

Monday Tuesday Wednesday Thursday Friday Saturday

ANNOUNCEMENTS

May 9

Diabetes Day

Learn about Diabetes and how to live healthy with Diabetes Live Exercise Class - Healthy Recipes with Chef Pablo! Call to Register!

May 9

Echo Parenting Class

Learn how to communicate in ways that deepen your relationship with your child and begin to model the skills that are proven to help your child succeed at school, have more rewarding relationships and enjoy a longer, healthier life. Call to Register!

May 10

Mother's Day Gardening Workshop

Everyone is welcome for a special gardening workshop where you will create a succulent arrangement and share your memories and experiences within motherhood. Call to register!

<p>1</p> <p>10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>10:00 am – 12:00 pm Early Learning Readiness In-Person (0-5 yrs. old)</p> <p>10:00 am – 11:00 am Music & Activities (2-5 yrs. old) Zoom</p>	<p>2</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm Zumba with Alejandra In Person</p>	<p>3</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 12:00 pm Early Learning Readiness In-Person (0-5 yrs. old)</p> <p>10:00 am – 11:00 am Music & Activities (2-5 yrs. old) Zoom</p> <p>10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p>4</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p>5</p> <p>9:00 am – 12:00 pm Hands on only CPR In-Person</p> <p>10:00 am – 12:00 pm Educating the Tiny Minds Program (1-5 yrs. old) In-Person</p> <p>10:30 am – 11:30 am Strategies to Deal with Stress In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p> <p>10:00 am – 2:00 pm Cinco de Mayo Health Fair LAC+USC Medical Center Courtyard</p>	<p>6</p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</p>
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<p>8</p> <p>10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>10:00 am – 12:00 pm Early Learning Readiness In-Person (0-5 yrs. old)</p>	<p>9</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm Zumba with Alejandra In Person</p> <p>1:00 pm – 2:00 pm Parenting Classes Registration Needed In-Person</p> <p>12:30 pm – 3:30 pm Diabetes Day Registration Needed In-Person</p>	<p>10</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 12:00 pm Early Learning Readiness In-Person (0-5 yrs. old)</p> <p>10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:00 am – 12:30 pm Mother's Day Gardening Workshop In-Person</p>	<p>11</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p>12</p> <p>9:00 am – 12:00 pm Hands on only CPR In-Person</p> <p>10:00 am – 12:00 pm Educating the Tiny Minds Program (1-5 yrs. old) In-Person</p> <p>10:30 am – 11:30 am Injury Prevention: Reduce Risk of Injuries In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>13</p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</p>
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HAPPY NATIONAL NURSES & HOSPITAL WEEK

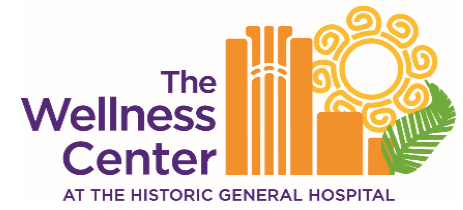


- Gardening
- Family Program
- Fitness
- Nutrition
- Food Giveaway
- Support Group
- Workshop

BLUE Classes in person || RED registration needed
BLACK classes through Zoom (Online)
*Classes are subject to change, rescheduling or cancellation without prior notice

May 2023

One - Stop Destination for Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 10:00 am – 12:00 pm Early Learning Readiness In-Person (0-5 yrs. old)	16 8:00 am – 9:00 am Morning Movement Zoom 11:00 am – 12:00 pm Zumba with Alejandra In Person 1:00 pm – 2:00 pm Parenting Classes Registration Needed In-Person	17 8:00 am – 9:00 am Morning Movement Zoom 10:00 am – 12:00 pm Early Learning Readiness In-Person (0-5 yrs. old) 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 10:30 am – 12:00 pm Learning How to Use Your Cellphone In-Person	18 8:00 am – 9:00 am Morning Movement Zoom 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 11:00 am – 12:00 pm Advancements in Parkinson's Disease Zoom 5:00 pm – 6:00 pm Breathe Clean LA Coalition Meeting Zoom	19 9:00 am – 12:00 pm Hands on only CPR In-Person 9:00 am – 11:00 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B 10:00 am – 12:00 pm Educating the Tiny Minds Program (1-5 yrs. old) In-Person 11:30 am – 12:30 pm Dance Therapy In Person	20 12:00 pm – 1:00 pm Live with the HIV.E: Latinx Cohort About Stigma Regarding HIV Instagram Live
22 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 10:00 am – 12:00 pm Early Learning Readiness In-Person (0-5 yrs. old) 11:00 am – 1:30 pm Art for the Heart In-Person	23 8:00 am – 9:00 am Morning Movement Zoom 11:00 am – 12:00 pm Zumba with Alejandra In Person 1:00 pm – 2:00 pm Parenting Classes Registration Needed In-Person	24 8:00 am – 9:00 am Morning Movement Zoom 10:00 am – 12:00 pm Early Learning Readiness In-Person (0-5 yrs. old) 12:00 pm – 2:00 pm Drive-Thru Food Distribution (No Walk Ups) 1774 E Zonal Ave Los Angeles, CA 90033	25 8:00 am – 9:00 am Morning Movement Zoom 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023	26 9:00 am – 12:00 pm Hands on only CPR In-Person 10:00 am – 12:00 pm Educating the Tiny Minds Program (1-5 yrs. old) In-Person 11:30 am – 12:30 pm Dance Therapy In Person	27 9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free
29 Closed	30 8:00 am – 9:00 am Morning Movement Zoom 10:30 am – 11:30 am Stretching & Strengthening In-Person 1:00 pm – 2:00 pm Parenting Classes Registration Needed In-Person 5:00 pm – 6:00 pm Youth Cohort: Spill the Tea: Breakdown misinformation on HIV Zoom	31 8:00 am – 9:00 am Morning Movement Zoom 10:00 am – 12:00 pm Early Learning Readiness In-Person (0-5 yrs. old) 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023	1 8:00 am – 9:00 am Morning Movement Zoom 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023	2 10:00 am – 12:00 pm Educating the Tiny Minds Program (1-5 yrs. old) In-Person 11:30 am – 12:30 pm Dance Therapy In Person	3 9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free