

SM YMCA Welcoming Week Events - September

2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual	Virtual	Virtual	Virtual	Virtual	In-Person
13	14	15	16	17	18
<p>Event Week Opening Ceremony Day 12pm Welcome Y&F pre-recorded Video Lidia M., Event host 12:15pm Guest Speaker: Nathaniel Trives, former City of SM Mayor, and Y Board Member Y program participants & members pre-recorded videos, and Y Facility virtual tour <i>Celebrating Multicultural & Intergenerational Month</i></p> <p>4pm CHAT-Creating Healthier Attitudes Today Saint John's Health Center</p> <p>5pm Nutrition Trends Dairy Council of California</p>	<p>2pm Arthritis Foundation exercise session Program Partners In Care Foundation</p> <p>3:30pm Chi Gong <i>W/Charlene</i></p> <p>4:30pm YMCA's Chronic Disease Prevention Program Presentation w/Lidia</p> <p>5:15pm COVID-19 & Emotional Well-being/Stress LA county Dept. of Mental Health in Spanish</p>	<p>10:30am Strength and Balance Chair Exercise <i>W/ Lidia</i></p> <p>YMC Members pre-recorded videos</p> <p>4:15pm Chef Jahid Youth cooking demonstration</p> <p>5:30 pm Bollywood Boom <i>w/Manasi</i></p> <p>YMCA Pool virtual tour, Youth Dept. & Child Development Center pre-recorded video</p> <p>September 15 to October 15 in the United States is the recognition the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.</p>	<p>1:30pm COVID-19 & Emotional Well-being/Stress LA county Dept. of Mental Health</p> <p>3pm FEAST Nutrition Food-Education-Access-Support-Together Saint John's Health Center</p> <p>YMCA Wellness Center virtual tour & Y members pre-recorded stories</p> <p>4:00pm Live stream Oil Painting By Martin Katon. Featuring Native American subjects and animals.</p> <p>5:30pm Cooking bilingual Demonstration Venice Family Clinic</p>	<p>10am Chair Yoga w/ Carrie</p> <p>11am Meditation <i>W/ Carrie</i></p> <p>11:30am Zumba Gold Chair Dance w/Leonore</p> <p>YMCA facility virtual tour & program</p> <p>1:00pm Nutrition and Fitness w/ Rosalynn Ross</p> <p>2:30pm A Matter of Balance Partners In Care Program <i>September Fall Prevention Month</i></p> <p>6:30pm Yoga & Meditation <i>W/ Michelle</i></p> <p><i>Sept. 17 Citizenship Day</i></p>	<p>9:15am Cardio Dance <i>W/ Nichole</i></p> <p>YMCA Members pre-recorded videos</p> <p>9:30am – 12:30pm Health Fair USC School of Pharmacy Students Health Screenings Event Event schedule subject to change due to COVID</p> <p>YouTube Multicultural Music and Dance Videos</p> <p>During the week's events we will be showing our Y multicultural staff videos as well. Please share your story!</p>

EVENTS

Belonging Begins with US

SM YMCA WELCOMING WEEK!
September 13-18

Opening Ceremony Day

Date: Monday, September 13th
Time: 12pm
Guest Speaker: Nathaniel Trives

Events In Collaboration with:

LA Community Organizations, St. John's Health Center, Venice Family Clinic, USC School of Pharmacy Students, and SM YMCA Volunteer Instructors

Updated 9/10/21

* September is also Cholesterol Awareness Month, the Y will be providing via Zoom a Special Cholesterol presentation in collaboration with the USC School of Pharmacy Students on **Wednesday, September 22nd from 9am - 10am**
Please use the same Welcoming Week Events Zoom link.