



October 2026

Activity Calendar



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

IMPORTANT ANNOUNCEMENTS :

Food Distribution

Food items-including fresh fruits, vegetables, proteins and dry goods. Items depend on availability.

- Tuesday, Wednesday, & Friday | 9:00AM –12:00PM
 - 1st Saturday of the Month | 9:00 AM – 12:00 PM
- Reminders: One visit per household each week. Bring your own bags or small carts/wagons to carry your items.*

Hope & Care 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 | 9:00 AM – 12:00

Line-Up Policy:

- Line opens at **7:30 AM**.
 - Early arrivals must move to the back of the line.
- No saving spots.

Diaper Distribution will now take place on the 1st Thursday of the month from 12:30PM-2:30PM by APPOINTMENT ONLY. You must call or text (628) 267-4163 to reserve a spot no later than **Wednesday, November 4th**. You will receive a text when your time is confirmed.

Gateways Employment Services: GES

Join our weekly GES orientation and workshops for job skills, resources, and support toward stable Employment. Looking for a job or a new opportunity? Call Alex at 818-686-7314 or Nancy Perez at 818-686-7338 to schedule an appointment.

Living Wise + Well: LWW

Join us for our upcoming workshops for adults 65+! Please Call to register with our Engagement Coordinators, Elora Barbaor 818-686-7342 or Naomi Guzman 818-686-7369.



Tuesday	Wednesday	Thursday	Friday	Saturday
		1 First Step 9:00am-11:00am GES Orientation 10:30am-12:00pm Hope & Care Diaper Distribution 12:30pm-2:30pm	2 Food Distribution 9:00am-12:00pm	3 Food Distribution 9:00am-12:00pm
6 LWW 65+ Latin Dance Fitness Workshop 9:30am-10:30am Food Distribution 10:00am-12:00pm	7 LWW Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm LWW Friendship Wednesday Workshop 10:30am-11:30am LWW 65+ Recipe Swap Club Workshop 9:00am-10:00am	8 First Step 9:00am-11:00am LWW 55+Yoga Class 9:30am-10:30am GES Hands-On Resume Workshop 10:30am-12:00pm	9 Food Distribution 9:00am-12:00pm LWW Blooming Together Workshop 10:00am-11:00am	10 <u>Center Closed</u>
13 Food Distribution 9:00am-12:00pm LWW CRM Presentation 9:45am-10:30am Hope & Care Build A Brain Workshop 2:30pm-3:30pm	14 Food Distribution 9:00am-12:00pm LWW Walking Group 8:15am-9:00am LWW 65+Honoring Memories Workshop 10:00am-11:00am	15 First Step 9:00am-11:00am LWW 55+Yoga Class 9:30am-10:30am GES Soft– Skills/Job Readiness Workshop 10:30am-12:00pm	16 Food Distribution 9:00am-12:00pm LWW LA Public Library Resource Workshop 10:30am-11:30am	17 Hope & Care Wellness Care Event 9:00am-12:00pm
20 LWW 65+ Latin Dance Fitness Workshop 9:30am-10:30am Food Distribution 10:00am-12:00pm Hope & Care Navigating Big Feelings: Introduction Workshop 2:30pm-3:30pm	21 Food Distribution 9:00am-12:00pm LWW Walking Group 8:15am-9:00am LWW 65+ Grief Workshop 11:00am-12:00pm	22 First Step 9:00am-11:00am LWW 55+Yoga Class 9:30am-10:30am GES 10 Commandments of Customer Service Workshop 10:30am-12:00pm	23 Food Distribution 9:00am-12:00pm	24 <u>Center Closed</u>
27 Food Distribution 10:00am-12:00pm LWW 65+ Sound Bath Workshop 9:45am-10:30am LWW 50+ Situational Awareness Workshop 10:00am-11:00am Hope & Care: Fall Fun Event Workshop 2:30pm-4:00pm	28 Food Distribution 9:00am-12:00pm LWW Walking Group 8:15am-9:00am LWW 65+ Season's Griefings Workshop 11:00am-12:00pm	29 First Step 9:00am-11:00am LWW 55+Yoga Class 9:30am-10:30am GES Computer Proficiency Workshop- By Appointment Only 10:30am-12:00pm	30 Food Distribution 9:00am-12:00pm	31 <u>Center Closed</u> 



Octubre 2026

Calendario De Actividades



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Martes	Miercoles	Jueves	Viernes	Sabado
		1 Primer Paso 9:00am-11:00am GES Orientacion 10:30am-12:00pm Hope & Care Distribucion De Pañales 12:30pm-2:30pm	2 Distribución de Alimentos 9:00am-12:00pm	3 Distribución de Alimentos 9:00am-12:00pm
6 Distribución de Alimentos 9:00am-12:00pm LWW 65+ Taller De Fitness De Baile Latino 9:30am-10:30am	7 Grupo De Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm LWW Taller Miercoles De Amistad 10:30am-11:30am LWW 65+ Taller Club De Intercambios De Recetas 9:00am-10:00am	8 Primer Paso 9:00am-11:00am LWW 55+Clase de Yoga 9:30am-10:30am GES Taller Práctico Sobre Elaboración De Curriculum 10:30am-12:00pm	9 Distribución de Alimentos 9:00am-12:00pm LWW Taller Floreciendo Juntos 10:am-11:00am	10 Centro Cerrado
13 Distribución de Alimentos 9:00am-12:00pm Precentacion De CRM 9:45am-10:30am Hope & Care: Taller De: Construye Tu Cerebro 2:30pm-3:30pm	14 Grupo De Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm LWW 65+ Taller Para Honrar Los Recuerdos 10:00am-11:00am	15 Primer Paso 9:00am-11:00am LWW 55+ Clase de Yoga 9:30am-10:30am GES Taller de Habilidades Interpersonales y Preparación Para El Empleo 10:30am-12:00pm	16 Distribución de Alimentos 9:00am-12:00pm LWW Taller Recursos De La Biblioteca Publica De Los Angeles 10:30am-11:30am	17 Evento de Bienestar Hope & Care 9:00am-12:00am
20 Distribución de Alimentos 9:00am-12:00pm LWW 65+ Taller De Fitness De Baile Latino 9:30am-10:30am Hope & Care: Cómo Afrontar Las Emociones Intensas:Taller De Introduccion 2:30pm-3:30pm	21 Grupo De Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm LWW 65+ Taller Sobre El Duelo 11:00am-12:00pm	22 Primer Paso 9:00am-11:00am LWW 55+ Clase de Yoga 9:30am-10:30am GES Taller Sobre Los 10 Principios De Servicio 10:30am-12:00pm	23 Distribución de Alimentos 9:00am-12:00pm	24 Centro Cerrado
27 Distribución de Alimentos 9:00am-12:00pm LWW 65+ Taller Baño De Sonido 9:45am-10:30am LWW 50+ Taller Concencia Situacional 10:00am-11:00am Hope & Care Taller Evento De Otoño 2:30pm-4:00pm	28 Grupo De Caminata 8:15am-9:00am Distribución De Alimentos 9:00am-12:00pm LWW 65+Taller De Duelo Durante Las Fiestas 11:00am-12:00pm	29 Primer Paso 9:00am-11:00am LWW 55+ Clase de Yoga 9:30am-10:30am GES Taller Conocimientos De Informática: Con Cita Previa 10:30am-12:00pm	30 Distribución de Alimentos 9:00am-12:00pm	31 Centro Cerrado 

Información importante:

Distribución De Alimentos:

Alimentos: frutas, verduras, proteínas y producto secos. La Disponibilidad de los productos depende de las existencias.

- Martes, Miércoles Y Viernes | 9:00AM-12:00PM
 - Primer Sábado del mes | 9:00AM-12:00PM
- Recordatorio: Una visita por hogar a la semana. Traiga sus propias bolsas o carritos pequeños para transportar sus comidas.

Evento de Bienestar Hope & Care: Acceda a diversos recursos comunitarios y socios del mercado agrícola Buen Provecho Para obtener frutas y verduras frescas.

- Tercer Sábado del mes | 9:00AM-12:00PM

Política De Fila: La fila abre a las 7:30AM Quienes Lleguen antes deberán colocarse al final de la fila. No se permite reservar Lugares.

Distribución De Pañales: se realizará ahora el primer Jueves de cada mes, de 12:30PM -2:30PM UNICAMENTE CON CITA PREVIA. Debe llamar o enviar un mensaje de texto al (628-) 267-4163 para reservar su turno a mas tardar el **Jueves 4 de Noviembre**. Recibira en mensaje de texto cuando se confirme su horario.

Servicios de Empleo Gateways: GES
Invitamos a Participe en nuestra sesiones informativas y talleres semanales de GES para adquirir habilidades laborales, acceder a recursos y recibir apoyo para un empleo estable. Busca trabajo o una nueva oportunidad? Llamea Alex al 818-686-7314 o a Nancy Pérez al 818-686-7338 programe una cita.

Viviendo Bien Y Sabio: LWW !Acompáñenos en nuestros próximos talleres para adultos de 65+ anos o mas! Para registrarse, comuníquese con nuestra Coordinadora de Participación Comunitaria, Elora Barba 818-686-7342 o Naomi Guzman 818-686-7369.

