

October 2023 Liberty Community Plaza



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

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
2 	3 Al- Anon (Spanish) 10:00am-12:00pm Zumba (\$4.00) 6:00pm-7:00pm	4 Painting for Older Adults 10:00am-12:00pm	5 VA Office Hours (Remote) 8:00am-3:15pm Self-Advocacy Mtg. CAPC 9:30am-11:00am Yoga 5:30pm-6:45pm Zumba (\$4.00) 6:00pm-7:00pm	6	7 Hispanic Heritage Month Hispanic Veteran Recognition
9 INDIGENOUS PEOPLE'S DAY CLOSED	10 Al- Anon (Spanish) 10:00am-12:00pm Garden Club 9:00am-2:00pm Stamping Mavens-Card Making 5:30pm-7:30pm Zumba (\$4.00) 6:00pm-7:00pm	11 Painting for Older Adults 10:00am-12:00pm	12 VA Office Hours (Remote) 8:00am-3:15pm Self-Advocacy Mtg. CAPC 9:30am-11:00am Yoga 5:30pm-6:45pm Zumba (\$4.00) 6:00pm-7:00pm	13	14 Free Zumba 10:00am-11:00am Al- Anon (Spanish) 10:00am-12:00pm Codependents Mtg. 11:00am-12:30pm
16 Self-Advocacy Mtg. CAPC 11:30am-1:00pm Self Advocacy REACH 1:00pm-2:00pm	17 Al- Anon (Spanish) 10:00am-12:00pm Zumba (\$4.00) 6:00pm-7:00pm	18 Painting for Older Adults 10:00am-12:00pm	19 VA Office Hours (Remote) 8:00am-3:15pm Self-Advocacy Mtg. CAPC 9:30am-11:00am Yoga 5:30pm-6:45pm Zumba (\$4.00) 6:00pm-7:00pm GI Forum 9:00am-12:30pm	20	21 Free Zumba 10:00am-11:00am Al- Anon (Spanish) 10:00am-12:00pm Codependents Mtg. 11:00am-12:30pm
23 Self-Advocacy Mtg. CAPC 11:30am-1:00pm Self Advocacy REACH 1:00pm-2:00pm	24 Al- Anon (Spanish) 10:00am-12:00pm Community Advisory Mtg. 6:00pm-8:00pm Zumba (\$4.00) 6:00pm-7:00pm	25 Painting for Older Adults 10:00am-12:00pm	26 VA Office Hours (Remote) 8:00am-3:15pm Self-Advocacy Mtg. CAPC 9:30am-11:00am Yoga 5:30pm-6:45pm Zumba (\$4.00) 6:00pm-7:00pm	27	28 Free Zumba 10:00am-11:00am Al- Anon (Spanish) 10:00am-12:00pm Codependents Mtg. 11:00am-12:30pm
30 Self-Advocacy Mtg. CAPC 11:30am-1:00pm Self Advocacy REACH 1:00pm-2:00pm	31 Al- Anon (Spanish) 10:00am-12:00pm Zumba (\$4.00) 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. 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	Every 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! MPR
Stamping Mavens	Want to learn more on stamping and crafting? Join this club which meets monthly from 5:30pm-7:30pm on the 2nd Tuesday of the month. A great way to learn something new!
Zumba Classes	FREE class every Saturday 9:30am-10:30am. Maximum 12 students. Health & Wellness Center \$4 Tuesdays, Thursdays 6:00pm-7:00pm