



# April 2025

## Activity Calendar

MEND | Meet Each Need with Dignity  
10641 N. San Fernando Rd.  
Pacoima CA, 91331  
Tel: 818.896.0246  
[www.MendPoverty.org](http://www.MendPoverty.org)

| Tuesday                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                  | Thursday                                                                                                                               | Friday                                                                                                                                                                                                                     | Saturday                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>Living Wise & Well 55+<br>Wellness Activities<br>9:00am-10:00am<br>Food Distribution<br>10:00am-11:00am                                                                                                                             | 2<br>Mindful Walking<br>8:15am-9:15am<br>Building Blocks Part 1<br>9:30am-11:15am<br>Food Distribution<br>9:00am-12:00pm<br>Metro Transit Passes<br>9:00am-12:00pm                         | 3<br>First Step<br>9:00am-11:00am                                                                                                      | 4<br>Mindful Walking<br>8:15am-9:15am<br>Listening & Harmony Part 1<br>9:30am-11:15am<br>Food Distribution<br>9:00am-12:00pm<br>Optometry Clinic/Blood Pressure Screening<br>Tri-State Community Health<br>9:00am-12:00pm  | 5<br>Pathways to Wellness Graduation<br>9:00am-11:00am<br>Food Distribution<br>9:00am-12:00pm<br>Diaper Distribution<br>9:00am-12:00pm<br>VITA Free Tax Filing /ITIN Number<br>9:00am-1:00pm |
| 8                                                                                                                                                                                                                                        | 9<br>Mindful Walking<br>8:15am-9:15am<br>Building Blocks Part 2<br>9:30am-11:15am<br>Food Distribution<br>9:00am-12:00pm<br>Blood Pressure Screening<br>9:00am-12:00pm                     | 10<br>First Step<br>9:00am-11:00am<br>Pathways to Wellness - 3 Orientation<br>9:00am-10:30am<br>Metro Transit Passes<br>9:00am-11:00am | 11<br>Mindful Walking<br>8:15am-9:15am<br>Listening & Harmony Part 2<br>9:30am-11:15am<br>Food Distribution<br>9:00am-12:00pm<br>Podiatry Clinic<br>Tri-Strate Community Health<br>9:00am-12:00pm                          | 12<br>CENTER CLOSED                                                                                                                                                                          |
| 15<br>Living Wise & Well 55+<br>Wellness Activities<br>9:00am-10:00am<br>Food Distribution<br>10:00am-11:00am<br>Metro Transit Passes<br>9:00am-11:00am                                                                                  | 16<br>Mindful Walking<br>8:15am-9:15am<br>Food Distribution<br>9:00am-12:00pm<br>Building Blocks Part 3<br>9:30am-11:15am<br>Financial Literacy Part 1<br>Bank of America<br>2:30pm-4:00pm | 17<br>First Step<br>9:00am-11:00am                                                                                                     | 18<br>Mindful Walking<br>8:15am-9:15am<br>Food Distribution<br>9:00am-12:00pm<br>Listening & Harmony Part 3<br>9:30am-11:15am                                                                                              | 19<br>Hope Wellness Care<br>9:00am-12:00pm<br>Metro Transit Passes<br>9:00am-12:00pm                                                                                                         |
| 22<br>Mindful Walking<br>8:15am-9:15am<br>Food Distribution<br>9:00am-12:00pm<br>Blood Pressure Screening<br>9:00am-12:00pm<br>Building Blocks Part 4<br>9:30am-11:15am<br>Financial Literacy Part 2<br>Bank of America<br>2:30pm-4:00pm | 23<br>Mindful Walking<br>8:15am-9:15am<br>Food Distribution<br>9:00am-12:00pm<br>Building Blocks Completion Ceremony<br>9:30am-11:15am                                                     | 24<br>First Step<br>9:00am-11:00am                                                                                                     | 25<br>Mindful Walking<br>8:15am-9:15am<br>Food Distribution<br>9:00am-12:00pm<br>Listening & Harmony Completion Ceremony<br>9:30am-11:15am<br>Diabetes Education Workshop<br>Providence Community Health<br>9:45am-10:45am | 26<br>CENTER CLOSED                                                                                                                                                                          |
| 29                                                                                                                                                                                                                                       | 30<br>Mindful Walking<br>8:15am-9:15am<br>Food Distribution<br>9:00am-12:00pm<br>Building Blocks Completion Ceremony<br>9:30am-11:15am                                                     |                                                                                                                                        |                                                                                                                                                                                                                            |                                                                                                                                                                                              |

IMPORTANT ANNOUNCEMENTS :

**CNP Food Distribution:** Available only once a week per family. Please bring your own bags to carry food items. No cutting in line or saving spaces in line. No pets allowed in the building. Street parking only. Please respect our neighbors and do not park on driveways.

**Hope & Care Mindful Walking:** Please wear appropriate shoes for the exercise activity's.

**Hope & Care Workshops:** Building Blocks and Listening & Harmony are multi-part workshops. These workshops provide participants with information to support children 0-5. Participation is required in all parts to received certification of completion.

**Pathways to Wellness Clinics:** To access Podiatry Clinic, must present insurance, walk-ins only. To access Blood Pressure Screening, no insurance, walk-ins only. To access Optometry Clinic, must have appointment, no insurance needed.

**Metro Transit Life Program:** Supports participant eligible to receive a free metro pass.



# Abril 2025

## Calendario De Actividades

MEND | Meet Each Need with Dignity  
10641 N. San Fernando Rd.  
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| MARTES                                                                                                                                                                                     | MIÉRCOLES                                                                                                                                                                                                                                                                         | JUEVES                                                                                                                                                    | VIERNES                                                                                                                                                                                                                                                         | SÁBADO                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1                                                                                                                                                                                          | 2                                                                                                                                                                                                                                                                                 | 3                                                                                                                                                         | 4                                                                                                                                                                                                                                                               | 5                                                                                                                                                                                                                                         |
| Viviendo Sabiamente y Bien 55+ de Bienestar:<br>Activida De 9:00am-10am<br><br>Distribución de Alimentos<br>10:00am-11:00am                                                                | Caminatas Conscientes<br>8:15am - 9:15am<br><br>Elementos Fundamentales Parte 1 9:30-11:15am<br><br>Distribución de Alimentos<br>9:00am-12:00pm<br><br>Pases de transporte del Metro Life<br>9:00am-12:00pm                                                                       | Primer Paso<br>9:00am-11:00am                                                                                                                             | Caminatas Conscientes<br>8:15am-9:15am<br><br>Escuchar Y Armonia Parte 1<br>9:30am-11:15am<br><br>Distribución de Alimentos<br>9:00am-12:00pm<br><br>Clinica De Optometria/ Exa-<br>men de la Pression Arterial<br>Tri-State Community Health<br>9:00am-12:00pm | Caminos hacia el Bienestar Graduación<br>9:00am-11:00am<br><br>Distribución de Alimentos<br>9:00am-12:00pm<br><br>Distribución de Pañales<br>9:00am-12:00pm<br><br>Presentación de Impuestos gratuita VITA / Número ITIN<br>9:00am-1:00pm |
| 8                                                                                                                                                                                          | 9                                                                                                                                                                                                                                                                                 | 10                                                                                                                                                        | 11                                                                                                                                                                                                                                                              | 12                                                                                                                                                                                                                                        |
|                                                                                                                                                                                            | Caminatas Conscientes<br>8:15am - 9:15am<br><br>Elementos Fundamentales Parte 2 9:30-11:15am<br><br>Distribución de Alimentos<br>9:00am-12:00pm<br><br>Examen de la Presion Arterial<br>Providence Community Health<br>9:00am-12:00pm                                             | Primer Paso<br>9:00am-11:00am<br><br>Orientacion De Caminos al Bienestar-3<br>9:00am –10:30am<br><br>Pases de transporte del Metro Life<br>9:00am-12:00pm | Caminatas Conscientes<br>8:15am - 9:15am<br><br>Escuchar Y Armonia Parte 2<br>9:30am-11:15am<br><br>Distribución de Alimentos<br>9:00am-12:00pm<br><br>Clinica De Podologia<br>Tri-State Community Health<br>9:00am-12:00pm                                     | CENTRO CERRADO                                                                                                                                                                                                                            |
| 15                                                                                                                                                                                         | 16                                                                                                                                                                                                                                                                                | 17                                                                                                                                                        | 18                                                                                                                                                                                                                                                              | 19                                                                                                                                                                                                                                        |
| Viviendo Sabiamente Y Bien 55+ de Bienestar<br>Actividad<br>9:00am-10:00am<br><br>Distribución de Alimentos<br>10:00am-11:00am<br><br>Pases de transporte del Metro LIFE<br>9:00am-11:00pm | Caminatas conscientes<br>8:15am - 9:15am<br><br>Elementos Fundamentales Parte 3<br>9:30-11:15am<br><br>Distribución de Alimentos:<br>9:00am-12:00pm<br><br>Educación Financiera Parte 1<br>Bank of America<br>2:30pm-4:00pm                                                       | Primer Paso<br>9:00am-11:00am                                                                                                                             | Caminatas Conscientes<br>8:15am - 9:15am<br><br>Escuchar Y Armonia Parte 3<br>9:30am-11:15am<br><br>Distribución de Alimentos<br>9:00am-12:00pm                                                                                                                 | Hope Wellness Care<br>9:00am-12:00pm<br><br>Buen Provecho Mercado<br>9:00am-12:00pm<br><br>Pases de transporte del Metro Life<br>9:00am-12:00pm                                                                                           |
| 22                                                                                                                                                                                         | 23                                                                                                                                                                                                                                                                                | 24                                                                                                                                                        | 25                                                                                                                                                                                                                                                              | 26                                                                                                                                                                                                                                        |
|                                                                                                                                                                                            | Caminatas conscientes<br>8:15am - 9:15am<br><br>Distribución de Alimentos<br>9:00am-12:00pm<br><br>Examen de la presion arterial<br>9:00am-12:00pm<br><br>Elementos Fundamentales Parte 4<br>9:30-11:15am<br><br>Educación financiera Parte 2<br>Bank of America<br>2:30pm-4:00pm | Primer Paso<br>9:00am-11:00am                                                                                                                             | Caminatas Conscientes<br>8:15am - 9:15am<br><br>Distribución de Alimentos<br>9:00am-12:00pm<br><br>Educacion Sobre la Diabetes<br>9:45am-10:45am<br><br>Escuchar Y Armonia Ceremonia de Finalización<br>9:30am-11:15am                                          | CENTRO CERRADO                                                                                                                                                                                                                            |
| 29                                                                                                                                                                                         | 30                                                                                                                                                                                                                                                                                |                                                                                                                                                           |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                           |
|                                                                                                                                                                                            | Caminatas conscientes:<br>8:15am - 9:15am<br><br>Distribución de Alimentos<br>9:00am-12:00pm<br><br>Elementos Fundamentales Ceremonia de finalización<br>9:30-11:15am                                                                                                             |                                                                                                                                                           |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                           |

Información importante

**CNP Distribucion de Alimentos:** Disponible solo una vez a la semana por familia. Por favor, traiga sus propias bolsas para llevar alimentos. No se permite colarse ni guardar espacio en la fila. No se permiten mascotas en el edificio. Estacionamiento solo en la calle. Por favor, respete a nuestros vecinos y no estacione en las entradas.

**Esperanza Y Cuidado Caminata Conciente:** Por favor, use calzado apropiado para realizar actividades de ejercicio.

**Esperanza Y Cuidado Talleres:** "Building Blocks" y "Listening & Harmony" son talleres con varias partes. Estos talleres dan información para ayudar a niños de 0 a 5 años. Es necesario participar en todas las partes para recibir un certificado de finalización.

**Caminos Hacia la Bienestar Clinicas:** Para acceder a la Clínica de Podología, es necesario presentar seguro médico; solo se aceptan pacientes sin cita previa. Para acceder a la Detección de Presión Arterial, no se requiere seguro médico; solo se aceptan pacientes sin cita previa. Para acceder a la Clínica de Optometría, es necesario concertar una cita; no se requiere seguro médico.

**Programa de vida en tránsito del Metro Life:** Apoya al participante elegible para recibir un pase de metro gratuito.