

May 2023 Liberty Community



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

www.libertyplaza.org

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Self-Advocacy Mtg. CAPC 11:30am-1PM Self Advocacy REACH 1pm-2:00pm	2 Al-Anon (Spanish) 10-12pm	3 Painting for Older Adults 10-12 pm	4 VA Office Hours 8am-4pm Self-Advocacy Mtg 9:30 am-11 am	5	6 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10- 12pm Codependents Mtg. 11-12:30pm
8 Self-Advocacy Mtg. CAPC 11:30am-1PM Self Advocacy REACH 1pm-2:00pm	9 Al-Anon (Spanish) 10-12pm	10 Painting for Older Adults 10-12 pm	11 VA Office Hours 8am-4pm Self-Advocacy Mtg 9:30 am-11 am	12	13 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm
15 Self-Advocacy Mtg. CAPC, 11:30 am-1pm Self Advocacy REACH 1pm-2:00pm	16 Al-Anon (Spanish) 10-12 pm YRGC 9am-2pm	17 Painting for Older Adults 10-12 pm	18 VA office hours 8am -4pm Self-Advocacy Mtg 9:30 am-11 am Mental Health Fair 8am – 8pm	19	20 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm
22 Self-Advocacy Mtg. CAPC 11:30am-1PM Self Advocacy REACH 1pm-2:00pm	23 Al-Anon (Spanish) 10-12pm	24 Painting for Older Adults 10-12 pm	25 VA Office Hours 8am-4pm Self-Advocacy Mtg 9:30am-11 am	26	27 MEMORIAL DAY CLOSED
29 MEMORIAL DAY CLOSED	30 Al-Anon (Spanish) 10- 12pm	31 VA Office Hours 8am- 4pm Painting for Older Adults 10-12 pm			

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 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
Zumba Classes	FREE class every Saturday 9:30am-10:30am. Maximum 12 students. Health & Wellness Center