November 2026 | Activity Calendar

Tuesday	Wednesday	Thursday	Friday	Saturday
3 **Food Distribution** 9:00am-12:00pm **LWW 65+Alzheimer's Workshop** 9:00am-10:00am	4 **Walking Group** 8:15am–9:00am **Food Distribution** 9:00am–12:00pm **LWW 65+Recipe Swap Club** 9:00am-10:00am **LWW 65+Friendship Wednesday** 10:30am-11:30 **True Connect** 9:00am-12:00pm	5 **First Step** 9:00am-11:00am **Diaper Distribution Appointment only** 12:30pm-2:00pm **GES Orientation** 10:30am-12:00pm	6 **Food Distribution** 9:00am-12:00pm	7 **Food Distribution** 9:00am-12:00pm
10 **Food Distribution** 9:00am–12:00pm **LWW 65+Latin Dance Fitness Workshop** 9:30am-10:30am **H&C Workshops Navigating Your Children's Behavior Car Seat Transition** 9:00am-11:00am	11 **Walking Group** 8:15am–9:00am **Food Distribution** 9:00am–12:00pm	Ⓜ 12 **First Step** 9:00am–11:00am **LWW 65+Coffee With Bread Workshop** 9:30am-10:30am **GES Career Fair** 9:00am-12:00pm  **Metro Pass** 9:00am-11:00am	13 **Food Distribution** 9:00am-12:00pm **Emergency Preparedness** 9:00am-10:00am **True Connect** 9:00am-12:00pm **GES hands-on Resume workshop** 10:30am-12:00pm	14 **MEND Closed**
17 **Food Distribution** 9:00am–12:00pm **LWW 65+Latin Dance Fitness Workshop** 9:30am-10:30am **LWW 65+ Sound Bath Workshop** 10:45am-11:30am	18 **Walking Group** 8:15am–9:00am **Food Distribution** 9:00am–12:00pm	19 **First Step** 9:00am–11:00am **LWW 55+ Yoga Class** 9:30am–10:30am **True Connect** 9:00am-11:00am **GES Soft Skills Workshop** 10:30am-12:00pm	20 **Food Distribution** 9:00am–12:00pm	21 **Hope Wellness Care Event- Season Of Thanks & Giving** 9:00am–12:00pm
24 **Food Distribution** 9:00am–12:00pm **H&C Workshop Nurturing Your Holiday Joy Event** 9:30am-10:45am **GES 10 Principals of Customer Service** 2:00pm-3:30pm	25 **Food Distribution** 9:00am–12:00pm	26 **MEND Closed** 	27 **MEND Closed**	28 **MEND Closed**

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

IMPORTANT ANNOUNCEMENTS

FOOD DISTRIBUTION

Includes fresh fruits, vegetables, proteins and dry goods. Items depend on availability.
Tuesday, Wednesday & Friday & 1st Saturday, 9:00am–12:00pm. Reminders: One visit per household each week. Bring your bring bags or a small cart/wagon to carry your items.

HOPE WELLNESS CARE EVENT

Get access to various onsite community resources partners and access Buen Provecho Farmers Market to obtain Fresh fruits and vegetables
3rd Saturday of the month 9:00am-12:00pm

DIAPER DISTRIBUTION

First Thursday, 12:30pm–2:30pm, by appointment only. Call or text (628) 267-4163.

LINE-UP POLICY
Line opens at 7:30am. No early arrivals or saving spots.

GATEWAYS EMPLOYMENT SERVICES

Join Us for Our GES Career Fair! Scan barcode to RSVP!

LIVING WISE + WELL (LWW)

For adults 65+. Register with Elora Barba, 818-686-7342, or Naomi Guzman, 818-686-7369.

Noviembre 2026 | Calendario de Actividades

Martes	Miércoles	Jueves	Viernes	Sábado
3 **Distribución De Alimentos** 9:00am-12:00pm **Taller De Alzheimer's** 9:00am-10:00am	**4** **Grupo De Caminata** 8:15am-9:00am **Distribución De Alimentos** 9:00am-12:00pm **LWW 65+ Club De Intercambio De Receta** 9:00am-10:00am **LWW 65+ Miercoles De Amistad** 10:30am-11:30am **True Connect** 9:00am-12:00pm	**5** **Primer Paso** 9:00am-11:00am **LWW 55+ Clase De Yoga** 9:30am-10:30am **Distribución De Pañales Solo con cita** 12:30pm-2:30pm **GES Orientación De Empleo** 10:30am-12:00pm	**6** **Distribución De Alimentos** 9:00am-12:00pm	**7** **Distribución De Alimentos** 9:00am-12:00pm
10 **Distribución De Alimentos** 9:00am-12:00pm **LWW 65+ Taller De Fitness Latino** 9:30am-10:30am **H&C Taller Como Gestionar El Comportamiento De Su Hijos: La Transición De Silla De Auto** 9:00am-11:00am	**11** **Grupo De Caminata** 8:15am-9:00am **Distribución De Alimentos** 9:00am-12:00pm	**12** **Primer Paso** 9:00am-11:00am **LWW 65+ Café Con Pan** 9:30am-10:30am **GES Feria De Empleo** 9:00am-12:00pm **Metro Buss Pass** 9:00am-11:00am 	**13** **Distribución De Alimentos** 9:00am-12:00pm **LWW 65+ Taller De Preparación De Emergencias** 9:00am-10:00am **GES Taller De Currículo** 10:30am-12:00pm **True Conectó** 9:00am-12:00pm	**14** **MEND Cerrado**
17 **Distribución De Alimentos** 9:00am-12:00pm **LWW 65+ Taller De Fitness Latino** 9:30am-10:30am **LWW 65+ Taller Bano De Sonido** 10:45am-11:30am	**18** **Grupo De Caminata** 8:15am-9:00am **Distribución De Alimentos** 9:00am-12:00pm	**19** **Primer Paso** 9:00am-11:00am **LWW 55+ Clase De Yoga** 9:30am-10:30am **True Conectó** 9:00am-11:00am **GES Taller De Abilidades Interpersoanles** 10:30am-12:00pm	**20** **Distribución De Alimentos** 9:00am-12:00pm	**21** **H&C Temporada De Gartitud Y Generosidad** 9:00am-12:00pm
24 **Distribución De Alimentos** 9:00am-12:00pm **H&C Taller Evento Cultivado La Alegría De Las Fiestas** 9:30am-11:00am **GES Taller Los 10 Principales Del Servicio Al Cliente** 2:00pm-3:30pm	**25** **Grupo De Caminata** 8:15am-9:00am **Distribución De Alimentos** 9:00am-12:00pm	**26** **MEND Cerrado** 	**27** **MEND Cerrado**	**28** **MEND Cerrado**

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

INFORMACIÓN IMPORTANTE

DISTRIBUCIÓN DE ALIMENTOS

Alimentos: Frutas,verduras, proteinas y product secos. La disponibilida de los productos dependen de las excistencias.

- **Martes, Miércoles y Viernes,**
- **9:00am–12:00pm**.
- **Primer Sábado, 9:00am–12:00pm**.

Recordatorio: Una visita por hogar por semana. Traiga bolsas o carrito pequeno para transporter su comidas.

EVENTO DE BIENESTAR HOPE & CARE

Acceda diversos recursos comunitarios y socios del mercado agricola con recursos comunitarios y el mercado Buen Provecho para obtener frutas y verduras frescas.

- **Tercer Sábado del mes, 9:00am–12:00pm**

DISTRIBUCIÓN DE PAÑALES

Primer Jueves, de cada mes, de 12:30pm–2:30pm, únicamente con cita. Llame o envíe texto al (628) 267-4163.

POLÍTICA DE FILA
La fila abre a las 7:30am. No se permite reservar lugares

SERVICIOS DE EMPLEO GATEWAYS

¡Acompáñenos a nuestra Feria de Empleo! ¡Escanee el código de barras para confirmar su asistencia!

VIVIENDO BIEN Y SABIO

Para adultos 65+. Elora Barba: 818-686-7342. Naomi Guzman: 818-686-7369.