



July 2026

Activity Calendar

MEND | Meet Each Need with Dignity
10641 N. San Fernando Rd.
Pacoima CA, 91331
Tel: 818.896.0246
www.MendPoverty.org

Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walking Group 8:15am-9:00am <u>Food Distribution</u> 9:00am-12:00pm	2 First step 9:00am-11:00am GES Orientation 11:00am-12:30pm	3 <u>Food Distribution</u> 9:00am-12:00pm <u>Diaper Distribution</u> 9:00am-12:00pm	4 <u>Center Closed</u>
7 HOPE & CARE Child Development Workshop 8:15am-9:00am <u>Food Distribution</u> 9:00am-12:00pm Living Wise & Well 55+ Wellness Activities 9:00am-10:30am Tai Chi Class 10:30-11:30	8 M Walking Group 8:15am-9:00am <u>Food Distribution</u> 9:00am-12:00pm Metro Bus Pass 9:00am-12:00pm	9 First step 9:00am-11:00am Living Wise & Well 65+ Wellness Activities ZUMBA Class 9:30am-10:30am GES Hands On Resume Work- shop 11:00am-12:30pm	10 HOPE & CARE Skills Building Activity (Exercise Group) 8:15 am-8:45am <u>Food Distribution</u> 9:00am-12:00pm Maravilla Foundation Workshop 9:30am-10:30am	11 <u>Center Closed</u>
14 HOPE & CARE Child Development Workshop 8:15am-9:00am <u>Food Distribution</u> 9:00am-12:00pm Living Wise & Well 65+ Wellness Activities Sound Bath Class 10:00am-10:30am Tai Chi Class 10:30-11:30	15 Walking Group 8:15am-9:00am <u>Food Distribution</u> 9:00am-12:00pm Help Group-Bilingual Financial Literacy Workshop 11:00pm-12:30pm	16 First step 9:00am-11:00am GES Soft-Skills/Job Readiness Workshop 11:00am-12:30pm	17 HOPE & CARE Skills Building Activity (Exercise Group) 8:15 am-8:45am <u>Food Distribution</u> 9:00am-12:00pm	18 M <u>Food Distribution</u> 9:00am-12:00pm Hope & Care Farmers Market 9:00am-12:00pm HOPE & CARE Event: “Back to School Stars” 9:00am-12:00pm Metro Bus Pass 9:00am-12:00pm
21 HOPE & CARE Child Development Workshop 8:15am-9:00am <u>Food Distribution</u> 9:00am-12:00pm Living Wise & Well 55+ Wellness Activities 9:00am-10:30am Tai Chi Class 10:30-11:30	22 Walking Group 8:15am-9:00am <u>Food Distribution</u> 9:00am-12:00pm	23 First step 9:00am-11:00am Living Wise & Well 65+ Wellness Activities ZUMBA Class 11:00am-12:00pm	24 M HOPE & CARE Skills Building Activity (Exercise Group) 8:15 am-8:45am <u>Food Distribution</u> 9:00am-12:00pm HOPE & CARE “Hydrating Foods” Workshop 9:30am-10:30 Metro Bus Pass 9:00am-12:0	25 <u>Center Closed</u>
28 HOPE & CARE Child Development Workshop 8:15am-9:00am <u>Food Distribution</u> 9:00am-12:00pm Living Wise & Well65+ Wellness Activities Sound Bath Class 10:00am-10:30am Tai Chi Class 10:30-11:30	29 Walking Group 8:15am-9:00am <u>Food Distribution</u> 9:00am-12:00pm	30 First step 9:00am-11:00am GES Hands On Interview Prepa- ration Workshop 11:00am-12:30pm	31 HOPE & CARE Skills Building Activity (Exercise Group) 8:15 am-8:45am <u>Food Distribution</u> 9:00am-12:00pm HOPE & CARE Mental Health Workshop 9:30am-10:30am	

IMPORTANT ANNOUNCEMENTS :

Hope & Care Workshops: Community Resiliency Model (CRM) Participants will learn skills to help understand the impact of trauma and stress and how to restore or increase resiliency.

Pathways to Wellness: The **Yoga Class** will return in August, for now, please join us in our **Zumba Classes**. The **Tai Chi Classes** are currently full.

Connections: We are excited to welcome **Oscar Bonilla**, Connections Service Navigator. If you are in need of external social services such as utility assistance, public benefits, childcare resources, and more please call us and make an appointment with Oscar Bonilla.





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Calendario De Actividades

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Información importante:

Esperanza Y Cuidado: Modelo de Resiliencia Comunitaria (CRM) Los participantes aprenderán habilidades para ayudar a comprender el impacto del trauma y el estrés y cómo restaurar o aumentar la resiliencia.

Caminos Hacia la Bienestar: Las clases de Yoga regresarán en agosto; por ahora, le invitamos a participar en nuestras clases de Zumba. Las clases de Tai Chi están actualmente completas.

Connections: Nos complace dar la bienvenida a Oscar Bonilla, Navegador de Servicios de Connections. Si necesita servicios sociales externos —tales como asistencia para el pago de servicios públicos, beneficios públicos, recursos para el cuidado infantil y más—, por favor llámenos para programar una cita con Oscar Bonilla.



Martes	Miércoles	Jueves	Viernes	Sábado
	1 Caminos Hacia el Bienestar: Grupo de Caminata 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	2 Primer Paso 9:00am-11:00am	3 Distribución de Alimentos 9:00am-12:00pm Distribución de Pañales 9:00am-12:00pm	4 <u>Centro Cerrado</u>
7 Taller de Desarrollo Infantil 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-10:30am Tai Chi Class 10:30-11:30	8  Caminos Hacia el Bienestar: Grupo de Caminata 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm Pases Metro Bus 9:00am-12:00pm	9 Primer Paso 9:00am-11:00am Viviendo Sabiamente y Bien de Bienestar: Clase de ZUMBA 10:00am-10:30am	10 ESPERANZA Y CUIDADO Actividades de Desarrollo de Habilidades: (Grupo de Ejercicio) 8:15 am-8:45am Distribución de Alimentos 9:00am-12:00pm Taller de la Fundación Maravilla 9:30am-	11 <u>Centro Cerrado</u>
14 Taller de Desarrollo Infantil 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Viviendo Sabiamente y Bien 65+ de Bienestar: Clase de Baño de Sonido 10:00-10:30 Tai Chi Class 10:30-11:30	15 Caminos Hacia el Bienestar: Grupo de Caminata 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	16 Primer Paso 9:00am-11:00am	17 ESPERANZA Y CUIDADO Actividades de Desarrollo de Habilidades: (Grupo de Ejercicio) 8:15 am-8:45am Distribución de Alimentos 9:00am-12:00pm	18  Mercado De Agricultores Hope & Care 9:00am-12:00am ESPERANZA Y CUIDADO Evento: “Estrellas de Regreso a la Escuela” 9:00am-12:00pm Pases Metro Bus 9:00am-12:00pm
21 Desarrollo Infantil 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-10:30am Tai Chi Class 10:30-11:30	22 Caminos Hacia el Bienestar: Grupo de Caminata 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	23 Primer Paso 9:00am-11:00am Viviendo Sabiamente y Bien de Bienestar: Clase de ZUMBA 11:00am-12:00pm	24  ESPERANZA Y CUIDADO Actividades de Desarrollo de Habilidades: (Grupo de Ejercicio) 8:15 am-8:45am Distribución de Alimentos 9:00am-12:00pm Taller: “Comidas de Hidratación” 9:30am-10:30am Pases Metro Bus 9:00am-12:00pm	25 <u>Centro Cerrado</u>
28 Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil 8:15am– 9:00 am Viviendo Sabiamente y Bien 65+ de Bienestar: Clase de Baño de Sonido 10:00-10:30 Tai Chi Class 10:30-11:30	29 Caminos Hacia el Bienestar: Grupo de Caminata 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	30 Primer Paso 9:00am-11:00am	31 ESPERANZA Y CUIDADO Actividades de Desarrollo de Habilidades: (Grupo de Ejercicio) 8:15 am-8:45am <u>Distribución de Alimentos</u> 9:00am-12:00pm Taller de Salud Mental 9:30am-10:30 am	