



May 2025

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 First Step 9:00am-11:00am	2 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Optometry Clinic/Blood Pressure Screening Tri-State Community Health 9:00am-12:00pm	3 Food Distribution 9:00am-12:00pm Diaper Distribution 9:00am-12:00pm
6 Living Wise & Well 55+ Wellness Activities 9:00am-10:00am Food Distribution 10:00am-11:00am	7 Mindful Walking 8:15am-9:15am Building Blocks of Mental Health Part 1 9:30am-11:15am Food Distribution 9:00am-12:00pm Metro Transit Passes 9:00am-11:00am	8 First Step 9:00am-11:00am Pathways to Wellness - 3 Orientation 9:00am-10:30am	9 Mindful Walking 8:15am-9:15am Listening & Harmony Part 1 9:30am-11:15am Food Distribution 9:00am-12:00pm Podiatry Clinic Tri-Strate Community Health 9:00am-12:00pm	10 CENTER CLOSED
13	14 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Building Blocks of Mental Health Part 2 9:30am-11:15am	15 First Step 9:00am-11:00am	16 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Listening & Harmony Part 2 9:30am-11:15am Glucose Screening Tri-Strate Community Health 9:00am-12:00pm Diabetes Education Workshop Providence Community Health 9:45am-10:45am	17 Hope Wellness Care 9:00am-12:00pm Metro Transit Passes 9:00am-12:00pm
20 Living Wise & Well 55+ Wellness Activities 9:00am-10:00am Food Distribution 10:00am-11:00am Metro Transit Passes 9:00am-11:00am	21 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Building Blocks of Mental Health Part 3 9:30am-11:15am	22 First Step 9:00am-11:00am	23 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Listening & Harmony Part 3 9:30am-11:15am	24 CENTER CLOSED
27	28 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Building Blocks of Mental Health Completion Ceremony 9:30am-11:15am	29 First Step 9:00am-11:00am Metro Transit Passes 9:00am-11:00am	30 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Listening & Harmony Completion Ceremony 9:30am-11:15am	31 CENTER CLOSED

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.



Mayo 2025

Calendario De Actividades

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MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		1 Primer Paso 9:00am-11:00am	2 Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Clinica De Optometria Tri-State Community Health Examen de la pression arterial 9:00am-12:00pm	3 Distribución de Alimentos 9:00am-12:00pm Distribución de Pañales 9:00am-12:00pm
6 Viviendo Sabiamente y Bien 55+ de Bienestar: Activida De 9:00am-10am Distribución de Alimentos 10:00am-11:00am	7 Caminatas Conscientes 8:15am - 9:15am Elementos Fundamentales Parte 1 9:30-11:15am Distribución de Alimentos 9:00am-12:00pm Pases de transporte del metro 9:00am-12:00pm	8 Primer Paso 9:00am-11:00am Orientacion De Caminos al Bienestar-3 9:00am –10:30am	9 Grupo de Caminata 8:15am-9:15am Escuchar Y Armonia Parte 1 9:30am-11:15am Distribución de Alimentos 9:00am-12:00pm Clinica De Podologia Tri-State Community Health 9:00am-12:00pm	10 CENTRO CERRADO
13	14 Caminatas conscientes 8:15am - 9:15am Elementos Fundamentales Parte 2 9:30-11:15am Distribución de Alimentos: 9:00am-12:00pm	15 Primer Paso 9:00am-11:00am	16 Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Educacion Sobre la Diabetes 9:45am-10:45am Escuchar Y Armonia Parte 2 9:30am-11:15am Prueba De Glucosa Tri-state Community Health 9:00am-12:00pm	17 Hope Wellness Care 9:00am-12:00pm Buen Provecho Mercado 9:00am-12:00pm Pases de transporte del metro 9:00am-12:00pm
20 Viviendo Sabiamente Y Bien 55+ de Bienestar Actividad 9:00am-10:00am Distribución de Alimentos 10:00am-11:00am Pases de transporte del metro 9:00am-11:00pm	21 Caminatas conscientes 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm Examen de la presion arterial 9:00am-12:00pm Elementos Fundamentales Parte 3 9:30-11:15am	22 Primer Paso 9:00am-11:00am	23 Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Escuchar Y Armonia Parte 3 9:30am-11:15am	24 CENTRO CERRADO
27	28 Caminatas conscientes: 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm Elementos Fundamentales Ceremonia de finalización 9:30-11:15am	29 Primer Paso 9:00am-11:00am Pases de transporte del metro 9:00am-11:00pm	30 Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Escucha y Armonia Ceremonia de Finalización 9:30am-11:15am	31

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.