



June 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
3 Living Wise & Well 55+ Wellness Activities 9:00am-10:00am Food Distribution 10:00am-11:00am	4 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Celebrating Generations Part 1- Family Generations Tree Making 9:45am-11:00am Metro Transit Passes 9:00am-12:00pm	5 First Step 9:00am-11:00am	6 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Celebrating Generations Part 2- Intergenerational Game Time 9:45am-11:00am	7 Food Distribution 9:00am-12:00pm Diaper Distribution 9:00am-12:00pm Metro Transit Passes 9:00am-12:00pm
10	11 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Celebrating Generations Part 3– Family Photos Album & Portrait 9:45am-11:00am	12 First Step 9:00am-11:00am	13 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Celebrating Generations Part 4– DYI Flower Making 9:45am-11:00am Metro Transit Passes 9:00am-12:00pm	14 CENTER CLOSED
17 Living Wise & Well 55+ Wellness Activities 9:00am-10:00am Food Distribution 10:00am-11:00am Metro Transit Passes 9:00am-11:00am	18 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Celebrating Generations Part 5– Music & Dance 9:45am-11:00am	19 First Step 9:00am-11:00am	20 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Diabetes Education Workshop Providence Community Health 9:45am-10:45am Celebrating Generations Part 6– Storytelling 9:45am-11:00am	21 Hope Wellness Care Farmers Market & Resource Fair 9:00am-12:00pm Metro Transit Passes 9:00am-12:00pm
24	25 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm	26 First Step 9:00am-11:00am Metro Transit Passes 9:00am-11:00am	27 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Celebrating Generations Fiesta 9:45am-11:00am	28 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:** Celebrating Generations- Participants and their families will engage in activities that connect the different generations through shared history and experiences."
- Connections:** Need help with accessing supportive community services? Meet with our team for referrals and assistance applying for the services you need such as CalFresh (food stamps, utility discount and others). For more information, call (818) 686-7308.
- Metro Transit Life Program:** Supports participant eligible to receive a free metro pass.



MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
3	4	5	6	7
Viviendo Sabiamente y Bien 55+ de Bienestar: Activida De 9:00am-10:00am Distribución de Alimentos 10:00am-11:00am	Caminatas Conscientes 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm Celebrando Generaciones Parte 1-Árbol Genealógico Familiar 9:45am-11:00am Pases de transporte del metro 9:00am-12:00pm	Primer Paso 9:00am-11:00am	Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Celebrando Generaciones Parte 2-Tiempo de Juego Intergeneracional 9:45am-11:00am	Distribución de Alimentos 9:00am-12:00pm Distribución de Pañales 9:00am-12:00pm Pases de transporte del metro 9:00am-12:00pm
10	11	12	13	14
	Caminatas Conscientes 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm Celebrando Generaciones Parte 3-Álbum de Fotos Familiares y Retratos 9:45am-11:00am	Primer Paso 9:00am-11:00am	Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Celebrando Generaciones Parte 4-DYI Hacer Flores 9:45am-11:00am Pases de transporte del metro 9:00am-12:00pm	CENTRO CERRADO
17	18	19	20	21
Viviendo Sabiamente y Bien 55+ de Bienestar: Activida De 9:00am-10:00am Distribución de Alimentos 10:00am-11:00am Pases de transporte del metro 9:00am-11:00am	Caminatas conscientes 8:15am - 9:15am Distribución de Alimentos: 9:00am-12:00pm Celebrando Generaciones Parte 5-Música y Danza 9:45am-11:00am	Primer Paso 9:00am-11:00am	Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Educacion Sobre la Diabetes 9:45am-10:45am Celebrando Generciones Parte 6– Un Narrativo 9:45am-11:00am	Buen Provecho Mercado Y Feria de Recursos 9:00am-12:00pm Pases de transporte del metro 9:00am-12:00pm
24	25	26	27	28
	Caminatas conscientes 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm	Primer Paso 9:00am-11:00am Pases de transporte del metro 9:00am-11:00am	Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Celebrando Generciones Fiesta 9:45am-11:00am	CENTRO CERRADO

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 Talleres: Celebrando generaciones: los participantes y sus familias participarán en actividades que conectarán a las diferentes generaciones a través de historias y experiencias compartidas.

Programa de vida en tránsito del Metro Life: Apoya al participante elegible para recibir un pase de metro gratuito.