November 2022

One - Stop Destination for Health & Wellness

The Wellness Center
AT THE HISTORIC GENERAL HOSPITAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

ANNOUNCEMENTS

November 4

The Wellness Center's Encanto Movie Night

Join for a fun family movie experience. There will be Resource – Entertainment – Food – Activities - And more!
For more information call (213)784-9191

November 11

Veterans Day

The Wellness Center will be closed in observation of Veterans Day.

National Diabetes Month

November is National Diabetes Month. Stay tuned for upcoming diabetes management classes. For more information call (213)784-9191

November 24-25

Thanksgiving

The Wellness Center will be closed but we hope that your Thanksgiving is filled with lots of joy, cheer, and blessings.

31

8:00 am – 9:00 Am
Diapers Giveaway at Weingart East LA YMCA
2900 Whittier Blvd
Los Angeles, 90023

10:00 am – 12:00 pm
Early Learning Readiness
In-Person (0-5 yrs. old)

10:00 am – 12:00 pm
Food Giveaway at Weingart East LA YMCA
2900 Whittier Blvd
Los Angeles, CA 90023

2:00 pm – 3:00 pm
Arthritis Exercise
Zoom

11:00 am – 12:00 pm
Trick or Treat Event
The Wellness Center
In-Person

1

8:00 am – 9:00 am
Morning Movement
Zoom

12:00 pm – 1:15 pm
Nutrition & Healthy Cooking with USC Primary Care: Fruits and Vegetables (E/S)
Demo. Kitchen. (18)
Class available through Zoom & Facebook Live

1:45 pm – 2:45 pm
Core Strength Workout with USC Primary Care Team
Demo. Kitchen. (18)
Class available through Zoom & Facebook Live

2

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 – 12:00 pm
Food Giveaway at Weingart East LA YMCA
2900 Whittier Blvd
Los Angeles, CA 90023

3

8:00 am – 9:00 am
Morning Movement
Zoom

10:00 am – 12:00 pm
Produce Giveaway at Weingart East LA YMCA
2900 Whittier Blvd
Los Angeles, CA 90023

10:00 am – 11:30 am
Gardening Class
In-Person

11:00 am – 12:00 pm
Dementia Conversations
Zoom

4

9:00 am – 12:00 pm
Hands on only CPR
In-Person

10:00 am – 12:00 pm
Educating the Tiny Minds Program (2-5 yrs. old)
In-Person

10:30 am – 11:30 am
Lifestyle Adaptation: You are in Control!
In-Person

5:30 pm – 8:30 pm
TWC Encanto Movie Night
In-Person

5

9:00 am – 12:00 pm
LA Care CPR / First Aid (E)
To register visit
https://acls123.com/free

7

8:00 am – 9:00 Am
Diapers Giveaway at Weingart East LA YMCA
2900 Whittier Blvd
Los Angeles, 90023

10:00 am – 12:00 pm
Early Learning Readiness
In-Person (0-5 yrs. old)

10:00 am – 12:00 pm
Food Giveaway at Weingart East LA YMCA
2900 Whittier Blvd
Los Angeles, CA 90023

8

8:00 am – 9:00 am
Morning Movement
Zoom

12:00 pm – 1:15 pm
Nutrition & Healthy Cooking with USC Primary Care: Fats (E/S)
Demo. Kitchen. (18)
Class available through Zoom & Facebook Live

1:45 pm – 2:45 pm
Core Strength Workout with USC Primary Care Team
Demo. Kitchen. (18)
Class available through Zoom & Facebook Live

9

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 – 12:00 pm
Food Giveaway at Weingart East LA YMCA
2900 Whittier Blvd
Los Angeles, CA 90023

10

8:00 am – 9:00 am
Morning Movement
Zoom

10:00 am – 12:00 pm
Produce Giveaway at Weingart East LA YMCA
2900 Whittier Blvd
Los Angeles, CA 90023

10:00 am – 11:30 am
Gardening Class
In-Person

11:00 am – 12:00 pm
Healthy Living for Your Brain and Body
Zoom

11

CLOSED

12

9:00 am – 12:00 pm
LA Care CPR / First Aid (E)
To register visit
https://acls123.com/free

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

(E) English (S) Spanish || BLUE Classes in person || RED registration needed
Class space is limited (first come, first serve) || **BLACK classes through Zoom (Online)*
**Classes are subject to change, rescheduling or cancellation without prior notice*

Monday – Friday 8:30 a.m. – 5:00 p.m.
1200 N. State St.
Los Angeles, CA 90033
213-784-9191
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 **8:00 am – 9:00 Am** Diapers Giveaway 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) **10:00 am – 12:00 pm** Food Giveaway at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 **2:00 pm – 3:00 pm** Arthritis Exercise Zoom	**15** **8:00 am – 9:00 am** Morning Movement Zoom **12:00 pm – 1:15 pm** Nutrition & Healthy Cooking with USC Primary Care: Carbohydrates (E/S) Demo. Kitchen. (18) **Class available through Zoom & Facebook Live** **1:45 pm – 2:45 pm** Core Strength Workout with USC Primary Care Team Demo. Kitchen. (18) **Class available through Zoom & Facebook Live** **2:00 pm – 3:00 pm** Arthritis Exercise Zoom	**16** **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 – 12:00 pm** Food Giveaway at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023	**17** **8:00 am – 9:00 am** Morning Movement Zoom **10:00 am – 12:00 pm** Produce Giveaway at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 **10:00 am – 11:30 am** Gardening Class In-Person	**18** **9:00 am – 12:00 pm** Hands on only CPR In-Person **10:00 am – 12:00 pm** Educating the Tiny Minds Program (2-5 yrs. old) In-Person **9:00 am – 11:00 am** Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B **10:30 am – 11:30 am** Injury Prevention: Reduce Risk of Injuries In-Person	**19** **10:00 am – 12:00 pm** YMCA "8th Annual Turkey Giveaway" Mariachi Plaza 1831 E 1st St, Los Angeles, CA.90033 *While Supplies Last
21 **8:00 am – 9:00 Am** Diapers Giveaway at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, 90023 **10:00 am – 12:00 pm** Early Learning Readiness In-Person (0-5 yrs. old) **10:00 am – 12:00 pm** Food Giveaway at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 **2:00 pm – 3:00 pm** Arthritis Exercise Zoom	**22** **8:00 am – 9:00 am** Morning Movement Zoom **2:00 pm – 3:00 pm** Arthritis Exercise Zoom	**23** **8:00 am – 9:00 am** Morning Movement Zoom **12:00 pm – 2:00 pm** Drive-Thru Food Distribution (No Walk Ups) 1200 N State St Los Angeles, CA 90033 **10:00 am – 12:00 pm** Early Learning Readiness In-Person (0-5 yrs. old) **10:00 am – 12:00 pm** Food Giveaway at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023	**24** CLOSED	**25** CLOSED	**26** **9:00 am – 12:00 pm** LA Care CPR / First Aid (E) To register visit https://acls123.com/free
28 **8:00 am – 9:00 Am** Diapers Giveaway at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, 90023 **10:00 am – 12:00 pm** Early Learning Readiness In-Person (0-5 yrs. old) **10:00 am – 12:00 pm** Food Giveaway at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 **2:00 pm – 3:00 pm** Arthritis Exercise Zoom	**29** **8:00 am – 9:00 am** Morning Movement Zoom **10:30 am – 11:30 am** Stretching & Strengthening In-Person **12:00 pm – 1:15 pm** Nutrition & Healthy Cooking with USC Primary Care: Fruits and Vegetables (E/S) Demo. Kitchen. (18) **Class available through Zoom & Facebook Live** **1:45 pm – 2:45 pm** Core Strength Workout with USC Primary Care Team Demo. Kitchen. (18) **Class available through Zoom & Facebook Live** **2:00 pm – 3:00 pm** Arthritis Exercise Zoom	**30** **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 – 12:00 pm** Food Giveaway 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 – 12:00 pm** Produce Giveaway at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 **10:00 am – 11:30 am** Gardening Class In-Person	**2** **10:00 am – 12:00 pm** Educating the Tiny Minds Program (2-5 yrs. old) In-Person	**3** **9:00 am – 12:00 pm** LA Care CPR / First Aid (E) To register visit https://acls123.com/free

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

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