



# March 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
				<b>1</b>
				<b>Food Distribution:</b> 9:00am-12:00pm  <b>Diaper Distribution:</b> 9:00am-12:00pm  <b>OCPSC</b> Tax Filing / ITIN Number 9:00am-1:00pm
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Living Wise &amp; Well 55+</b> 9:00am-11:00am <b>Wellness Activities</b> 9:00am-10:00am <b>Food Distribution 55+</b> 10:00am-11:00am	<b>Food Distribution:</b> 9:00am-12:00pm  <b>Hope and Care</b> <b>Mindful Walking:</b> 8:15am-9:15am  <b>Pathways to Wellness:</b> Healthy Heart Presentation and Cooking Demonstration (Serra Medical Group) 9:30am –10:30am	<b>First Step:</b> Services For The Unhoused 9:00am-11:00am  <b>Pathways to Wellness:</b> Providence Feast Cooking Class 11:00am-1:00pm Providence Zumba 1:30pm-3:00pm	<b>Food Distribution:</b> 9:00am-12:00pm  <b>Hope and Care</b> <b>Mindful Walking:</b> 8:15am-9:15am  <b>Pathways to Wellness:</b> Optometry Clinic Tri-State Community Health 9:00am-12:00pm  <b>UMHP</b> Understanding Childhood Behavior DMH 9:45am-11:00am	<b>CENTER CLOSED</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<b>Food Distribution:</b> 9:00am-12:00pm  <b>Hope and Care</b> <b>Mindful Walking:</b> 8:15am-9:15am  <b>UMHP</b> Bank of America Financial Literacy Workshop Part 1 3:30pm-4:30pm	<b>First Step:</b> Services For The Unhoused 9:00am-11:00am  <b>Pathways to Wellness:</b> Providence Feast Cooking Class 11:00am-1:00pm Providence Zumba 1:30pm-3:00pm	<b>Food Distribution:</b> 9:00am-12:00pm  <b>Hope and Care</b> <b>Mindful Walking:</b> 8:15am-9:15am  <b>Pathways to Wellness:</b> Podiatry Clinic (Tri-Strate Community Health) 9:00am-12:00pm  <b>OCPSC</b> ITIN and a Guide Community Resources Workshop 10:00am-11:00am	<b>Farmers Market:</b> 9:00am-12:00pm  <b>OCPSC</b> Tax Filing / ITIN Number 9:00am-1:00pm
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Living Wise &amp; Well 55+</b> <b>Wellness Activities</b> 9:00am-10:00am <b>Food Distribution 55+</b> 10:00am-11:00am	<b>Food Distribution:</b> 9:00am-12:00pm  <b>Hope and Care</b> <b>Mindful Walking:</b> 8:15am-9:15am  <b>UMHP</b> Bank of America Financial Literacy Workshop Part 2 3:00pm-5:00pm	<b>First Step:</b> Services For The Unhoused 9:00am-11:00am  <b>Pathways to Wellness:</b> Providence Zumba 1:30pm-3:00pm	<b>Food Distribution:</b> 9:00am-12:00pm  <b>Hope and Care</b> <b>Mindful Walking:</b> 8:15am-9:15am  <b>Pathways to Wellness:</b> Providence Diabetes Education Workshop 9:45am-10:45am	<b>CENTER CLOSED</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	<b>Food Distribution:</b> 9:00am-12:00pm  <b>Hope and Care</b> <b>Mindful Walking:</b> 8:15am-9:15am	<b>First Step:</b> Services For The Unhoused 9:00am-11:00am  <b>Pathways to Wellness:</b> Providence Zumba 1:30pm-3:00pm	<b>Food Distribution:</b> 9:00am-12:00pm  <b>Hope and Care</b> <b>Mindful Walking:</b> 8:15am-9:15am  <b>UMHP</b> Advisory Community Destigmatizing Woman's Health 1:00pm-4:00pm	<b>UMHP</b> Woman's Health Month 9:45am-11:00am

**IMPORTANT ANNOUNCEMENTS :**

**Pathways to Wellness:**

The walking group is every Wednesday and Fridays from 8:15a.m.-9:15a.m.

Providence Feast (Cooking Class) on 3/6 –3/13 @ 11:00a.m.-1:00p.m.

Providence Zumba Every Thursday @ 1:30p.m.-3:00p.m.

Optometry Clinic Tri-State Community Health on 3/7/25 @ 9:00a.m.-12:00p.m.

Podiatry Clinic (Tri-Strate Community Health) on 3/14/25 @9:00a.m.-12:00p.m.



# Marzo 2025

## Calendario De Actividades

MEND | Meet Each Need with Dignity  
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MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
				<b>1</b>
				<b>Distribución de alimentos</b> 9:00am-12:00pm  <b>Distribución de Pañales</b> 9:00am-12:00pm  <b>OCPSC</b> Presentación de impuestos Número ITIN 9:00am-1:00pm
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Viviendo Sabiamente y Bien 55+ de Bienestar:</b> Actividad De 9:00am-10am <b>Distribución de Alimentos</b> 10:00am-11:00am	<b>Distribución de alimentos</b> 9:00am-12:00pm  <b>Esperanza y cuidado Caminatas conscientes:</b> 8:15am - 9:15am  <b>Caminos al Bienestar:</b> Presentación y demostración de cocina sobre cómo tener un corazón sano (Serra Medical Group) 9:30-10:30am	<b>Primer Paso:</b> Servicios Para Indigentes 9:00am-11:00am  <b>Caminos al Bienestar:</b> Providence Clase De Cocina 11:00am-1:00pm Providence Zumba 1:30pm-3:00pm	<b>Distribución de alimentos</b> 9:00am-12:00pm  <b>Caminos al Bienestar:</b> <b>Grupo de Caminata</b> 8:15am-9:15am Clinica De Optometria (Tri-State Community Health) 9:00am-12:00pm  <b>UMHP</b> Comprender El Comportamiento Infantil 9:45am-11:00am	<b>CENTRO CERRADO</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<b>Distribución de alimentos</b> 9:00am-12:00pm  <b>Esperanza y cuidado Caminatas conscientes:</b> 8:15am - 9:15am  <b>UMHP</b> Bank of America Taller de educación financiera, parte 1 3:30pm-4:30pm	<b>Primer Paso:</b> Servicios Para Indigentes 9:00am-11:00am  <b>Caminos al Bienestar:</b> Providence Clase De Cocina 11:00am-1:00pm Providence Zumba 1:30pm-3:00pm	<b>Distribución de alimentos</b> 9:00am-12:00pm  <b>Grupo de Caminata</b> 8:15am-9:15am  <b>Caminos al Bienestar:</b> Clinica De Podologia (Tri-State Community Health) 9:00am-12:00pm  <b>OCPSC</b> Taller sobre recursos comunitarios sobre ITIN y una guía 10:00am-11:00am	<b>Buen Provecho Mercado de Agricultores</b> 9:00am-12:00pm  <b>OCPSC</b> Presentación De impuestos Número ITIN 9:00am-1:00pm
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Viviendo Sabiamente y Bien 55+ de Bienestar:</b> Actividad 9-10am <b>Distribución de Alimentos55+</b> 10:00am-11:00am	<b>Distribución de alimentos</b> 9:00am-12:00pm  <b>Esperanza y cuidado Caminatas conscientes:</b> 8:15am - 9:15am  <b>UMHP</b> Bank of America Taller de educación financiera, parte 2 3:00pm-5:00pm	<b>Primer Paso:</b> Servicios Para Indigentes 9:00am-11:00am  <b>Caminos al Bienestar:</b> Providence Zumba 1:30pm-3:00pm	<b>Distribución de alimentos</b> 9:00am-12:00pm  <b>Esperanza y cuidado Caminatas conscientes:</b> 8:15am-9:15am  <b>Caminos al Bienestar:</b> Providence Taller de Educacion sobre la Diabetes 9:45am-10:45am	<b>CENTRO CERRADO</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	<b>Distribución de alimentos</b> 9:00am-12:00pm  <b>Esperanza y cuidado Caminatas conscientes:</b> 8:15am - 9:15am	<b>Primer Paso:</b> Servicios Para Indigentes 9:00am-11:00am  <b>Caminos al Bienestar:</b> Providence Zumba 1:30pm-3:00pm	<b>Distribución de alimentos</b> 9:00am-12:00pm  <b>Esperanza y cuidado Caminatas conscientes:</b> 8:15am-9:15am  <b>UMHP</b> Comunidad asesora de Desestigmatizando la salud de la mujer 1:00pm-4:00pm	<b>UMHP</b> Mes de la salud de la Mujer 9:45am-11:00am

Información importante

**Caminos al Bienestar:**

Las caminatas son los Miércoles Y Viernes De 8:15a.m. –9:15a.m

Providence Clase De cocina 3/6 - 3/13@ 11:00a.m.-1:00p.m.

Providence Zumba Los Jueves @ 1:30p.m.-3:00p.m.

Clinica De Optometria (Tri-State Community Health)9:00am-12:00pm

Clinica De Podologia (Tri-State Community Health) 3/14 @9:00am-12:00pm