Yoga class brought to us by Rio Hondo! A great FREE way to get active and nourish your mind, body, and soul. MUST BE REGISTERED TO JOIN, PLEASE SEE FRONT DESK FOR MORE INFO. Mondays & Thursdays 11:15-12:15pm and 12:30pm-1:30 pm. <b>Health &amp; Wellness Room</b>  |
| Kidz Zumba                              | Free classes every Wednesday 5:30-6:00PM for Ages 4-7 and 6:00-6:30PM for Ages 8-12. <b>Health &amp; Wellness Center</b>   |
| LA County Veteran's Resource Fair       | Join us on Friday, November 30 <sup>th</sup> from 9am-2pm for Supervisor Janice Hahn's Veteran's Resource Day! A comprehensive array of services will be available to meet the needs of the homeless veteran community including benefits, medical services, showers, hot meals, legal services, children services, pet services , mental health services and more! <b>MPR</b> |
| Military & Veteran Affairs Office Hours | <b>NEW HOURS!</b> Los Angeles County MVA representatives hold office hours for info on benefits no appointments needed. Sign in at Lounge any time after 8:00am. Wednesdays & Thursdays 8am-4pm. <b>Valor Resource Office</b>  |
| Painting for Older Adults               | Brought to you by Rio Hondo College, this FREE nonaccredited class will teach older adults the fundamentals of painting! Wednesdays from 10 am-12pm, MUST BE REGISTERED. <b>Arts &amp; Crafts Room</b>   |
| Parenting Class in English              | <b>NEW SATURDAY CLASS!</b> A free class, led by Helpline Youth Counseling with sessions on Monday and Saturday. Learn about effective parenting skills, anger management and Q&A. For more info & how to register call (562) 273-0722. Mon 5-6:30pm/Sat 9:30-11am. <b>Counseling Rooms</b>   |
| Nar-Anon en Espanol                     | En Español! Free every Tuesday evening. Call to learn more about this program, by Grupos De Familiar, find peace and hope, 6:30pm-7:45pm. <b>LCP Conference Room</b>   |
| Nar-Anon in English                     | Free every Monday evening. "Serenity, not Sanity" is a Nar-Anon group that will be meeting to discuss the trials, tribulations, and overcomings of being involved with the struggles of addiction. 6-7:30pm <b>LCP Conference Room</b>   |
| Strategy Board Game Night               | Free to all ages! Every Monday night from 5:30-7:30pm, join a friendly group of gamers as they play dozens of problem-solving board games. <b>Arts &amp; Crafts Room</b>   |
| Self-Advocacy Meetings                  | Free, Mondays, for adults with developmental disabilities. Provided by REACH, 1:00pm-2:00pm. <b>LCP Conference Room</b>  |
| Veterans Day Celebration                | Join us Saturday Nov. 10 from 11am-1pm for this FREE event to honor our veterans, open to the community! Light lunch provided after the program. <b>MPR</b>  |
| Year Around Gardening Club (YAGC)       | Want to learn more on all things gardening? Join this club which meets monthly from 9-1pm on the 2 <sup>nd</sup> Tuesday of the month. A great way to get involved in the community and learn something new! <b>MPR</b>  |
| Yoga Fundamentals                       | FREE class on Tues & Thurs from 4:15-5:15pm that goes over the fundamentals of yoga and body movement! Perfect for beginners or more experienced yogis. Must bring own mat. <b>Health &amp; Wellness Room</b>  |
| Zumba Classes                           | \$3 CASH ONLY classes every Monday-Thursday 6:45pm-7:45pm. FREE class every Saturday 9:30am-10:30am. Maximum 12 students. <b>Health &amp; Wellness Center</b>  |