



March 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 for Older Adults 10:00am-12:00pm	2 VA Office Hours (Remote) 8:00am-3:15pm CAPC Self-Advocacy Mtg. 9:30am-11:00am	3	4 Free Zumba 10:00am-11:00am Al-Anon (Spanish) 10:00am-12:00pm Codependents Mtg. 11:00am-12:00pm
6 CAPC Self-Advocacy Mtg. 11:30am-1:00pm REACH Self-Advocacy Mtg. 1:00pm-2:00pm	7 Al-Anon (Spanish) 10:00am-12:00pm	8 Painting for Older Adults 10:00am-12:00pm	9 VA Office Hours (Remote) 8:00am-3:15pm CAPC Self-Advocacy Mtg. 9:30am-11:00am	10	11 Free Zumba 10:00am-11:00am Al-Anon (Spanish) 10:00am-12:00pm Codependents Mtg. 11:00am-12:00pm
13 CAPC Self-Advocacy Mtg. 11:30am-1:00pm REACH Self-Advocacy Mtg. 1:00pm-2:00pm	14 Al-Anon (Spanish) 10:00am-12:00pm Year Round Garden Club 9:00am-2:00pm	15 Painting for Older Adults 10:00am-12:00pm	16 VA Office Hours (Remote) 8:00am-3:15pm GI Forum 9:15am-11:45am CAPC Self-Advocacy Mtg. 9:30am-11:00am	17 	18 Free Zumba 10:00am-11:00am Al-Anon (Spanish) 10:00am-12:00pm Codependents Mtg. 11:00am-12:00pm
20 CAPC Self-Advocacy Mtg. 11:30am-1:00pm REACH Self-Advocacy Mtg. 1:00pm-2:00pm	21 Al-Anon (Spanish) 10:00am-12:00pm Community Advisory 6:00pm-8:00pm	22 Painting for Older Adults 10:00am-12:00pm	23 VA Office Hours (Remote) 8:00am-3:15pm CAPC Self-Advocacy Mtg. 9:30am-11:00am	24	25 Free Zumba 10:00am-11:00am Al-Anon (Spanish) 10:00am-12:00pm Codependents Mtg. 11:00am-12:00pm
27 LCP CLOSED In Observation Of Cesar Chavez Day 	28 Al-Anon (Spanish) 10:00am-12:00pm	29 Painting for Older Adults 10:00am-12:00pm	30 VA Office Hours (Remote) 8:00am-3:15pm CAPC Self-Advocacy Mtg. 9:30am-11:00am	31	

<i>Al-Anon (Family/Friend Groups)</i>	En Español! Free every Tuesday and Saturday. Call for more info about this inviting and supportive group of individuals. Meetings from 10:00am-12:00pm in the Arts & Crafts Room.
<i>CAPC- Self Advocacy Mtg.</i>	Every Monday and Thursday. Call for more information about this support group provides services for adults with disabilities. Offers individualized instructional and support services that are based that on each persons desire lifestyle. Meeting starts on Monday 11:30am-1:00pm & Thursday 9:30am-11:00am in the Arts & Crafts Room.
<i>Reach-Self-Advocacy Meetings</i>	Free, Mondays, for adults with developmental disabilities. Provided by REACH at 1:00pm-2:00pm in the 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, 11:00am-12:00pm in the 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 9:15am-11:45am in the MPR.
<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 10:00am-12:00pm. MUST BE REGISTERED. Classes held in the MPR.
<i>Community Advisory Council</i>	Want to know more about what's going on in your neighborhood? Come join our Community Advisory Council from 6:00pm-8:00pm on the 3 rd Tuesday of every other month for updates, discussion, and what's happening near your city! Meeting will be held in the MPR.
<i>Year Around Gardening Club</i>	Want to learn more on all things gardening? Join this club which meets monthly from 9:00am-2:00pm on the 2 nd Tuesday of the month. A great way to get involved in the community and learn something new! Meeting will be held in the MPR.
<i>Zumba Classes</i>	FREE class every Saturday 10:00am-11:00am. Maximum 12 students. Health & Wellness Center
<i>VA Office</i>	Los Angeles County MVA representatives hold office every Thursday from 8:00am-3:15pm. Appointments must be made at Guest Services in person or by calling (562)273-0700. REMOTE