



# Activity Calendar

## April 2017

Tue	Wed	Thu	Fri	Sat
<b>4</b> 8am-3pm Homeless Serv. (Food) 8am-2:30pm (Clothing) 8:30am-12:30am Medi-Cal	<b>5</b> Volunteer Clothing Distribution (A-L) 9am Yoga 11am Zumba	<b>6</b> 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	<b>7</b> 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12:00pm Cal-Fresh-Medical	<b>1</b> 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
<b>11</b> 8am-3pm Homeless Serv. (Food) 8am-2:30pm (Clothing) 11am Zumba 8:30am-12:30am Medi-Cal	<b>12</b> 9am Yoga 11am Zumba	<b>13</b> 8am-12pm Family Serv. (Food) 8am-11:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical <b>MEND IS CLOSING AT 12:00PM</b>	<b>14</b> <b>MEND Closed for Good Friday (we will be reopen on 4/15 regular schedule)</b>	<b>15</b> 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
<b>18</b> 8am-2pm Homeless Serv. (Food) 8am-1:30pm (Clothing) 11am Zumba 8:30am-12:30am Medi-Cal outreach <b>Please note New Service Hours</b>	<b>19</b> Volunteer Clothing Distribution (M-Z) 9am Yoga 11am Zumba	<b>20</b> 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	<b>21</b> 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12:00pm Cal-Fresh-Medical	<b>22</b> 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
<b>25</b> 8am-2pm Homeless Serv. (Food) 8am-1:30pm (Clothing) 11am Zumba Medi-Cal 8:30am-12:30am	<b>26</b> 9am Yoga 11am Zumba	<b>27</b> 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	<b>28</b> 8am-12pm Family Serv. (Food) 8am-11:30pm (Clothing) 8:30am-12:00pm Cal-Fresh-Medical <b>MEND IS CLOSING AT 12PM</b>	<b>29</b> <b>MEND will be Closed</b>

To receive MEND's services, client must provide:

- Picture ID for each member
- Proof of Current Address
- Proof of Income

See front desk for details service area eligibility.

**Homeless Services:** Every Tuesday MEND provides Breakfast, Snack, Hot Lunch, Nonperishable Food, Clothing and Showers.

- Registration 8:00am-3:00pm
- Breakfast Snack: 8:00am-10:30am
- Hot Lunch: 11:30 am-1:30pm
- Emergency Food: 8:00am-3:00pm
- Clothing 8:00am-2:30pm (Please register by 2:00pm)
- Showers 8:00am-1:30pm

**Family Services:** MEND Provides food and clothing services to families & individuals with cooking facilities.

- Thursday & Friday: 8:00am-1:30pm
- Saturday: 9:00am- 12:00am (For clothing is for the first 60 clients) SUGGESTED DONATION FOR CLOTHING: \$5.00

**Health Education**

Yoga Classes: FREE!!! Wednesdays 9:00am-10:00am. Location 2nd Floor.

Zumba Classes: FREE!!! Tuesdays, Wednesdays 11:00am-12:00pm Location 2nd Floor.

**Medical & Vision Department:** Registration every Thursday 8:00am-11:00am

MEND's clinic also provides other services: Hypertension, Acupuncture, Physical Therapy, Diabetes Classes, Chiropractor and Health and Nutrition Classes. For more information please ask the Welcome Center.

**Chiropractor:** Registration every Thursday 8:00am-10:00am

**Special Announcements**

**Cal-Fresh & Medi-Cal:** An Eligibility Worker is available to help apply for Cal-Fresh & Medical programs. Make an appointment at the Welcome Center and ask for required documents.

- **Medi-Cal** Tuesdays from 8:30am-12:30pm
- **Cal-Fresh-Medi-Cal** Thursdays from 9:00am-10:45am
- **Cal-Fresh-Medi-Cal** Fridays from 8:30am-12:00pm

**Bi-Annual Baby Shower:** Wednesday May 3rd from 9:00am to 1:00pm. Registrations begin April 1st.

**Homeless services :** Starting April 18th 2017 homeless services will end at 2:00pm

**Christmas in Spring :** Saturday May 6,2017 Registrations start April 7 from 10:00-12:00am and 2:00-4:00pm



# ETC Activity Calendar

Tue	Wed	Thu	Fri	Sat
				1
<b>4</b> 9:45am-12:30pm ESL Classes 9:30-11:30am Adv. Office Skills 1:00pm-4:00pm Intro To Comp. Eng. 3:00pm-6:30pm YS Tutoring Appt. 4:00pm-6:45pm Intro To Comp. Span. 6:30pm-8:45pm ESL Classes	<b>5</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 1:00pm-4:00pm Keyboarding Span. 3:00pm-6:30pm YS Tutoring Appt. 6:30pm-8:45pm ESL Classes	<b>6</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 10:00am-12pm Sewing Clothes 11:30-2:30pm Adv. Office Span. 3:00pm-6:30pm YS Tutoring Appt. 3:00pm-6:00pm Internet & Email Span. 6:30-8:45pm ESL Classes	<b>7</b> 9:30-13:30pm Adv. Office Skills Span. 9:30-12:30pm Keyboarding Bilingual 9:30-12pm Quilting 9:30- 11:30am Homework Help 10:30am-12:30pm ESL Grammar Club 1:00pm-3:00pm ESL Conversation 1:00pm-4:00pm Intro to Comp. Span. 3:00pm-5:00pm YS Tutoring Appt.	8
<b>11</b> 9:45am-12:30pm ESL Classes 9:30-11:30am Adv. Office Skills 1:00pm-4:00pm Intro To Comp. Eng. 4:00pm-6:45pm Intro To Comp. Span. 6:30-8:45pm ESL Classes	<b>12</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes Keyboarding Span. 6:30-8:45pm ESL Classes	<b>13</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 10:00am-12pm Sewing Clothes 11:30-2:30pm Adv. Office Span. 3:00pm-6:00pm Internet & Email Span. 6:30-8:45pm ESL Classes	<b>MEND Is Closed</b>	15
<b>18</b> 9:45am-12:30pm ESL Classes 9:30am-11:30am Adv. Office Skills 1:00pm-4:00pm Intro To Comp. Eng. 3:00pm-6:30pm YS Tutoring Appt. 4:00pm-6:45pm Intro To Comp. Span. 6:30-8:45pm ESL Classes	<b>19</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 1:00pm-4:00pm Keyboarding Span. 3:00pm-6:30pm YS Tutoring Appt. 6:30pm-8:45pm ESL Classes	<b>20</b> 9:30am-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 10:00am-12:00pm Sewing Clothes 11:30-2:30pm Adv. Office Span. 3:00-6:30pm YS Tutoring Appt. 3:00pm-6:00pm Internet & Email Span. 6:30-8:45pm ESL Classes	<b>21</b> 9:30-13:30pm Adv. Office Skills Span. 9:30-12:30pm Keyboarding Bilingual 9:30- 11:30am Homework Help ESL Grammar Club 10:30am-12:30pm 1:00pm-3:00pm ESL Conversation 1:00pm-4:00pm Intro to Comp. Span. 3:00pm-5:00pm YS Tutoring Appt.	22
<b>25</b> 9:45am-12:30pm ESL Classes 9:30-11:30am Adv. Office Skills Eng. 1:00pm-4:00pm Intro To Comp. 3:00pm-6:30pm YS Tutoring Appt. 4:00pm-6:45pm Intro To Comp. Span. 6:30-8:45pm ESL Classes	<b>26</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 1:00pm-4:00pm Keyboarding Span. 3:00pm-6:30pm YS Tutoring Appt. 6:30pm-8:45pm ESL Classes	<b>27</b> 9:30am-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 10:00am-12:00pm Sewing Clothes 11:30am-2:30pm Adv. Office Span. 3:00pm-6:00pm Internet & Email Span. 3:00pm-6:30pm YS Tutoring Appt. 6:30pm-8:45pm ESL Classes	<b>28</b> 9:30am-12:30pm Adv. Office Skills Span. 9:30am-12:30pm Keyboarding Bilingual 9:30am-11:30am Homework Help 10:30am-12:30pm ESL Grammar Club 1:00pm-3:00pm ESL Conversation 1:00pm-4:00pm Intro to Comp. Span. 3:00pm-5:00pm YS Tutoring Appt.	29

**MEND Education & Training Center ( ETC )** Provides a wide rang of classes including Youth Services, Computer training, ESL instruction and Work Readiness workshops.

- **English as a Second Language (ESL)** classes run in three 14-week sessions a year. Five ESL class levels are offered in the morning and the evening on Tuesday through Thursday and in the morning on Friday.
- **Sewing class**, offered from Tuesday to Friday, teaches students to operate a sewing machine and to cut, sew and complete a wide range of projects.
- **LEAMOS**, a Spanish literacy class, enrolls immigrant adults who do not read or write in their native language. Once these students have mastered literacy fundamentals, they can move on to ESL classes.

**MEND Computer Lab** offers the following courses:

- Keyboarding
- Computer Introduction I
- Computer Essentials
- Office Skills II
- MS Word, Excel, PowerPoint
- Internet & Email

**MEND Job Training Program** On-the-job training in one of 14 different career tracks, such as food services, retail, customer service, computer data entry, warehouse management, medical and dental assistance, and clerical services.

- Job Training Workshops provide training on completing job applications, building resumes, and practicing mock interviews.
- Please attend a Job Training Orientation to participate.

**The MEND Grow Together Project** seeks to promote good health to its participants through access to fresh produce, the exercise involved in gardening, and educational workshops on topics like cooking, canning, and nutrition.

- Please call Adam at 818.686.7365

**MEND Youth Services** include a homework club, one-to-one tutoring, a Saturday Academy, and enrichment programs. The Saturday Academy focuses primarily on math, reading, science, and computer skills. Enrichment activities include recreational activities, service in MEND's community garden, youth workshops, podcasts and educational field trips.

- The Youth Services Center includes a computer lab for students to complete their homework.

### Special Announcements

**MEND Education & Training Center ( ETC )**: Starting April 1st will be closed Saturdays.



# CALENDARIO DE ACTIVIDADES

## ABRIL 2017

Mar	Mie	Jue	Vie	Sab
				<b>1</b> <b>9am-12pm</b> Familia Serv. (Comida)  <b>9am-11:30am</b> (Ropa)
<b>4</b> <b>8am-3pm</b> Indigentes Serv. (Comida)  <b>8am-2:30pm</b> (Ropa)  <b>11am</b> Zumba  Medi-Cal <b>8:30am-12:30am</b>	<b>5</b> <b>Distribución de Ropa para Voluntarios (A-L)</b>  <b>9am</b> Yoga <b>11am</b> Zumba	<b>6</b> <b>8am-2pm</b> Familia Serv.(Comida)  <b>8am-1:30pm</b> (Ropa) <b>9am-10:45am</b> Cal-Fresh-Medical	<b>7</b> <b>8am-2pm</b> Familia Serv.(Comida)  <b>8am-1:30pm</b> (Ropa)  <b>8:30am-12:00pm</b> Cal-Fresh-Medical	<b>8</b> <b>9am-12pm</b> Familia Serv. (Comida)  <b>9am-11:30am</b> (Ropa)
<b>11</b> <b>8am-3pm</b> Indigentes Serv. (Comida)  <b>8am-2:30pm</b> (Ropa)  <b>11am</b> Zumba  Medi-Cal <b>8:30am-12:30am</b>	<b>12</b> <b>9am</b> Yoga <b>11am</b> Zumba	<b>13</b> <b>8am-12pm</b> Familia Serv.(Comida)  <b>8am-11:30pm</b> (Ropa) <b>9am-10:45am</b> Cal-Fresh-Medical  <b>MEND Cierra a las 12:00PM</b>	<b>14</b> <b>MEND estara Cerrado Buen Viernes ( Volveremos abrir en 4/15 horario regular)</b>	<b>15</b> <b>9am-12pm</b> Familia Serv. (Comida)  <b>9am-11:30am</b> (Ropa)
<b>18</b> <b>8am-3pm</b> Indigentes Serv. (Comida)  <b>8am-2:30pm</b> (Ropa)  <b>11am</b> Zumba  Medi-Cal <b>8:30am-12:30am</b>  <b>Atencion Nuevo Horario</b>	<b>19</b> <b>Distribución de Ropa para Voluntarios (M-Z)</b>  <b>9am</b> Yoga <b>11am</b> Zumba	<b>20</b> <b>8am-2pm</b> Familia Serv.(Comida)  <b>8am-1:30pm</b> (Ropa) <b>9am-10:45am</b> Cal-Fresh-Medical	<b>21</b> <b>8am-2pm</b> Familia Serv.(Comida)  <b>8am-1:30pm</b> (Ropa)  <b>8:30am-12:00pm</b> Cal-Fresh-Medical	<b>22</b> <b>9am-12pm</b> Familia Serv. (Comida)  <b>9am-11:30am</b> (Ropa)
<b>25</b> <b>8am-3pm</b> Indigentes Serv. (Comida) <b>8am-2:30pm</b> (Ropa)  <b>11am</b> Zumba  Medi-Cal <b>8:30m-12:30am</b>	<b>26</b> <b>9am</b> Yoga <b>11am</b> Zumba	<b>27</b> <b>8am-2pm</b> Familia Serv.(Comida)  <b>8am-1:30pm</b> (Ropa) <b>9am-10:45am</b> Cal-Fresh-Medical	<b>28</b> <b>8am-12pm</b> Familia Serv.(Comida)  <b>8am-11:30pm</b> (Ropa)  <b>MEND Cierra a las 12:00PM</b>	<b>29</b>   <b>MEND estará cerrado</b>

Para recibir servicios de MEND, los clientes deben traer:

- Identificación con foto
- Comprobante de domicilio actual
- Comprobantes de ingresos

Para más información detalles y áreas de servicio pregunte en el centro de bienvenida.

**Servicios de Indigentes:** Todos los Martes MEND da servicios de Desayuno, Almuerzo Caliente, Alimentos De Emergencia, Ropa y Baños.

- Registración 8:00am-3:00pm
- Desayuno: 8:00am-10:30am
- Almuerzo Caliente: 11:30am-1:30pm
- Alimentos De Emergencia: 8:00am-3:00pm
- Ropa 8:00am-2:30pm (favor de registrarse antes de la 2:00pm)
- Baños: 8:00am-1:30pm

**Servicios De Familia:** MEND proveer servicios de comida y ropa a Familias y individuos con facilidad de cocinar.

- Jueves y Viernes: 8:00am-1:30pm
- Sábados: 9:00am-12:00am (servicios de ropa los sábados serán solo para los primeros 60 números blancos).
- Donaciones sugerida para la Ropa: \$5.00

**Educación para la salud:**

- Clases de Yoga: GRATIS!!! Miércoles de 9:00am a 10:00 am. Ubicación 2do Piso.
- Clases de Zumba: GRATIS!!! Martes, Miércoles 11:00am-12:00pm Ubicación 2do Piso.

**Departamento Medico y Visión:**

La Clínica de MEND también provee otros servicios: Hipertensión, Acupuntura, Terapia Física clases de Diabetes, quiropráctico y nutrición para la salud. Para más información favor de preguntar en el centro de bienvenida.

- Registración todos los Jueves 8:00am-11:00am

**Anuncios Especiales**

**Cal-Fresh y Medi-Cal:** Trabajadora social esta disponible para ayudar a solicitar Cal-fresh y Medi-Cal. Porfavor de hacer una cita en el centro de bienvenida y pregunte por los requisitos.

- **Medi-cal** Martes de 8:30am-12:30pm
- **Cal-fresh/Medi-cal** Jueves de 9:00am-10:45am
- **Cal-fresh/Medi-cal** Viernes de 8:30am-12:00pm Cal-Fresh -Medical

**Bi-Anuales Baby shower:** Miercoles Mayo 3 de 9:00 a 1:00pm Registraciones bi-anales del Bay Shower comienzan el 1 de abril.

**Navidad en Primavera comienza:** Registraciones para Navidad en Primavera comienza Abril 7 de 10:00-12:00pm 2:00-4:00pm.



# Calendario De Actividades ETC

## Abril 2017

Tue	Wed	Thu	Fri	Sat
				1
4 9:45am-12:30pm Clases de Ingles 9:30-11:30am Adv. Office Skills 1-4pm Intro a Comp. Eng. 3-6:30pm Servicio de Tutoria 4-6:45pm Intro a Comp. Span. 6:30-8:45pm Clases de Ingles	5 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 1-4pm Teclado Span. 3-6:30pm Servicio de Tutoria 6:30-8:45pm Clases de Ingles	6 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 10:00am-12:00pm Costura de Ropa 11:30-2:30pm Adv. Office Span. 3-6:30pm Servicio de Tutoria 3-6pm Internet y Correo Electronico Span. 6:30-8:45pm Clases de Ingles	7 9:30am- 12:30pm Adv. Office Skills Span. 9:30-12:30pm Teclado Bilingue 9:30am-11:30am Ayuda de Tarea 10:30am-12:30pm Club de Gramatica 1-3pm Conversacion de Ingles 1-4pm Intro. a Comp. Span. 3-5pm Servicio de Tutoria	8
11 9:45am-12:30pm Clases de Ingles 9:30-11:30am Adv. Office Skills 1-4pm Intro a Comp. Eng. 4-6:45pm Intro a Comp. Span. 6:30-8:45pm Clases de Ingles	12 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 1-4pm Teclado Span. 6:30-8:45pm Clases de Ingles	13 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 10:00am-12:00pm Costura de Ropa 11:30-2:30pm Adv. Office Span. 3-6pm Internet y Correo Electronico Span. 6:30-8:45pm Clases de Ingles	MEND esta Cerrado	15
18 9:45am-12:30pm Clases de Ingles 9:30-11:30am Adv. Office Skills 1-4pm Intro a Comp. Eng. 4-6:45pm Intro a Comp. Span. 6:30-8:45pm Clases de Ingles 3-6:30pm Servicio de Tutoria	19 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 1-4pm Teclado Span. 3-6:30pm Servicio de Tutoria 6:30-8:45pm Clases de Ingles	20 9:45am-12:30pm Clases de Ingles 10:00am-12:00pm Costura de Ropa 11:30-2:30pm Adv. Office Span. 3-6:30pm Servicio de Tutoria 3-6pm Internet y Correo Electronico Span. 6:30-8:45pm Clases de Ingles 4:30-5:30pm Parent Workshop	21 9:30am- 12:30pm Adv. Office Skills Span. 9:30-12:30pm Teclado Bilingue 9:30-11:30am Ayuda de Tarea 10:30am-12:30pm Club de Gramatica 1-3pm Conversacion de Ingles 1-4pm Intro. a Comp. Span. 3-5pm Servicio de Tutoria 4pm-5pm Artes Marciales	22
25 9:45am-12:30pm Clases de Ingles 9:30-11:30am Adv. Office Skills 1-4pm Intro a Comp. Eng. 3-6:30pm Servicio de Tutoria 4-6:45pm Intro a Comp. Span. 6:30-8:45pm Clases de Ingles	26 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 1-4pm Teclado Span. 3-6:30pm Servicio de Tutoria 6:30-8:45pm Clases de Ingles	27 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 10:00am-12:00pm Costura de Ropa 11:30-2:30pm Adv. Office Span. 3-6pm Internet y Correo Electronico Span. 3-6:30pm Servicio de Tutoria 6:30-8:45pm Clases de Ingles	28 9:30am- 12:30pm Adv. Office Skills Span. 9:30-12:30pm Teclado Bilingue 9:30-11:30am Ayuda de Tarea 10:30am-12:30pm Club de Gramatica 1-3pm Conversacion de Ingles 1-4pm Intro. a Comp. Span. 3-5pm Servicio de Tutoria 4pm-5pm Artes Marciales	29

### MEND (ETC) Centro de Educación y Formación

Ofrece una amplia variedad de clases incluyendo servicios para jóvenes, entrenamiento en computación, instrucción de ingles y talleres de preparación para el trabajo.

- Las Clases de **Inglés como segundo idioma (ESL)** se imparten en tres sesiones de 14 semanas al año. Cinco niveles de ESL se ofrecen en la mañana y la noche de martes a jueves y en la mañana del Viernes.
- La Clase de Costura**, ofrecida de Martes a Viernes, enseña a los estudiantes operar una máquina de coser, cortar y completar una amplia gama de proyectos.
- Leamos**, una clase de alfabetización en español, inscribe a adultos inmigrantes que no leen ni escriben en su lengua materna. Una vez que estos estudiantes han dominado los fundamentos de la alfabetización, pueden pasar a las clases de ESL.

### MEND Computer Lab ofrece los siguientes cursos:

- Teclado
- Introducción a la computadora I
- Internet y correo electrónico
- Habilidades de oficina II
- MS Word, Excel, PowerPoint
- Basico- Introducción a Computadoras

**Programa de Formación Profesional de MEND** Formación en el trabajo en una de las 14 vías de carrera, tales como servicios de alimentación, Entrenamiento para tienda de ropa, servicio al cliente, entrada de datos informáticos, gestión de almacenes, asistencia médica y dental y servicios de oficina.

- Los Talleres de Capacitación Laboral proveen capacitación para completar las solicitudes de empleo, crear currículos y practicar simulacros de entrevistas.
- Por favor, asista a una Orientación de Entrenamiento de Trabajo para participar.

**El Proyecto Cultivando Juntos:** Proporcionamos familias con jardineras, tierra, plantas, arboles frutales, talleres de jardinería, clases de cocina y el apoyo de voluntarios expertos. Todo gratis!!! Nuestro objetivo es mejorar la salud y los medios de vida de las familias de nuestra área de servicio.

- Favor de llamar a Adam 818.686.7365

**Los Servicios para Jóvenes de MEND** incluyen un club de tareas, tutoría individual, una Academia del sábado y programas de enriquecimiento. La Academia del sábado se centra principalmente en las matemáticas, la lectura, la ciencia y las habilidades informáticas. Las actividades de enriquecimiento incluyen actividades recreativas, servicio en el jardín comunitario de MEND, talleres para jóvenes, podcasts y excursiones educativas.

- El Centro de Servicios para Jóvenes incluye un laboratorio de computación para que los estudiantes completen sus tareas.

### Anuncios Especiales

**MEND (ETC) Centro de Educación y Formación:** Comenzando Abril 1, 2017 estará cerrado todos los Sábados.