

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### ANNOUNCEMENTS

#### November

#### Friday's

#### Flu and Covid-19 Guidance

Flu and COVID vaccines are updated each year to provide the best protection against new variants. Join us and stay updated.

#### November

#### 1 & 15

#### Chair Yoga and Lower Body Exercise Class


Join us for a moderate training session where you will learn how to improve mental health, strength and flexibility.

#### November

#### 14

#### Media & Messages

Join us for a conversations about the positive and negative effects of social media on different relationships. Topics covered include setting personal boundaries on the internet and how women are objectified in the media.

<p><b>30</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>31</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>12:15 pm – 1:15 pm Nutrition &amp; Healthy Cooking with USC Primary Care Team *Class available in person and Zoom*</p> <p>1:15 pm – 2:00 pm Core Strength Workout with USC Primary Care Team *Class available in person and Zoom*</p>	<p><b>1</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>10:00 am – 11:00 am Chair Yoga In-Person</p> <p>10:30 am – 12:00 pm Learning How to Use Your Cellphone In-Person</p> <p>11:00 am – 12:00 pm Lower Body Exercise Class In-Person</p>	<p><b>2</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>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>3</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 In Person</p>	<p><b>4</b></p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit <a href="https://acls123.com/free">https://acls123.com/free</a></p>
<p><b>6</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>7</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>12:15 pm – 1:15 pm Nutrition &amp; Healthy Cooking with USC Primary Care Team *Class available in person and Zoom*</p> <p>1:15 pm – 2:00 pm Core Strength Workout with USC Primary Care Team *Class available in person and Zoom*</p>	<p><b>8</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>3:00 pm – 6:00pm Education Resource Fair 1600 East 4<sup>th</sup> Street Los Angeles, CA 90033 In Person</p>	<p><b>9</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>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p><b>10</b></p> <p style="text-align: center;"> Closed</p>	<p><b>11</b></p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit <a href="https://acls123.com/free">https://acls123.com/free</a></p>



# November 2023

## One - Stop Destination for Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>13</b> <b>9:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  <b>11:30 am – 12:30 pm</b> TWC Zumba In Person	<b>14</b> <b>8:00 am – 9:00 am</b> Morning Movement Zoom  <b>11:00 am – 12:00 pm</b> TWC Zumba In Person  <b>12:15 pm – 1:15 pm</b> Nutrition & Healthy Cooking with USC Primary Care Team *Class available in person and Zoom*  <b>1:15 pm – 2:00 pm</b> Core Strength Workout with USC Primary Care Team *Class available in person and Zoom*  <b>4:00 pm – 5:00 pm</b> Media & Message In Person	<b>15</b> <b>8:00 am – 9:00 am</b> Morning Movement Zoom  <b>9:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  <b>9:00 am – 2:00pm</b> Farmers Market Los Angeles General Medical Center Courtyard  <b>10:00 am – 11:00 am</b> Chair Yoga In-Person  <b>11:00 am – 12:00 pm</b> Lower Body Exercise Class In-Person  <b>5:30 pm – 7:00 pm</b> Community Wellness Convening 1200 North State Street, Los Angeles, CA 90033 In-Person	<b>16</b> <b>8:00 am – 9:00 am</b> Morning Movement Zoom  <b>9:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  <b>11:30 am – 12:30 pm</b> Dance Therapy In Person	<b>17</b> <b>9:00 am – 12:00 pm</b> Flu and Covid-19 Guidance In-Person  <b>9:00 am – 10:30 am</b> Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B  <b>11:30 am – 12:30 pm</b> Dance Therapy In Person	<b>18</b> <b>9:00 am – 12:00 pm</b> LA Care CPR / First Aid (E) To register visit <a href="https://acls123.com/free">https://acls123.com/free</a>
<b>20</b> <b>9:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  <b>11:30 am – 12:30 pm</b> TWC Zumba In Person	<b>21</b> <b>8:00 am – 9:00 am</b> Morning Movement Zoom  <b>11:00 am – 12:00 pm</b> TWC Zumba In Person	<b>22</b> <b>8:00 am – 9:00 am</b> Morning Movement Zoom  <b>9:00 am – 2:00pm</b> Farmers Market Los Angeles General Medical Center Courtyard  <b>10:30 am – 12:00 pm</b> Learning How to Use Your Cellphone In-Person  <b>12:00 pm – 2:00 pm</b> Drive-Thru Food Distribution (No Walk Ups) 1774 E Zonal Ave Los Angeles, CA 90033			<b>25</b> <b>9:00 am – 12:00 pm</b> LA Care CPR / First Aid (E) To register visit <a href="https://acls123.com/free">https://acls123.com/free</a>
<b>27</b> <b>9:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  <b>11:30 am – 12:30 pm</b> TWC Zumba In Person	<b>28</b> <b>8:00 am – 9:00 am</b> Morning Movement Zoom  <b>11:00 am – 12:00 pm</b> TWC Zumba In Person	<b>29</b> <b>8:00 am – 9:00 am</b> Morning Movement Zoom  <b>9:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  <b>9:00 am – 2:00pm</b> Farmers Market Los Angeles General Medical Center Courtyard	<b>30</b> <b>8:00 am – 9:00 am</b> Morning Movement Zoom  <b>9:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023  <b>10:30 am – 11:30 am</b> Stretching & Strengthening In-Person  <b>11:30 am – 12:30 pm</b> Dance Therapy In Person  <b>4:00 pm – 5:00 pm</b> Stop! Smoking Coalition Meeting Register: <a href="https://bit.ly/AltoLC">Bit.ly/AltoLC</a>	<b>1</b> <b>9:00 am – 12:00 pm</b> Flu and Covid-19 Guidance In-Person  <b>11:30 am – 12:30 pm</b> Dance Therapy In Person	<b>2</b> <b>9:00 am – 12:00 pm</b> LA Care CPR / First Aid (E) To register visit <a href="https://acls123.com/free">https://acls123.com/free</a>