



Taking charge together!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>ZUMBA 10:00 A.M. Healthy Body and Heathy Mind at 11:00 A.M. Empowering the family unit 11:00 AM– 1:00 P.M. Focus on your life 1:00 PM Yoga 4:00PM-5:00 PM</p>	<p>2</p> <p>Citizenship class 9:00 A.M. English 10:00 A.M. Zumba 11:00AM- My community & Me 12:00 PM Reinvent yourself 1:00 PM ABC 2:00 P.M. Yoga 4:00-5:00 PM</p>	<p>3</p> <p>Sewing & Dress making 9:00 A..M. —11:00 Zumba 11:00 AM Opening our heart & mind 11:30AM - 1:30PM 2:30 PM —4:00 P.M. Computer Class 2:00 PM Yoga 4:00-5:00 PM</p>	<p>4</p> <p>ZUMBA 11:00 A.M. Reading and Wellness & Taking Charge Together 1:00PM Yoga 4:00-5:00PM</p>	<p>5</p> <p>Improve your well-being 10:00AM Art and Craft 11:00 A.M. Zumba 11:00 A.M. Theater 1:00 P.M. Guitar Classes 3:00 P.M.—5:00 P.M.</p>	<p>Address 2627 1/2 Zoe Av Huntington Park, CA 90255</p>
<p>We offer Support Groups for:</p>	<p>8</p> <p>OFFICE WILL BE CLOSED IN OBSERVANCE OF DAY OF THE RACE</p>	<p>9</p> <p>Citizenship class 9:00 A.M. English 10:00 A.M. Zumba 11:00AM- My community & Me 12:00 PM Reinvent yourself 1:00 PM ABC 2:00 P.M. Yoga 4:00-5:00 PM</p>	<p>10</p> <p>Sewing & Dress making 9:00 A..M. —11:00 Zumba 11:00 AM Opening our heart & mind 11:30AM - 1:30PM 2:30 PM —4:00 P.M. Computer Class 2:00 PM Yoga 4:00-5:00 PM</p>	<p>11</p> <p>ZUMBA 11:00 A.M. Reading and Wellness & Taking Charge Together 1:00PM Yoga 4:00-5:00PM</p>	<p>12</p> <p>Improve your well-being 10:00AM Art and Craft 11:00 A.M. Zumba 11:00 A.M. Theater 1:00 P.M. Guitar Classes 3:00 P.M.—5:00 P.M.</p>	<p>EMOTIONAL SUPPORT CLASSES FOR LOSSES</p>
<ul style="list-style-type: none"> ◆ Depression ◆ Anxiety ◆ Stress 	<p>15</p> <p>ZUMBA 10:00 A.M. Healthy Body and Heathy Mind at 11:00 A.M. Empowering the family unit 11:00 AM– 1:00 P.M. Focus on your life 1:00 PM Yoga 4:00PM-5:00 PM</p>	<p>16</p> <p>Citizenship class 9:00 A.M. English 10:00 A.M. Zumba 11:00AM- My community & Me 12:00 PM Reinvent yourself 1:00 PM ABC 2:00 P.M. Yoga 4:00-5:00 PM</p>	<p>17</p> <p>Sewing & Dress making 9:00 A..M. —11:00 Zumba 11:00 AM Opening our heart & mind 11:30AM - 1:30PM 2:30 PM —4:00 P.M. Computer Class 2:00 PM Yoga 4:00-5:00 PM</p>	<p>18</p> <p>ZUMBA 11:00 A.M. Reading and Wellness & Taking Charge Together 1:00PM Yoga 4:00-5:00PM</p>	<p>19</p> <p>Improve your well-being 10:00AM Art and Craft 11:00 A.M. Zumba 11:00 A.M. Theater 1:00 P.M. Guitar Classes 3:00 P.M.—5:00 P.M.</p>	<p>EVERY WEDNESDAY 11:15 AM AND 2:30 PM</p>
<ul style="list-style-type: none"> ◆ Bipolarity ◆ Self-esteem ◆ Family Problems ◆ Loss of a Love One 	<p>22</p> <p>ZUMBA 10:00 A.M. Healthy Body and Heathy Mind at 11:00 A.M. Empowering the family unit 11:00 AM– 1:00 P.M. Focus on your life 1:00 PM Yoga 4:00PM-5:00 PM</p>	<p>23</p> <p>Citizenship class 9:00 A.M. English 10:00 A.M. Zumba 11:00AM- My community & Me 12:00 PM Reinvent yourself 1:00 PM ABC 2:00 P.M. Yoga 4:00-5:00 PM</p>	<p>24</p> <p>Sewing & Dress making 9:00 A..M. —11:00 Zumba 11:00 AM Opening our heart & mind 11:30AM - 1:30PM 2:30 PM —4:00 P.M. Computer Class 2:00 PM Yoga 4:00-5:00 PM</p>	<p>25</p> <p>ZUMBA 11:00 A.M. Reading and Wellness & Taking Charge Together 1:00PM Yoga 4:00-5:00PM</p>	<p>26</p> <p>Improve your well-being 10:00AM Art and Craft 11:00 A.M. Zumba 11:00 A.M. Theater 1:00 P.M. Guitar Classes 3:00 P.M.—5:00 P.M.</p>	
	<p>29</p> <p>ZUMBA 10:00 A.M. Healthy Body and Heathy Mind at 11:00 A.M. Empowering the family unit 11:00 AM– 1:00 P.M. Focus on your life 1:00 PM Yoga 4:00PM-5:00 PM</p>	<p>30</p> <p>Citizenship class 9:00 A.M. English 10:00 A.M. Zumba 11:00AM- My community & Me 12:00 PM Reinvent yourself 1:00 PM ABC 2:00 P.M. Yoga 4:00-5:00 PM</p>	<p>31</p>			