

February 2023

Liberty Community Plaza



14181 Telegraph Road, Whittier, CA 90604
562-273-0700

HOURS: **Mon** 8am-5pm, **Tues** 8am-7pm, **Wed** 8am-5pm,
Thurs 8am-7pm, **Fri** 8am-5pm, **Sat** 8am-4pm, **Sun** CLOSED
www.libertyplaza.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Painting with Adults 10am-12pm	2 VA Office hours 8am-4pm (phone apt only) Self AdvocacySupport Group 9:30-11am		4 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Co Mtg. 10:30-1:30pm Private Event 5pm-11pm
6 Self-Advocacy Mtg. 11:30-1:00 pm	7 Al-Anon (Spanish) 10-12pm	8 Painting for Older Adults 10am-12pm	9 VA Office Hours 8am-4pm (phone apt only) Self AdvocacySupport Group 9:30-11am		11 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Co Mtg. 10:30-1:30pm
13 Self-Advocacy Mtg. 11:30-1:00 pm	14 Year Around Gardening Club 9am-2:30pm Al-Anon (Spanish) 10-12pm	15 Painting for Older Adults 10am-12pm	16 VA Office Hours 8am-4pm (phone apt only) Self AdvocacySupport Group 9:30-11am	17	18 LCP Closed
20 LCP Closed President's Day 	21 HAPPY Valentine's Day Al-Anon (Spanish) 10-12pm	22 Painting for Older Adults 10am-12pm	23 VA Office Hours 8am-4pm Self AdvocacySupport Group 9:30-11am GI Forum 10am-12pm	24	25 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 10:30-1:30pm
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Monday

Tuesday

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Thursday

Friday

Saturday

Self-Advocacy Mtg.
11:30-1pm

AI-Anon (Spanish)
10-12pm

<i>Al-Anon Meeting (Family Groups)</i>	En Español! Free every Tuesday and Saturday. Call for more info about this inviting and supportive group of individuals. Meetings start at 10:00am and end at Noon. Arts & Crafts Room
<i>Community Advisory Council</i>	Want to know more about what's going on in your neighborhood? Come join our Community Advisory Council from 6:30-8pm on the 3rd Tuesday of every other month for updates, discussion, and what's happening near your city! MPR
<i>Co-Dependents Anonymous</i>	En Español! Join the CoDA group every Saturday, free. Stop looking for outside reasons to feel good, join CoDA for you, 10:30am-1:30pm. Liberty Plaza Conference Room.
<i>GI Forum Meeting</i>	Every 3 rd Thursday, come to find out more about this community Veterans organization and other services available. Visit the group from 10-12pm in the Liberty Plaza Conference Room.
<i>Military & Veteran Affairs Office Hours</i>	Los Angeles County MVA representatives hold office hours every Wednesday and Thursday 8am-4pm. Appointments may be made at Guest Services or by calling (562) 273-0700. Eagle Office.
<i>Painting for Older Adults</i>	Brought to you by Rio Hondo College, this free nonaccredited class will teach older adults the fundamentals of painting! A great way to learn a new hobby and be creative through art. Wednesdays from 10 am-12pm. MUST BE REGISTERED. Arts & Crafts Room
<i>Self-Advocacy Meetings</i>	Free, Mondays, for adults with developmental disabilities. Provided by REACH, 1:00pm-2:00pm. Arts & Crafts Room
<i>Year Around Gardening Club (YAGC)</i>	Want to learn more on all things gardening? Join this club which meets monthly from 9-1pm on the 2nd Tuesday of the month. A great way to get involved in the community and learn something new! MPR
<i>Zumba Classes</i>	Free classes every Monday-Thursday 6:45pm-7:45pm. FREE class every Saturday 9:30am-10:30am. Maximum 12 students. Health & Wellness Center
<i>Self Advocacy Meetings CAPC</i>	Free Mondays, for adults Provided by CAPC, 11am-1pm and Thursdays 9:30 am to 11am