

DECEMBER 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



AT THE HISTORIC GENERAL HOSPITAL

Follow @TheWellnessCenter on Instagram for more information!

INFORMATION

If you are in need this holiday season, give us a call at (213) 784-9191

Monday - Friday 8:30am - 5:00pm

6

8:00- 9:00 AM
YMCA Diaper
Distribution

7
8:00- 9:00 AM
Morning Movement
12:15- 1:15 PM
Nutrition & Healthy Cooking with USC
Keck Primary Care
12:15-2:00PM
Core Strength Workout with USC Keck
Primary Care

13

8:00- 9:00 AM
YMCA Diaper
Distribution

20

8:00- 9:00 AM
YMCA Diaper
Distribution

27

8:00- 9:00 AM
YMCA Diaper
Distribution

8:00- 9:00 AM
Morning Movement
12:15- 1:15 PM
Nutrition & Healthy Cooking with USC
Keck Primary Care
12:15-2:00PM
Core Strength Workout with USC Keck
Primary Care

14

8:00- 9:00 AM
Morning Movement

21

8:00- 9:00 AM
Morning Movement

28

8:00- 9:00 AM
Morning Movement

1
8:00- 9:00 AM
Morning Movement
3:00- 4:00 PM
Hope & Resiliency
4:00- 5:00 PM
Men's Group

8

8:00- 9:00 AM
Morning Movement
3:00- 4:00 PM
Hope & Resiliency
4:00- 5:00 PM
Men's Group

15

8:00- 11:00 AM
CARES MOBILE FOOD PANTRY
8:00- 9:00 AM
Morning Movement
3:00- 4:00 PM
Hope & Resiliency
4:00- 5:00 PM
Men's Group

22

8:00- 9:00 AM
Morning Movement
3:00- 4:00 PM
Hope & Resiliency
4:00- 5:00 PM
Men's Group

29

8:00- 9:00 AM
Morning Movement
3:00- 4:00 PM
Hope & Resiliency
4:00- 5:00 PM
Men's Group

2
8:00- 9:00 AM
Morning Movement
12:00- 1:30 PM
Seeds of Hope Cooking Class

9

8:00- 9:00 AM
Morning Movement

16

8:00- 9:00 AM
Morning Movement
12:00- 1:30 PM
Seeds of Hope Cooking Class

23
TWC Closed
Happy Holidays!

30
TWC Closed
Happy New Year!

3
11:00 AM- 12:00 PM
Music and Movement
1:00- 2:30 PM
Knitting Group
2:00- 3:00 PM
Xinachtli Celebrating the Young Child

10

11:00 AM- 12:00 PM
Music and Movement
1:00- 2:30 PM
Knitting Group
2:00- 3:00 PM
Xinachtli Celebrating the Young Child

17

11:00 AM- 12:00 PM
Music and Movement
1:00- 2:30 PM
Knitting Group
2:00- 3:00 PM
Xinachtli Celebrating the Young Child
4:00- 7:00 PM
Community Holiday Event

24

31