


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 5-6:30pm 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 	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
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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 5-6:30pm	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	

<i>Al-Anon Meeting (Family Groups)</i>	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. Arts & Crafts Room
<i>Al-Anon (English Group)</i>	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. Arts & Crafts Room
<i>Community Advisory Council (CAC)</i>	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 rd Tuesday of every other month for updates, discussion, and what's happening near your city! MPR
<i>Community Showers</i>	Mobile showers, homeless resources and hygiene kits available on the 2 nd and 3 rd Friday of the month from 9am-1pm. In partnership with several homeless agencies and 4 th District Supervisor Janice Hahn. LCP Parking Lot
<i>CEA-HOW</i>	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. LCP Conference Room.
<i>Citizenship Course</i>	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. LCP Conference Room
<i>Co-Dependents Anonymous</i>	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. LCP Conference Room.
<i>GI Forum</i>	Every 3 rd Thursday, come to find out more about this community Veterans organization and other services available. Visit 10-12pm. LCP Conference Room
<i>Gentle Yoga</i>	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. Health & Wellness Center
<i>Hatha Yoga (2 Sessions)</i>	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. Health & Wellness Room
<i>Kidz Zumba</i>	Free classes every Wednesday 5:30-6:00PM for Ages 4-7 and 6:00-6:30PM for Ages 8-12. Health & Wellness Center
<i>LA County Veteran's Resource Fair</i>	Join us on Friday, November 30 th 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! MPR
<i>Military & Veteran Affairs Office Hours</i>	NEW HOURS! 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. Valor Resource Office
<i>Painting for Older Adults</i>	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. Arts & Crafts Room
<i>Parenting Class in English</i>	NEW SATURDAY CLASS! 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. Counseling Rooms
<i>Nar-Anon en Espanol</i>	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. LCP Conference Room
<i>Nar-Anon in English</i>	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 LCP Conference Room
<i>Strategy Board Game Night</i>	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. Arts & Crafts Room
<i>Self-Advocacy Meetings</i>	Free, Mondays, for adults with developmental disabilities. Provided by REACH, 1:00pm-2:00pm. LCP Conference Room
<i>Veterans Day Celebration</i>	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. MPR
<i>Year Around Gardening Club (YAGC)</i>	Want to learn more on all things gardening? Join this club which meets monthly from 9-1pm on the 2 nd Tuesday of the month. A great way to get involved in the community and learn something new! MPR
<i>Yoga Fundamentals</i>	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. Health & Wellness Room
<i>Zumba Classes</i>	\$3 CASH ONLY classes every Monday-Thursday 6:45pm-7:45pm. FREE class every Saturday 9:30am-10:30am. Maximum 12 students. Health & Wellness Center