



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BELONGING BEGINS WITH US

SANTA MONICA FAMILY YMCA

2021 Welcoming Week

September 13 – 18

FREE Virtual Week Events Open to the Community



At the Y, we seek to build bridges and heal communities, and we invite neighbors—both immigrants and U.S.-born residents—to use Welcoming Week as an opportunity to connect, find common ground and celebrate our shared values and contributions.

Celebration September Intergenerational, Hispanic Heritage, and Fall Prevention Month

The Santa Monica Family YMCA will join Welcoming America and other YMCAs and organizations nationwide to celebrate immigrants' contributions to communities and bring together all residents in a spirit of unity and healing. Each year, Welcoming Week brings together immigrants and U.S.-born residents to promote cross-cultural understanding and raise awareness of the benefits of welcoming everyone.

Virtual Week Events FREE and Open to the Community - For the Whole Family!
Week events features Y member stories, prerecorded activities and more...

Monday, September 13th

Opening Celebration Day

12:00pm Welcome

12:15pm Guest Speaker, Nathaniel Trives, former City of SM Mayor and SM YMCA's Board Member

[YMCA Pre-recorded Member Stories & Youth Program Participants videos](#)

4:00pm CHAT – Creating Healthier Attitudes Today by Providence Saint John's Health Center

5:00pm Nutrition Trends by Dairy Council of California

Tuesday, September 14th

2:00pm Arthritis Foundation Exercise Session by Partners In Care Foundation

3:30pm Chi Gong with Charlene

4:30pm YMCA's Blood Pressure Self-Monitoring Program Presentation with Lidia Magarian

5:15pm COVID-19 & Emotional Well-being/Stress by LA County Dept. of Mental Health in Spanish

Wednesday, September 15th

10:30am Strength and Balance Chair Exercise with Lidia

4:15pm Cooking Demonstration with Chef Jahrid

5:30pm Bollywood Boom Dance with Manasi

Thursday, September 16th

1:30pm COVID-19 & Emotional Well-being/Stress by LA County Dept. of Mental Health

3:00pm F.E.A.S.T Nutrition Presentation by Providence Saint John's Health Center

4:00pm Live Stream Oil Painting by Artist Martin Katon

5:30pm Bilingual Cooking Demonstration by Venice Family Clinic

Friday, September 17th

10:00am Chair Yoga with Carrie

11:00am Meditation with Carrie

11:35am Zumba Gold – Chair Dance with Leonore

1:00pm Nutrition and Exercise by Rosalynn Ross, Nutrition Science & Holistic Nutritionist

2:00pm Fall Prevention – A Matter of Balance Presentation by Partners In Care Foundation

6:30pm Yoga & Meditation with Michelle

Saturday, September 18th

9:15am Cardio Dance with Nichole

9:30am – 12:30pm Health Screenings and Educational Health Resources

In-person Health Fair Sponsored by USC School of Pharmacy Students

Due to the mandate County of LA, everyone will be required wearing a facemask in the Y facility.

Event is subject to change due to the current challenges and the YMCA restrictions.

For more information and week event registration contact Lidia Magarian, Chronic Disease Prevention Director at 310/393-2721 Ext. 129 or email: lidiam@ymcasm.org

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Welcoming Week Events in collaboration with:

