Fit 4 the Cause received a grant for rent/occupancy/utilities, fitness instructor salaries, program staffing and home studio tech including lights, Zoom and cameras for remote classes. The funds will help F4TC to serve 750 individuals free of charge through weekly fitness classes. Fit 4 The Cause provides diverse exercise and nutrition education programs for low-income communities, many of them with special needs. They serve thousands of beneficiaries including vulnerable children, at-risk teens and fragile seniors in Ventura, Simi Valley, Conejo Valley and the San Fernando Valley. They continued to keep their communities together during the pandemic, offering virtual classes daily. They hope to transition back to on-site classes as the pandemic lessens.

Walt and Pam are two local seniors. Once runners, they experienced an ACL and knee replacement respectively. They struggled with keeping active until they discovered Fit 4 The Cause's Senior Sneakers program. When COVID made social distancing necessary, the couple volunteered to maintain a Zoom account so that Fit 4 The Cause could provide virtual fitness classes. They also host virtual social hours on Zoom that give members the opportunity to catch up and remain
socially engaged. Their efforts have helped dozens of people keep physically and mentally healthy in the midst of the pandemic.

Click here to learn more about Fit 4 the Cause.

Village For Vets

Village for Vets received a grant for their Food First program to support food box distribution. This will include paying a truck driver to deliver food boxes to formerly homeless and at-risk veterans who experience food insecurity and who live in permanent support housing in Los Angeles County. About 300 veterans and their families will receive food box distribution two times per month over the next year. Village for Vets fills critical gaps in key services for homeless and at-risk veterans in greater Los Angeles to support them on their journey to stability and independence. They fulfill this mission through four core programs that safeguard the health of vulnerable veterans; promote food, housing and employment security; and provide links to life-changing benefits and services.

Village for Vets engages volunteers, donors and other community members in supporting a local holiday toy drive to connect toys to the children of low income and homeless veterans. They also engage volunteers at their annual Thanksgiving meal give away to donate turkeys and other holiday food items to more than 300 at risk veterans and their families.

Click here to learn more about Village for Vets.

Visit our Social Media Sites!

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