

April 2023 Liberty Community



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

www.libertyplaza.org

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm
3 Self-Advocacy Mtg. CAPC 11:30am-1PM Self Advocacy REACH 1pm-2:00pm	4 Al-Anon (Spanish) 10-12pm	5 Painting for Older Adults 10-12 pm	6 VA Office Hours 8am-4pm Self-Advocacy Mtg 9:30 am-11 am	7	8 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm
10 Self-Advocacy Mtg. CAPC, 11:30 am-1pm Self Advocacy REACH 1pm-2:00pm	11 Al-Anon (Spanish) 10-12 pm YRGC 9am-2pm	12 Painting for Older Adults 10-12 pm	13 VA office hours 8am -4pm Self-Advocacy Mtg 9:30 am-11 am	14	15 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm
17 Self-Advocacy Mtg. CAPC 11:30am-1PM Self Advocacy REACH 1pm-2:00pm	18 Al-Anon (Spanish) 10-12pm	19 Painting for Older Adults 10-12 pm	20 VA Office Hours 8am-4pm GI Forum 9am-11 am Self-Advocacy Mtg	21	22 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm
24/30 Self-Advocacy Mtg. CAPC 11:30am-1PM Self Advocacy REACH 1pm-2:00pm	25 Al-Anon (Spanish) 10-12pm	26 VA Office Hours 8am-4pm Painting for Older Adults 10-12 pm	27 VA office hours 8am -4pm Self-Advocacy Mtg 9:30 am-11 am	28	29 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm

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. Arts & Crafts Room
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! MPR
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. Justice Board Room
GI Forum Meeting	Every 3 rd Thursday, come to find out more about this community Veterans organization and other services available. Visit 10-12pm. Justice Board Room
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. Valor Resource Office
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. MUST BE REGISTERED. Arts & Crafts Room
Self-Advocacy Meetings, REACH	Free, Mondays, for adults with developmental disabilities. Provided by REACH, 1:00pm-2:00pm. Justice Board Room
Self Advocacy Meetings, CAPC	Ever Monday & Thursdays, call for more information about services to support services that are based on each persons desire lifestyle. Meeting start Monday 11:30 am – 1pm & Thursday 9:30-11 am MPR
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! MPR
Zumba Classes	FREE class every Saturday 9:30am-10:30am. Maximum 12 students. Health & Wellness Center