

# August 2023 Liberty Community Plaza



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

[www.libertyplaza.org](http://www.libertyplaza.org)

**HOURS:** Mon 8am-5pm, Tues 8am-9pm, Wed 8am-5pm, Thurs 8am-9pm

Fri 8am-5pm, Sat 8am-4pm, Sun CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>Al- Anon (Spanish)</b> 10:00am-12:00pm <b>Zumba (\$4.00)</b> 6:00pm-7:00pm	<b>2</b> <b>Painting for Older Adults</b> 10:00am-12:00pm	<b>3</b> <b>VA Office Hours (Remote)</b> 8:00am-3:15pm <b>Self-Advocacy Mtg. CAPC</b> 9:30am-11:00am <b>Zumba (\$4.00)</b> 6:00pm-7:00pm	<b>4</b>	<b>5</b> <b>Free Zumba 10:00am-11:00am</b> <b>Al-Anon (Spanish)</b> 10:00am-12:00pm <b>Codependents Mtg.</b> 11:00am-12:30pm
<b>7</b> <b>Self-Advocacy Mtg. CAPC</b> 11:30am-1:00pm <b>Self Advocacy REACH</b> 1:00pm-2:00pm	<b>8</b> <b>Al- Anon (Spanish)</b> 10:00am-12:00pm <b>Stamping Mavens-Card Making</b> 5:30pm-7:30pm <b>Zumba (\$4.00)</b> 6:00pm-7:00pm	<b>9</b> <b>Painting for Older Adults</b> 10:00am-12:00pm	<b>10</b> <b>VA Office Hours (Remote)</b> 8:00am-3:15pm <b>Self-Advocacy Mtg. CAPC</b> 9:30am-11:00am <b>Zumba (\$4.00)</b> 6:00pm-7:00pm	<b>11</b>	<b>12</b> <b>Free Zumba 10:00am-11:00am</b> <b>Al-Anon (Spanish)</b> 10:00am-12:00pm <b>Codependents Mtg.</b> 11:00am-12:30pm
<b>14</b> <b>Self-Advocacy Mtg. CAPC</b> 11:30am-1:00pm <b>Self Advocacy REACH</b> 1:00pm-2:00pm	<b>15</b> <b>Al- Anon (Spanish)</b> 10:00am-12:00pm <b>Zumba (\$4.00)</b> 6:00pm-7:00pm	<b>16</b> <b>Painting for Older Adults</b> 10:00am-12:00pm	<b>17</b> <b>VA Office Hours (Remote)</b> 8:00am-3:15pm <b>GI Forum</b> 9:00am-12:30pm <b>Self-Advocacy Mtg. CAPC</b> 9:30am-11:00am <b>Zumba (\$4.00)</b> 6:00pm-7:00pm	<b>18</b>	<b>19</b> <b>Free Zumba 10:00am-11:00am</b> <b>Al-Anon (Spanish)</b> 10:00am-12:00pm <b>Codependents Mtg.</b> 11:00am-12:30pm
<b>21</b> <b>Self-Advocacy Mtg. CAPC</b> 11:30am-1:00pm <b>Self Advocacy REACH</b> 1:00pm-2:00pm	<b>22</b> <b>Al- Anon (Spanish)</b> 10:00am-12:00pm <b>Community Advisory Mtg.</b> 6:00pm-8:00pm <b>Zumba (\$4.00)</b> 6:00pm-7:00pm	<b>23</b> <b>Painting for Older Adults</b> 10:00am-12:00pm	<b>24</b> <b>VA Office Hours (Remote)</b> 8:00am-3:15pm <b>Self-Advocacy Mtg. CAPC</b> 9:30am-11:00am <b>Zumba (\$4.00)</b> 6:00pm-7:00pm	<b>25</b>	<b>26</b> <b>Free Zumba 10:00am-11:00am</b> <b>Al-Anon (Spanish)</b> 10:00am-12:00pm <b>Codependents Mtg.</b> 11:00am-12:30pm
<b>28</b> <b>Self-Advocacy Mtg. CAPC</b> 11:30am-1:00pm <b>Self Advocacy REACH</b> 1:00pm-2:00pm	<b>29</b> <b>Al- Anon (Spanish)</b> 10:00am-12:00pm <b>Zumba (\$4.00)</b> 6:00pm-7:00pm	<b>30</b> <b>Painting for Older Adults</b> 10:00am-12:00pm	<b>31</b> <b>VA Office Hours (Remote)</b> 8:00am-3:15pm <b>Self-Advocacy Mtg. CAPC</b> 9:30am-11:00am <b>Zumba (\$4.00)</b> 6:00pm-7:00pm		

Al-Anon Meeting (Family Groups) Spanish	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. <b>Arts &amp; Crafts Room</b>
Community Advisory Council	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! <b>MPR</b>
Co-Dependents Anonymous	En Español! Join the CoDA group every Saturday, free. Stop looking for outside reasons to feel good, join CoDA for you, 11:00am-12:30pm. <b>Justice Board Room</b>
GI Forum Meeting	Every 3 <sup>rd</sup> Thursday, come to find out more about this community Veterans organization and other services available. Visit 10-12pm. <b>Justice Board Room</b>
Military & Veteran Affairs Office Hours	Los Angeles County MVA representatives hold office hours every Wednesday and Thursday, no appointments needed. Sign in at Lounge any time 8am-4pm. <b>Valor Resource Office</b>
Painting for Older Adults	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. <b>MUST BE REGISTERED. Arts &amp; Crafts Room</b>
Self-Advocacy Meetings, REACH	Free, Mondays, for adults with developmental disabilities. Provided by REACH, 1:00pm-2:00pm. <b>Justice Board Room</b>
Self Advocacy Meetings, CAPC	Ever Monday and Thursday, call for more information about support group provides services to support services that are based on each person's desire lifestyle. Meeting start Monday 11:30 am – 1pm & Thursday 9:30-11 am
Year Around Gardening Club (YAGC)	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! <b>MPR</b>
Zumba Classes	FREE class every Saturday 9:30am-10:30am. Maximum 12 students. <b>Health &amp; Wellness Center</b>