

**Monday**   **Tuesday**   **Wednesday**   **Thursday**   **Friday**   **Saturday**

### ANNOUNCEMENTS

**June**

**6**

**Art for the Heart**

A creative space for self-expression, and relaxation, and to help tell a story through painting and discussion topics. Call to register today!

**June**

**Thursday's**

**Mothership**

Join us in a safe space for conversation and community for moms or caregivers of children 0-3 yrs. Come share the highs, lows and everything in between. Call to register!

**June**

**11**

**Learning How to Use Your Cellphone**

Unlock the power of your cellphone! Join us for an informative workshop and learn tips to help you navigate your device like a pro.

<p><b>3</b></p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:30 am – 12:30 pm TWC Zumba In Person</p>	<p><b>4</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p>	<p><b>5</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – 2:00 pm Farmers Market Los Angeles General Medical Center Courtyard</p> <p>10:00 am – 11:00 am Chair Yoga In-Person</p> <p>10:00 am – 11:00 am Pelvic Health Workshop In-Person</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:00 am – 12:00 pm Lower Body Exercise Class In-Person</p>	<p><b>6</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 11:00 am Mothership: Support Group for Mothers and Guardians with Kids 0-3yr In Person Capacity: 8 max</p> <p>10:00 am – 11:30 am Art for the Heart In Person Pre-Registration Required</p> <p>10:30 am – 11:30 pm Osteoarthritis Management Program Education In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p><b>7</b></p> <p>9:00 am – 12:00 pm Flu and Covid-19 Guidance 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 Los Angeles General Medical Center Courtyard In Person</p>	<p><b>8</b></p> <p style="text-align: center;"> Closed</p>
<p><b>10</b></p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:30 am – 12:30 pm TWC Zumba In Person</p>	<p><b>11</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 11:00 am Learning How to Use Your Cellphone In-Person</p> <p>11:00 am – 12:00 pm TWC Zumba In-Person</p>	<p><b>12</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</p>	<p><b>13</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 11:00 am Mothership: Support Group for Mothers and Guardians with Kids 0-3yr In Person Capacity: 8 max</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p><b>14</b></p> <p>9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	<p><b>15</b></p> <p style="text-align: center;"> Closed</p>



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b> 9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  11:30 am – 12:30 pm TWC Zumba In Person	<b>18</b> 8:00 am – 9:00 am Morning Movement Zoom  11:00 am – 12:00 pm TWC Zumba In-Person	<b>19</b> 	<b>20</b> 8:00 am – 9:00 am Morning Movement Zoom  10:00 am – 11:00 am Mothership: Support Group for Mothers and Guardians with Kids 0-3yr In Person Capacity: 8 max  10:30 am – 11:30 am Stretching and Strengthening In-Person  11:30 am – 12:30 pm Dance Therapy In Person	<b>21</b> 9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person  9:00 am – 10:30 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B  11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	<b>22</b> 
<b>24</b> 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  11:30 am – 12:30 pm TWC Zumba In Person	<b>25</b> 8:00 am – 9:00 am Morning Movement Zoom  11:00 am – 12:00 pm TWC Zumba In-Person	<b>26</b> 8:00 am – 9:00 am Morning Movement Zoom  9:00 am – 2:00 pm Farmers Market Los Angeles General Medical Center Courtyard  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 Lower Body Exercise Class In-Person  12:00 pm – 2:00 pm Drive-Thru Food Distribution (No Walk-Ups) 11724 Sichel Street Los Angeles, CA 90031	<b>27</b> 8:00 am – 9:00 am Morning Movement Zoom  10:00 am – 11:00 am Mothership: Support Group for Mothers and Guardians with Kids 0-3yr In Person Capacity: 8 max  11:30 am – 12:30 pm Dance Therapy In Person	<b>28</b> 9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person  11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	<b>29</b> 
<b>1</b> 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  11:30 am – 12:30 pm TWC Zumba In Person	<b>2</b> 8:00 am – 9:00 am Morning Movement Zoom  11:00 am – 12:00 pm TWC Zumba In-Person	<b>3</b> 8:00 am – 9:00 am Morning Movement Zoom  9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  9:00 am – 2:00 pm Farmers Market Los Angeles General Medical Center Courtyard	<b>4</b> 8:00 am – 9:00 am Morning Movement Zoom  10:00 am – 11:00 am Mothership: Support Group for Mothers and Guardians with Kids 0-3yr In Person Capacity: 8 max  11:30 am – 12:30 pm Dance Therapy In Person	<b>5</b> 9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person  11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	<b>6</b> 