

March Schedule

at Liberty Community Plaza



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

NEW 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
4 Gentle Yoga 10-11am 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	5 Adult Computer Skills 9:30-11:30am Al-Anon (Spanish) 10-12pm Youth Coding 4:30-6pm 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 Kidz Zumba 5:30-6pm/6-6:30pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm \$3 Zumba 6:45-7:45pm	7 Adult Computer Skills 9:30-11:30am VA Office Hours 8am-4pm Hatha Yoga 11:15-12:15/12:30-1:30pm Youth Coding 4:30-6pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm	1/8 (8) Community Showers 9-1pm	2/9 Free Tax Income Services By Appointment Only Free Zumba 9:30-10:30am Al-Anon Mtg. 10-12pm Codependents Mtg. 11-12:30pm
11 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	12 Adult Computer Skills 9:30-11:30am YA Garden Club- 9am-1pm Al-Anon (Spanish) 10-12pm Youth Coding 4:30-6pm 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 Kidz Zumba 5:30-6pm/6-6:30pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm \$3 Zumba 6:45-7:45pm	14 VA Office Hours 8am-4pm Adult Computer Skills 9:30-11:30am Hatha Yoga 11:15-12:15/12:30-1:30pm Youth Coding 4:30-6pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm	15 Community Showers 9-1pm	16 Free Tax Income Services By Appointment Only Free Zumba 9:30-10:30am Al-Anon Mtg. 10-12pm Codependents Mtg. 11-12:30pm
18 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	19 Adult Computer Skills 9:30-11:30am Al-Anon (Spanish) 10-12pm CAC 6:30-8pm Youth Coding 4:30-6pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	20 VA Office Hours 8am-4pm Painting for Older Adults 10-12 pm Kidz Zumba 5:30-6pm/6-6:30pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm \$3 Zumba 6:45-7:45pm	21 Adult Computer Skills 9:30-11:30am VA Office Hours 8am-4pm GI Forum 10-12pm Hatha Yoga 11:15-12:15/12:30-1:30pm Youth Coding 4:30-6pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm	22 	23 Free Tax Income Services By Appointment Only Free Zumba 9:30-10:30am Al-Anon Mtg. 10-12pm Codependents Mtg. 11-12:30pm
25 Gentle Yoga 10-11am 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	26 Adult Computer Skills 9:30-11:30am Al-Anon (Spanish) 10-12pm Youth Coding 4:30-6pm 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 Kidz Zumba 5:30-6pm/6-6:30pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm \$3 Zumba 6:45-7:45pm	28 Adult Computer Skills 9:30-11:30am VA Office Hours 8am-4pm Hatha Yoga 11:15-12:15/12:30-1:30pm Youth Coding 4:30-6pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm	29 	30 Free Tax Income Services By Appointment Only Free Zumba 9:30-10:30am Al-Anon Mtg. 10-12pm Codependents Mtg. 11-12:30pm Zumbathon 10-12pm



<i>Adult Computer Skills (SCDC)</i>	Join us in the BRAND NEW Whittier Technology Center 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 9:30-11:30am. Taught in English/Spanish. Whittier Technology Center inside Liberty Plaza.
<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>Al-Anon English</i>	Free resource in English at Liberty Plaza every Wednesday. Do you have a loved one who may be struggling with alcoholism? This warm and supportive group may be just for you. 6:30-7:50 pm. 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>CEA-HDW</i>	A program for anyone suffering from compulsive eating, anorexia, and bulimia, we are a fellowship of individuals who, through shared experience, strength and hope are recovering. Wednesdays 6:30-7:30pm. LCP Conference Room.
<i>Citizenship Course</i>	<u>NEW SESSION IN APRIL 2019!</u> Mondays & Wednesdays, Presented by Rio Hondo College, this nonaccredited course is FREE and will help you gain the path to being a United States Citizen! MUST BE REGISTERED. Career Center
<i>Co-Dependents Anonymous</i>	En Español! Join the new CoDA group every Saturday, free. Stop looking for outside reasons to feel good, join CoDA for you, 11:00am-12:30pm. Justice Board Room
<i>Coding for Kids (SCDC)</i>	Join us in the BRAND NEW Whittier Technology Center for FREE computer coding classes for youth! Students will learn the basics of computer coding. This course is designed to teach students about the basics of computer science. Classes run 1/20-2/28 Tuesdays 2nd & 3rd Graders 4:30-6pm, Thursdays 4th & 5th Graders 4:30-6pm. Whittier Technology Center inside Liberty Plaza.
<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>Free Income Tax Services</i>	BACK ANOTHER YEAR! Interested in getting your taxes done for FREE this season? SBCC will be at Liberty Plaza every Saturday to help you with just that! Services from 2/2-4/13. Call Liberty Plaza to make an appointment at (562) 273-0700. Counseling Rooms
<i>GI Forum Meeting</i>	Every 3 rd Thursday, come to find out more about this community Veterans organization and other services available. Visit 10-12pm. Justice Board Room
<i>Gentle Yoga</i>	Free! Mondays 10am-11am, formerly known as Body Movement & Awareness, this class allows modifications in yoga available for seniors or those with mobility impairments. MUST BRING OWN MAT. Health & Wellness Center
<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. Fall Sessions Aug 20-Dec 3 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 through Friday, no appointments needed. Sign in at Lounge any time after 8:00am. Wednesdays & Thursdays 8am-4pm. Valor Resource 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, Fall session Aug 22-Dec 5. MUST BE REGISTERED. Arts & Crafts Room
<i>Parenting Class in English</i>	A free class, led by Helpline Youth Counseling every Monday. Learn about effective parenting skills, anger management and Q&A. For more info & how to register call (562) 273-0722. 5-6:30pm Counseling 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>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. Justice Board Room
<i>Year Around Gardening Club (YAQC)</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>ZUMBATHON!</i>	Join us Saturday March 30 th for fun and dancing at our first ever Zumbathon fundraiser! Call (562) 273-0700 for more details about this event. 10-12pm MPR

