

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ANNOUNCEMENTS

October

5

Community Cleanup

Join us Saturday, October 5th in Boyle Heights for a Community Clean-Up! Let's come together to create a cleaner and brighter environment for all.

October

17

Stretching and Strengthening

Learn to create an at-home exercise routine to reduce pain & stress, and improve health, join us!

November















































1

Fall Fiesta Movie Night

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!

<p>30</p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p>	<p>1</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>2</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 – 11:00 am Pelvic Health Workshop In-Person/Via Zoom</p> <p>11:00 am – 12:30 pm Knitting Group Social Group In Person</p>	<p>3</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>4</p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses 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>1:30 pm – While Supplies Last Food Distribution at Clinica Monsenor Oscar A. Romero 2032 Marengo St, Los Angeles, CA 90033</p>	<p>5</p> <p>9:00 am – 12:00 pm Community Cleanup 1200 N State St, Los Angeles, CA 90033 In Person</p>
<p>7</p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p>	<p>8</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>9</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 – 11:00 am Pelvic Health Workshop In-Person/Via Zoom</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>10</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>11</p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	<p>12</p> <p style="text-align: center;"></p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 	15  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 *Class available in person and via Zoom/Facebook*	16  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	17  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	18  9:00 am – 10:15 am Yoga In-Person  9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses 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	19 
21  11:00 am – 12:00 pm TWC Zumba In Person	22  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 *Class available in person and via Zoom/Facebook*	23  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	24  8:00 am – 9:00 am Morning Movement Zoom  11:30 am – 12:30 pm Dance Therapy In Person	25  9:00 am – 10:15 am Yoga In-Person  9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses 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  1:30 pm – While Supplies Last Food Distribution at Clinica Monsenor Oscar A. Romero 2032 Marengo St, Los Angeles, CA 90033	26 
28  11:00 am – 12:00 pm TWC Zumba In Person	29  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 *Class available in person and via Zoom/Facebook*	30  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	31  8:00 am – 9:00 am Morning Movement Zoom  11:30 am – 12:30 pm Dance Therapy In Person 	1  9:00 am – 10:15 am Yoga In-Person  9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses In-Person  11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person  5:00 pm – 9:00 pm The Wellness Center's Fall Fiesta Movie Night Call to Register (213)784-9191 In Person	2 