

November Schedule

Liberty Community Plaza



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

www.libertyplaza.org

HOURS: *Mon 8am-9pm, Tues 8am-8pm, Wed 8am-8pm, Thurs 8am-9pm
Fri 8am-6:30pm, Sat 8am-4pm, Sun CLOSED*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Garage Girls Workout 8:30-9:30am	2 Free Zumba 9:30-10:30am Al-Anon (Spanish) Anniversary 9am-3pm Codependents Mtg. 10:30-1:30pm
4 Garage Girls Workout 8:30-9:30am Hatha Yoga 11:15-12:15/12:30- 1:30pm Self-Advocacy Mtg. 1-2pm Strategy Board Games 5pm-8:30pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm Stress Yoga 8:00-8:50pm	5 Elementary Drawing 3:30-4:30pm Youth Coding & Robotics 4:30pm-6:15pm Parenting 6:00-7:30pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	6 VA Office Hours 8am-4pm Painting for Older Adults 10-12 pm Youth Empowerment 3pm-4pm Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm	7 VA Office Hours 8am-4pm Computer Skills for Adults 9:30-11am Womens Support Group 9:30am-11am Hatha Yoga 11:15-12:15/12:30-1:30pm Youth Coding & Robotics 4:30pm-6:15pm HYC Flavors of Fall Fundraiser 6pm-9pm Parenting 6:30-8:00pm \$3 Zumba 6:45-7:45pm Time 2 Swing 7:45-8:45pm	8 Garage Girls Workout 8:30-9:30am Preschool Drawing 9:30-10:15am Community Showers 9- 1pm	9 LCP Closed
11 LCP Closed Veterans Day	12 Computer Skills for Adults 9:30-11am Al-Anon (Spanish) 10-12pm Elementary Drawing 3:30-4:30pm Youth Coding & Robotics 4:30pm-6:15pm Parenting 6:00-7:30pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	13 VA Office Hours 8am-4pm Painting for Older Adults 10-12 pm Youth Empowerment 3pm-4pm Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm	14 VA Office Hours 8am-4pm Computer Skills for Adults 9:30-11am Womens Support Group 9:30am-11am Hatha Yoga 11:15-12:15/12:30-1:30pm Youth Coding & Robotics 4:30pm-6:15pm Parenting 6:30-8:00pm \$3 Zumba 6:45-7:45pm Time 2 Swing 7:45-8:45pm	15 Garage Girls Workout 8:30-9:30am Preschool Drawing 9:30-10:15am Community Showers 9- 1pm	16 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 10-:30-1:30pm
18 Garage Girls Workout 8:30-9:30am Hatha Yoga 11:15-12:15/12:30- 1:30pm Self-Advocacy Mtg. 1-2pm Strategy Board Games 5pm-8:30pm Stamping Mavens Card Making 5:15pm-7:30pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm Stress Yoga 8:00-8:50pm	19 Computer Skills for Adults 9:30-11am Al-Anon (Spanish) 10-12pm Elementary Drawing 3:30-4:30pm Youth Coding & Robotics 4:30pm-6:15pm Parenting 6:00-7:30pm Nar-Anon (Spanish) 6:30-7:45pm Community Advisory Meeting 6:30-8:30pm \$3 Zumba 6:45-7:45pm	20 VA Office Hours 8am-4pm Painting for Older Adults 10-12 pm Youth Empowerment 3pm-4pm Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm	21 VA Office Closed Computer Skills for Adults 9:30-11am Womens Support Group 9:30am-11am GI Forum Meeting 10am-12pm Hatha Yoga 11:15-12:15/12:30-1:30pm Youth Coding & Robotics 4:30pm-6:15pm Parenting 6:30-8:00pm \$3 Zumba 6:45-7:45pm Time 2 Swing 7:45-8:45pm	22 Garage Girls Workout 8:30-9:30am Preschool Drawing 9:30-10:15am	23 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 10:30-1:30pm
25 Garage Girls Workout 8:30-9:30am Hatha Yoga 11:15-12:15/12:30- 1:30pm Self-Advocacy Mtg. 1-2pm Strategy Board Games 5pm-8:30pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm Stress Yoga 8:00-8:50pm	26 Computer Skills for Adults 9:30-11am Al-Anon (Spanish) 10-12pm Youth Coding & Robotics 4:30pm-6:15pm Parenting 6:00-7:30pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	27 VA Office Hours 8am-4pm Painting for Older Adults 10-12 pm Youth Empowerment 3pm-4pm Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm	28 LCP Closed 	29 LCP Closed	30 LCP Closed

<i>Al-Anon Meeting (Family Groups)</i>	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
<i>Community Advisory Council</i>	Want to know more about what's going on in your neighborhood? Come join our Community Advisory Council from 6:30-8pm on the 3rd Tuesday of every other month for updates, discussion, and what's happening near your city! 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, 10:30am-1:30pm. Liberty Plaza Conference Room.
<i>Community Showers of Hope</i>	Mobile showers, homeless resources and hygiene kits available on the 2nd and 3rd Friday of the month from 9am-1pm. In partnership with several homeless agencies and 4th District Supervisor Janice Hahn. LCP Parking Lot
<i>Computer Skills for Adults</i>	Join us for FREE Adult Computer Skills Classes brought to you by the Southeast Community Development Corporation! Call or text (562) 334-6389 for more info or to register. Tues/Thurs 9:30am- 11:00am. Taught in English/Spanish. Whittier Technology Center inside Liberty Plaza.
<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 10-12pm in the Liberty Plaza Conference Room.
<i>Hatha Yoga (2 Sessions)</i>	Come join this Yoga class brought to us by Rio Hondo! A great FREE way to get active and nourish your mind, body, and soul. MUST BE REGISTERED TO JOIN, PLEASE SEE FRONT DESK FOR MORE INFO. Mondays & Thursdays 11:15-12:15pm and 12:30pm-1:30 pm. Health & Wellness Room
<i>Kidz Zumba</i>	Free classes every Wednesday 5:30-6:00PM for Ages 4-7 and 6:00-6:30PM for Ages 8-12. Health & Wellness Center
<i>Military & Veteran Affairs Office Hours</i>	Los Angeles County MVA representatives hold office hours every Wednesday and Thursday 8am-4pm. Appointments may be made at Guest Services or by calling (562) 273-0700. Eagle Office.
<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 am-12pm. MUST BE REGISTERED. Arts & Crafts Room
<i>Parenting Class</i>	A free class, led by Helpline Youth Counseling on various evenings. Learn about effective parenting skills, anger management and Q&A. For more info & how to register call (562) 273-0722. 6:-7:30pm Community Rooms
<i>Nar-Anon en Espanol</i>	En Español! Free every Tuesday evening. Call to learn more about this program, by Grupos De Familiar, find peace and hope, 6:30pm-7:45pm. Justice Board Room
<i>Nar-Anon in English</i>	Free every Monday evening. "Serenity, not Sanity" is a Nar-Anon group that will be meeting to discuss the trials, tribulations, and overcomings of being involved with the struggles of addiction. 6-7:30pm Justice Board Room
<i>Stamping Mavens Card Making</i>	Free monthly community forum for women to come together to make greeting cards for various groups and organizations! Bring your own materials and join the Mavens on the second Monday of each month in Community Rooms B1 & B2.
<i>Strategy Board Game Night</i>	Free to all ages! Every other Monday night from 5:30-7:30pm, join a friendly group of gamers as they play dozens of problem-solving board games. Arts & Crafts Room
<i>Self-Advocacy Meetings</i>	Free, Mondays, for adults with developmental disabilities. Provided by REACH, 1:00pm-2:00pm. Arts & Crafts Room
<i>Year Around Gardening Club (YAGC)</i>	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
<i>Zumba Classes</i>	\$3 CASH ONLY classes every Monday-Thursday 6:45pm-7:45pm. FREE class every Saturday 9:30am-10:30am. Maximum 12 students. Health & Wellness Center
<i>Stress Yoga</i>	Come relieve your tension with stretches, balance, and meditation techniques! BRING YOUR OWN MAT and meet us in the Health & Wellness Center! Donations appreciated but not required.
<i>Women's Support Group</i>	New group on Thursday from 9:30am-11am in Counseling Room 3 . Please call Kim Lopez Sagastume to pre-register for this wonderful resource available for women to discuss healthy relationships, communication, and positive self-esteem! Call (562) 273-0722 or email klopezsagastume@hycinc.org
<i>Drawing with Young Rembrandts</i>	Young Rembrandts will show your Elementary School or Preschool students how the fundamentals of drawing and expression of art. Please register by going to www.youngrembrandts.com . Class costs \$28 for the entire 4-week series, prorated prices are available. Located in the Arts & Crafts Room.
<i>Youth Empowerment</i>	HYC is dedicated to empowering our youth! This open workshop assists youth ages 15-24 with short-term and long-term college and career goals. In our Arts & Crafts Room . Email gmontoya@hycinc.org to register for free!
<i>Youth Coding & Robotics</i>	Join us in our Teen Tech Center for FREE computer coding and robotics classes for youth! Students will learn the basics of computer coding. This course is designed to teach students about the basics of computer science. Tuesdays & Thursdays 4:00-5pm. Call or text (562) 334-6389 for more info or to register.
<i>Garage Girls Workout</i>	Join this group of energetic women for a morning workout routine that utilizes the Health and Wellness Room as well as the track for cardio and floor work!
<i>Time 2 Swing</i>	Join this fun and outgoing group of swing dancers that will show participants of all levels how to jump and jive! Classes are \$7 per class and open to community members in the Health and Wellness Room Thursday evenings.