

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### ANNOUNCEMENTS

November

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#### Fall Fiesta

Join us for our Fall Fiesta Movie Night! Celebrate the season with family-friendly film, fun activities, and Health and Resources. Everyone is welcome, so bring your loved ones and get ready for a night of laughter and joy. We can't wait to see you there!

November

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#### Spread the Word Not the Disease: What Teens Want You to Know



Join us in this semi-scripted presentation performance, teenagers address current issues related to HIV, illustrating examples of situations you may encounter, and providing personal messages on what they want to know

November











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#### Gardening Class

Join us to learn new gardening skills and plant seeds together. Call to register!

<p><b>28</b></p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p>	<p><b>29</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p> <p>12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise *Class available in person and via Zoom/Facebook*</p>	<p><b>30</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 1:00 pm ELAWC HIV Navigation In-Person</p> <p>11:00 am – 12:30 pm Knitting Group Social Group In Person</p>	<p><b>31</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p><b>1</b></p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Flu Guidance/Emergency Response In-Person</p> <p>10:30 am – 11:30 pm Strategies to deal with Stress In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p> <p>5:00 pm – 9:00 pm The Wellness Center's Fall Fiesta Movie Night Call to Register (213)784-9191 In Person</p>	<p><b>2</b></p> <p style="text-align: center;"></p>
<p><b>4</b></p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p>	<p><b>5</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm TWC Zumba In-Person</p> <p>12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise *Class available in person and via Zoom/Facebook*</p>	<p><b>6</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 1:00 pm ELAWC HIV Navigation In-Person</p> <p>10:00 am – 10:30 am Chair Yoga In-Person</p> <p>10:30 am – 11:00 am Lower Body Exercise Class In-Person</p> <p>11:00 am – 12:30 pm Social Knitting Group In Person</p>	<p><b>7</b></p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:30 am – 11:30 pm Osteoarthritis Management Program Education In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p><b>8</b></p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Flu Guidance/Emergency Response In-Person</p> <p>10:00 am – 11:00 am Mindful Meditation In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	<p><b>9</b></p> <p> <b>2:00 pm – 5:00 pm</b> CASA 0101; Spread the Word Not the Disease: What Teens Want You to Know 2102 1st St, Los Angeles, CA 90033 Call to Register: (213) 647 - 2016.</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>11</b> 	<b>12</b>  8:00 am – 9:00 am Morning Movement Zoom   11:00 am – 12:00 pm TWC Zumba In-Person   12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise <i>*Class available in person and via Zoom/Facebook*</i>	<b>13</b>  8:00 am – 9:00 am Morning Movement Zoom   10:00 am – 1:00 pm ELAWC HIV Navigation In-Person   11:00 am – 12:30 pm Social Knitting Group In Person	<b>14</b>  8:00 am – 9:00 am Morning Movement Zoom   11:30 am – 12:30 pm Dance Therapy In Person	<b>15</b>  9:00 am – 10:15 am Yoga In-Person   9:00 am – 12:00 pm Flu Guidance/Emergency Response In-Person   9:00 am – 10:30 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B   11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person   1:00 pm – While Supplies Last Food Distribution at Clinica Monsenor Oscar A. Romero 2032 Marengo St, Los Angeles, CA 90033	<b>16</b> 
<b>18</b>  11:00 am – 12:00 pm TWC Zumba In Person	<b>19</b>  8:00 am – 9:00 am Morning Movement Zoom   11:00 am – 12:00 pm TWC Zumba In-Person   12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise <i>*Class available in person and via Zoom/Facebook*</i>   1:00 pm – 2:00 pm Gardening Class In-Person	<b>20</b>  8:00 am – 9:00 am Morning Movement Zoom   10:00 am – 1:00 pm ELAWC HIV Navigation In-Person   10:00 am – 10:30 am Chair Yoga In-Person   10:30 am – 11:00 am Lower Body Exercise Class In-Person   11:00 am – 12:30 pm Social Knitting Group In Person	<b>21</b>  8:00 am – 9:00 am Morning Movement Zoom   10:30 am – 11:30 am Stretching and Strengthening In-Person   11:30 am – 12:30 pm Dance Therapy In Person	<b>22</b>  9:00 am – 10:15 am Yoga In-Person   9:00 am – 12:00 pm Flu Guidance/Emergency Response In-Person   11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person   12:00 pm – 2:00 pm Drive-Thru Food Distribution (No Walk-Ups) 11724 Sichel Street Los Angeles, CA 90031   1:00 pm – While Supplies Last Food Distribution at Clinica Monsenor Oscar A. Romero 2032 Marengo St, Los Angeles, CA 90033	<b>23</b> 
<b>25</b>  11:00 am – 12:00 pm TWC Zumba In Person	<b>26</b>  8:00 am – 9:00 am Morning Movement Zoom   11:00 am – 12:00 pm TWC Zumba In-Person	<b>27</b>  8:00 am – 9:00 am Morning Movement Zoom   10:00 am – 1:00 pm ELAWC HIV Navigation In-Person   11:00 am – 12:30 pm Social Knitting Group In Person	 <p>The Wellness Center will be Closed <b>Happy Thanksgiving</b> Have a great Holiday!</p>		<b>30</b> 