



JULY 2017

ACTIVITY CALENDAR

Tue	Wed	Thu	Fri	Sat
				1 Closed due Holiday
4 Happy 4th of July Closed Due to Holiday	5 9am Yoga 10am Chiropractor 11am Zumba 2:30pm-3pm Volunteer Clothing Distribution (A-N)	6 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	7 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12:00pm Cal-Fresh-Medical	8 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
11 8am-2pm Homeless Serv. (Food) 8am-1:30pm (Clothing) 11am Zumba 8:30am-12:30pm Medi-Cal	12 9am Yoga 10am Chiropractor 11am Zumba	13 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	14 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12:00pm Cal-Fresh-Medical	15 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
18 8am-2pm Homeless Serv. (Food) 8am-1:30pm (Clothing) 11am Zumba 8:30am-12:30pm Medi-Cal	19 9am Yoga 10am Chiropractor 11am Zumba 2:30pm-3pm Volunteer Clothing Distribution (M-Z)	20 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	21 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12pm Cal-Fresh-Medical	22 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
25 8am-2pm Homeless Serv. (Food) 8am-1:30pm (Clothing) 11am Zumba 8:30am-12:30am Medi-Cal	26 9am Yoga 10am Chiropractor 11am Zumba	27 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	28 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12pm Cal-Fresh-Medical	29 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)

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

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

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

Health Education

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

Chiropractor: 10-11am Location 2nd floor.

Zumba Classes: FREE!!! Tuesdays, Wednesdays 11am-12pm

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

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.

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

July 1st: MEND will be closed due to Holiday.

July 4th: MEND will be closed due to Holiday.



July 2017

ETC Activity Calendar

Tue	Wed	Thu	Fri	Sat
				1 Closed
 Closed due to Holiday	5 9:30am - 11:30am MS Office 9:30am - 12:00pm Spanish Fundamentals 10:am-12:00pm Gaining Confidence 10:30am-12:30pm Introduction to English 11:00am - 1:00pm Reading Workshop 1:00pm - 4:00pm Keyboarding 4:00pm - 6:45pm MS Office 5:30pm-6:45pm Conversation & Reading Workshop 5:30pm - 6:45pm Writing Workshop	6 9:30am - 11:30am MS Office 9:30am - 12:00pm Spanish Fundamentals 10:am-12:00pm Gaining Confidence 10:00am - 12:00pm Conversation Workshop 1:00pm - 4:00pm Internet & Email 4:25pm - 5:55pm Internet & Email 5:30pm-6:45pm Conversation & Reading Workshop 5:30pm-6:45pm Conversation Workshop	7 9:30am - 12:30pm Keyboarding 9:30am - 11:30am Reading Workshop 10:30am-12:30pm Introduction to English 1:00pm - 3:00pm Conversation Lab	8 Closed
11 9:30am - 11:30am MS Office 9:30am-11:30 am Reading Workshop 9:30am - 12:00pm Spanish Fundamentals 10:00am-12:00pm Grammar & Reading 1:00pm - 4:00pm Online Basics 4:25pm - 5:55pm Internet & Email 5:30pm-6:45pm Advance Workshop	12 9:30am - 11:30am MS Office 9:30am - 12:00pm Spanish Fundamentals 10:am-12:00pm Gaining Confidence 10:30am-12:30pm Introduction to English 11:00am - 1:00pm Reading Workshop 1:00pm - 4:00pm Keyboarding 4:00pm - 6:45pm MS Office 5:30pm-6:45pm Conversation & Reading Workshop 5:30pm-6:45pm Reading Workshop 5:30pm - 6:45pm Writing Workshop	13 9:30am - 11:30am MS Office 9:30am - 12:00pm Spanish Fundamentals 10:am-12:00pm Gaining Confidence 10:00am - 12:00pm Conversation Workshop 1:00pm - 4:00pm Internet & Email 4:25pm - 5:55pm Internet & Email 5:30pm-6:45pm Conversation & Reading Workshop 5:30pm-6:45pm Conversation Workshop 6:00pm - 8:00pm Cooking Class	14 9:30am - 12:30pm Keyboarding 9:30am - 11:30am Reading Workshop 10:30am-12:30pm Introduction to English 1:00pm - 3:00pm Conversation Lab	15 Closed
18 9:30am - 11:30am MS Office 9:30am-11:30am Reading Workshop 9:30am - 12:00pm Spanish Fundamentals 10:00am-12:00pm Grammar & Reading 1:00pm - 4:00pm Online Basics 4:25pm - 5:55pm Internet & Email 5:30pm-6:45pm Advance Workshop	19 9:30am - 11:30am MS Office 9:30am - 12:00pm Fundamentals 10:am-12:00pm Gaining Confidence 10:30am-12:30pm Introduction to English 11:00am - 1:00pm Reading Workshop 1:00pm - 4:00pm Keyboarding 4:00pm - 6:45pm MS Office 5:30pm-6:45pm Conversation & Reading Workshop 5:30pm-6:45pm Reading Workshop 5:30pm - 6:45pm Writing Workshop	20 9:30am - 11:30am MS Office 9:30am - 12:00pm Spanish Fundamentals 10:am-12:00pm Gaining Confidence 10:00am - 12:00pm Conversation Workshop 1:00pm - 4:00pm Internet & Email 4:25pm - 5:55pm Internet & Email 5:30pm-6:45pm Conversation & Reading Workshop 5:30pm-6:45pm Reading Workshop Conversation Workshop	21 9:30am - 12:30pm Keyboarding 9:30am - 11:30am Reading Workshop 10:30am-12:30pm Introduction to English 1:00pm - 3:00pm Conversation Lab	22 Closed
25 9:30am - 11:30am MS Office 9:30am-11:30am Reading Workshop 9:30am - 12:00pm Spanish Fundamentals 10:00am-12:00pm Grammar & Reading 1:00pm - 4:00pm Online Basics 4:25pm - 5:55pm Internet & Email 5:30pm-6:45pm Advance Workshop	26 9:30am - 11:30am MS Office 9:30am - 12:00pm Spanish Fundamentals 10:am-12:00pm Gaining Confidence 10:30am-12:30pm Introduction to English 11:00am - 1:00pm Reading Workshop 1:00pm - 4:00pm Keyboarding 4:00pm - 6:45pm MS Office 5:30pm-6:45pm Conversation & Reading Workshop 5:30pm-6:45pm Reading Workshop 5:30pm - 6:45pm Writing Workshop	27 9:30am - 11:30am MS Office 9:30am - 12:00pm Spanish Fundamentals 10:am-12:00pm Gaining Confidence 10:00am - 12:00pm Conversation Workshop 1:00pm - 4:00pm Internet & Email 4:25pm - 5:55pm Internet & Email 5:30pm-6:45pm Conversation & Reading Workshop 5:30pm-6:45pm Conversation Workshop	28 9:30am - 12:30pm Keyboarding 9:30am - 11:30am Reading Workshop 10:30am-12:30pm Introduction to English 1:00pm - 3:00pm Conversation Lab	29 Closed

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

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

Special Announcements

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



JULIO 2017

CALENDARIO DE ACTIVIDADES

Mar	Mie	Jue	Vie	Sab
				1 MEND estara Cerrado devido a dia festivo
4 Happy 4th of July MEND estara Cerrado devido a dia festivo	5 9am Yoga 10am Quiropratico 11am Zumba 2:30pm-3pm Distribución de Ropa para Voluntarios (A-N)	6 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 9am-10:45am Cal-Fresh-Medical	7 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 8:30am-12pm Cal-Fresh-Medical	8 9am-12pm Familia Serv. (Comida) 9am-11:30am (Ropa)
11 8am-2pm Indigentes Serv. (Comida) 8am-1:30pm (Ropa) 11am Zumba Medi-Cal 8:30am-12:30am	12 9am Yoga 10am Quiropratico 11am Zumba	13 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 9am-10:45am Cal-Fresh-Medical	14 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 8:30am-12:pm Cal-Fresh-Medical	15 9am-12pm Familia Serv. (Comida) 9am-11:30am (Ropa)
18 8am-2pm Indigentes Serv. (Comida) 8am-1:30pm (Ropa) 11am Zumba Medi-Cal 8:30am-12:30am	19 9am Yoga 10am Quiropratico 11am Zumba 2:30pm-3pm Distribución de Ropa para Voluntarios (M-Z)	20 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 9am-10:45am Cal-Fresh-Medical	21 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 8:30am-12pm Cal-Fresh-Medical	22 9am-12pm Familia Serv. (Comida) 9am-11:30am (Ropa)
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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 8am-2pm
- Desayuno: 8am-10:30am
- Almuerzo Caliente: 11:30am-1:30pm
- Alimentos De Emergencia: 8am-2pm
- Ropa 8am-1:30pm (favor de registrase antes de la 2:00pm)
- Baños: 8am-1:30pm

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

- Jueves y Viernes: 8am-1:30pm
- Sábados: 9am-12pm (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 9am a 10am. Ubicación 2do Piso.
- Quiropratico Miércoles de 10-11am Ubicación 2do piso.
- Clases de Zumba: GRATIS!!! Martes, Miércoles 11am-12pm Ubicación 2do Piso.

Departamento Medico y Visión:

La Clínica de MEND también provee otros servicios: Hipertensión, Acupuntura, Terapia Física clases de Diabetes, quiroprático 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 9am-10:45am
- **Cal-fresh/Medi-cal** Viernes de 8:30am-12pm Cal-Fresh-Medical

Bi-Anuales Baby shower: Miércoles Mayo 3 de 9am 1:00pm.

Navidad en Primavera comienza: Sabado 6 de Mayo 2017 de las 11am-2pm.

Medi-Cal/Cal-Fresh Presentacion: 18 de Mayo a las 10pm


Junio 1: MEND estara cerrado debido a dia festivo.

Junio 4: MEND estara cerrado debido a dia festivo.



Julio 2017

Calendario de Actividades ETC

Tue	Wed	Thu	Fri	Sat
				1 Closed
4  Closed debido a dia festivo	5 9:30am - 11:30am MS Oficina 9:30am - 12:00pm Fundamentos Espanoles 10:am-12:00pm Adquirir confianza 10:30am-12:30pm Introduccion en ingles 11:00am - 1:00pm Taller de lectura 1:00pm - 4:00pm Teclaando 4:00pm - 6:45pm MS Oficina 5:30pm-6:45pm Taller de Conversacion y Leer 5:30pm-6:45pm Taller de Leer 5:30pm - 6:45pm Taller de Escritura	6 9:30am - 11:30am MS Oficina 10:am-12:00pm Adquirir confianza 10:00am - 12:00pm Taller de Conversacion 9:30am - 12:00pm Fundamentos Espanoles 1:00pm - 4:00pm Teclado Internet y correo electronico 4:25pm - 5:55pm Taller de Conversacion y Leer 5:45pm - 6:45pm Taller de Conversacion	7 9:30am - 12:30pm Teclado 9:30am - 11:30pm Taller de Leer 10:30am-12:30pm Introduccion en ingles 10:30am-12:30pm 1:00pm - 3:00pm Laboratorio de conversacion	8 Closed
11 9:30am - 11:30am MS Oficina 9:30am-11:30am Taller de lectura 9:30am - 12:00pm Fundamentos Espanoles 10:00am-12:00pm Gramatica y lectura 1:00pm -4:00pm conceptos basicos en linea 4:25pm - 5:55pm Internet y correo electronico 5:30pm-6:45pm Taller Avanzado	12 9:30am - 11:30am MS Oficina 9:30am - 12:00pm Fundamentos Espanoles 10:am-12:00pm Adquirir confianza 10:30am-12:30pm Introduccion en ingles 11:00am - 1:00pm Taller de lectura 1:00pm - 4:00pm Teclaando 4:00pm - 6:45pm MS Oficina 5:30pm-6:45pm Taller de Conversacion y Leer 5:30pm-6:45pmTaller de Leer 5:30pm - 6:45pm Taller de Escritura	13 9:30am - 11:30am MS Oficina Adquirir confianza 10:am-12:00pm 10:00am - 12:00pm Taller de Conversacion 9:30am - 12:00pm Fundamentos Espanoles 1:00pm - 4:00pm Teclado 4:25pm - 5:55pm Internet y correo electronico 5:30pm-6:45pm Taller de Conversacion y Leer 5:45pm - 6:45pm Taller de Conversacion 6:00pm - 8:00pm Clase de Cocina	14 9:30am - 12:30pm Teclado 9:30am - 11:30pm Taller de Leer 10:30am-12:30pm Introduccion en ingles 1:00pm - 3:00pm Laboratorio de conversacion	15 Closed
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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 Vernes.
- 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 electronico
- Habilidades de oficina II
- MS Word, Excel, PowerPoint
- Basico- Introduccion a Computadoras

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

Anuncios Especiales

MEND (ETC) Centro de Educación y Formación: Empesando el 1 de Abril estara cerrado los Sabados .