



# November 2024

## 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 <b>FOOD DISTRIBUTION:</b> 9:00AM-12:00PM <b>Pathways to Wellness:</b> <b>Walking Group:</b> 8:00am-9:30am Self-Care workshop 9:45am-10:45am <b>Employment Services:</b> Job Search and talk to a Job Coach– No appointment needed: 9am-12pm	2 <b>FOOD DISTRIBUTION:</b> 9:00AM-12:00PM <b>Diaper Distribution:</b> 9am-12PM <b>Pathways:</b> Body strength class Health education Room 8:30am-10:00am
5 <b>Living Wise &amp; Well 55+</b> 9:00am-11:00am <b>Wellness Activities</b> Alzheimer's Organization presentation 9-10am <b>Food Distribution 55+</b> 10:00am-11:00am <b>Employment Services:</b> Hirethon participant prep-resume workshop 10:00am-12:00pm	6 <b>FOOD DISTRIBUTION:</b> 9:00AM-12:00PM <b>Pathways to Wellness:</b> <b>Walking Group</b> 8:15am-9:15am Pathways 3 Orientation 9:45am-10:45am <b>Employment Services:</b> Orientation and Workshop 1:00pm-2:00pm	7 <b>First Step:</b> Services for the unhoused 9am-11am <b>Pathways:</b> Exercise Class Health education Room @8:30am-10:00am Providence <b>Feast</b> Orientation (cooking class):11am-1pm Providence <b>Zumba</b> Orientation:1:30-3:00pm <b>Employment Services:</b> Hirethon-Care Giver Labor/Mini Job Fair 1-4pm	8 <b>Pathways to Wellness:</b> <b>Walking Group</b> 8:00am-9:30am Self Care Workshop 9:45am-10:45am <b>FOOD DISTRIBUTION:</b> 9:00AM-12:00PM <b>Employment Services:</b> Job Search and talk to a Job Coach– No appointment needed: 9am-12pm	9 <b>CENTER CLOSED</b>
12 <b>Employment Services:</b> Hirethon participant prep-resume workshop 10:00am-12:00pm	13 <b>Pathways to Wellness:</b> <b>Walking Group</b> 8:15am-9:15am <b>Workshop 1</b> – How to Eat Healthy Food Choices that Taste Great <b>9:45-10:45</b> <b>FOOD DISTRIBUTION:</b> 9:00AM-12:00PM <b>Employment Services:</b> Orientation and Workshop 1:00pm-2:00pm	14 <b>First Step:</b> Services for the unhoused 9am-11am <b>Pathways:</b> Exercise Class Health education Room @8:30am-10:00am Providence <b>Feast</b> Orientation (cooking class):11am-1pm Providence <b>Zumba</b> Orientation:1:30-3:00pm <b>Employment Services:</b> Hirethon Warehouse Mini Job Fair 1-4pm	15 <b>Pathways to Wellness:</b> <b>Walking Group</b> 8:00am-9:30am Self Care Workshop 9:45am-10:45am <b>Providence Flu Clinic</b> 9-12pm <b>FOOD DISTRIBUTION:</b> 9:00AM-12:00PM <b>Employment Services:</b> Job Search and talk to a Job Coach– No appointment needed: 9am-12pm	16 <b>BUEN PROVECHO FARMERS MARKET</b> 9:00AM-12:00PM Season of thanks giving! <b>Pathways:</b> Season Of Thanks Giving 9:00am-12:00pm
19 <b>Living Wise &amp; Well 55+</b> 9:00am-11:30am <b>Wellness Activities</b> Presentation with Dr. Vaquero On Diabetes Prevention 9:00-10:00am <b>Food Distribution 55+</b> 10:00am-11:00am	20 <b>Pathways to Wellness:</b> <b>Walking Group</b> 8:15am-9:15am <b>Workshop 2</b> – How to Eat Healthy on a Budget 9:45am-10:45am <b>FOOD DISTRIBUTION:</b> 9:00AM-12:00PM <b>Employment Services:</b> Orientation and Workshop 1:00pm-2:00pm	21 <b>First Step:</b> Services for the unhoused 9am-11am <b>Pathways:</b> Exercise Class Health education Room @8:30am-10:00am Providence <b>Feast</b> Orientation (cooking class):11am-1pm Providence <b>Zumba</b> Orientation:1:30-3:00pm	22 <b>Pathways to Wellness:</b> <b>Walking Group:</b> 8:00am-9:30am Shopping Simulation 9:45am-10:45am <b>FOOD DISTRIBUTION:</b> 9:00AM-12:00PM <b>Employment Services:</b> Job Search and talk to a Job Coach– No appointment needed: 9am-12pm	23 <b>CENTER CLOSED</b>
26	27 <b>FOOD DISTRIBUTION:</b> 9:00AM-12:00PM <b>Pathways to Wellness:</b> <b>Walking Group:</b> 8:15am-9:15am <b>Workshop 3</b> -How to Make Eating healthy Part Of Your Lifestyle 9:45am-10:45am	28 <b>CENTER CLOSED</b>	29 <b>CENTER CLOSED</b>	30 <b>CENTER CLOSED</b>

**IMPORTANT ANNOUNCEMENTS :**

- **Pathways :** Cooking/Zumba classes - in partnership with Providence.
- Cooking Classes 11:00 A.M. - 1:00P.M. / Zumba Classes 1:30 P.M.-3:00P.M. Every Thursday.
- Free Flu Vaccine Clinic. Available for those 18 Years and older. No Health Insurance Required. Must bring ID. To make a appointment Please Call (818) 847-3860.
- **Gateways:** Hierthon Mini Job Fair Care-Giver Labor, November 7 2024. 1:00 P.M. –4:00 .P.M
- Hirethon Mini Job Fair Warehouse November 14 2024. 1:00 P.M.– 4:00 P.M.
- To be Interviewed you would need to register before hand. Please call to get register or have any questions (818) 896-0246.



# Noviembre 2024

## Calendario De Actividades

MEND | Meet Each Need with Dignity  
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MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
			1 <b>Caminos al Bienestar: Grupo de Caminata</b> 8:15am-9:15am Taller De salud Autoestima 9:45am-10:45am <b>Distribución de alimentos</b> 9:00am-12:00pm <b>Servicios De Empleo:</b> Hablar con un entrenador laboral 9am –12pm	2 <b>Distribución de alimentos</b> 9:00am-12:00pm <b>Distribución de Pañales</b> 9:00am-12pm <b>Caminos al Bienestar:</b> Clase de Fuerza Corporal Cuarto de educacion 8:30am-10:00am
5 <b>Viviendo Sabiamente y Bien 55+ de Bienestar:</b> Presentación De Alzheimerz Organisaac 9-10am <b>Distribución de Alimentos55+</b> 10:00am-11:00am <b>Servicios De Empleo:</b> Preparacion de curriculum para Hirethone 10:00am-12:00pm	6 <b>Caminos al Bienestar: Grupo de Caminata</b> 8:15am-9:15am OrientaciónDe caminos al bienestar - 3 9:45-10:45am <b>Distribución de alimentos</b> 9:00am-12:00pm	7 <b>Primer Paso:</b> Servicios para indigentes 9:00am-11:00am <b>Caminos Al Bienestar:</b> Clase de ejercicio: cuarto de Educacion 8:30am-10:00am Providence FEAST orientacion (Clase De Cocinar) 11am– 1pm Providence Zumba 1:30-3:00pm <b>Servicios De Empleo:</b> Crontraton Cuidadores Mini Feria Laboral1:00pm-4:00pm	8 <b>Caminos al Bienestar: Grupo de Caminata</b> 8:15am-9:15am Taller De Salud Autoestima Departamento De Salud Mental 9:45-10:45am <b>Distribución de alimentos</b> 9:00am-12:00pm <b>Servicios De Empleo:</b> Hablar con un entrenador laboral 9am –12pm	9 <b>CENTRO CERRADO</b>
12 <b>Servicios De Empleo:</b> GES: Informacion del programa y Taller 10:00am-12:00pm	13 <b>Caminos al Bienestar: Grupo de Caminata</b> 8:15am-9:15am <b>Taller 1-</b> Comer Comida Saludable Que Sabe rico 9:45am - 10:45am <b>Distribución de Alimentos</b> 9:00am-12:00pm	14 <b>Primer Paso:</b> Servicios para indigentes 9:00am-11:00am <b>Caminos Al Bienestar:</b> Clase de ejercicio: cuarto de Educacion 8:30am-10:00am Providence FEAST orientacion (Clase De Cocinar) 11am– 1pm Providence Zumba 1:30-3:00pm <b>Servicios De Empleo:</b> Contraton Bodega Mini Feria Laboral 1:00pm-4:00pm	15 <b>Caminos al Bienestar: Grupo de Caminata</b> 8:15am-9:15am <b>Taller:</b> Salud Autoestima 9:45am-10:45am <b>Distribución de alimentos</b> 9:00am-12:00pm <b>Servicios De Empleo:</b> Hablar con un entrenador laboral 9am –12pm	16 <b>Buen Provecho Mercado de Agricultores</b> 9:00am-12:00pm Temporada de Gracia! <b>Caminos al Bienestar:</b> Temporada De Gracia! 9:00am-12:00pm
19 <b>Viviendo Sabiamente y Bien 55+ de Bienestar:</b> Vision y Compromiso presentacion:9:00-10:00am <b>Distribución de Alimentos55+</b> 10:00am-11:00am <b>Servicios De Empleo:</b> GES Informacion Del Programa Y Taller 10:00am— 11:00am	20 <b>Caminos al Bienestar: Grupo de Caminata</b> 8:15am-9:15am <b>Taller 2–</b> Comiendo Saludable En Propuesto 9:45am-10:45am <b>Distribución de alimentos</b> 9:00am-12:00pm	21 <b>Primer Paso:</b> Servicios para indigentes 9:00am-11:00am <b>Caminos Al Bienestar:</b> Clase de Ejercicios Cuarto de educacion @ 8:30-10:00	22 <b>Caminos al Bienestar: Grupo de Caminata</b> 8:15am-9:15am Simulacion de compras 9:45am-10:45am <b>Distribución de alimentos</b> 9:00am-12pm <b>Servicios De Empleo:</b> Hablar con un entrenador laboral 9am –12pm	23 <b>CENTRO CERRADO</b>
26 <b>Servicios De Empleo:</b> GES Informacion Del Programa Y Taller 10:00am— 11:00am	27 <b>Caminos al Bienestar: Grupo de Caminata</b> 8:15am-9:15am <b>Taller 3-</b> Como Aser Que La Alimentacion Saludable Sea Parte De Su Estilo De Vida 9:45am-10:45am <b>Distribución de alimentos</b> 9:00am-12:00pm	28 <b>CENTRO CERRADO</b>	29 <b>CENTRO CERRADO</b>	30 <b>CENTRO CERRADO</b>

### Información importante

#### Caminos Al Bienestar

- Clases De Cocinar/ Zumba - En Colaboración con Providencia
- Clases De cocina 11:00A.M. - 1:00P.M./ Zumba 1:30P.M-3:00P.M. Cada Jueves.
- Clínica gratuita de vacunación contra la gripe. Disponible para mayores de 18 años. No se requiere seguro médico. Debe traer identificación. Para programar una cita, llame al (818) 847-3860.

#### Servicios De Empleo:

- Contratatón Cuidadores Mini Feria Laboral 1:00 P.M. - 4:00 P.M Noviembre 7,2024
- Bodega Mini Feria Laboral 1:00 P.M.-4:00 P.M Noviembre 14, 2024
- Para ser entrevistado deberá registrarse previamente. Llame para registrarse o si tiene alguna pregunta (818) 896-0246.