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[Photos](#) available

CALENDAR ADVISORY

GRAND PARK’S EASY MORNINGS BRINGS FREE FAMILY-FRIENDLY ACTIVITIES TO “THE PARK FOR EVERYONE” ON SATURDAY MORNINGS THIS SEPTEMBER

Wellness and Arts-Based Programming Help Park Goers Ease into the Weekends with Experiences that Promote Social, Cultural and Environmental Connectivity

Mobile COVID-19 Vaccine Clinics Will Be Available at Each *Grand Park’s Easy Mornings*

DATES: Saturdays, September 4, 11, 18 and 25, from 10:00 a.m. –1:00 p.m.

WHAT:

Grand Park’s Easy Mornings offers a calm start to the weekend with relaxing and family-friendly activities in Grand Park on Saturday mornings this September. Introduced last summer as a digital experience and now offered live in the park, *Grand Park’s Easy Mornings* provides Angelenos with opportunities to focus on deepening relationships with self, community and green space. The free three-hour program will take place in Grand Park from 10:00 a.m.–1:00 p.m. on September 4, September 11, September 18 and September 25, 2021.

Grand Park’s Easy Mornings is a public platform promoting arts and culture, educational and creative programs and community health. Each week will feature a mixture of different activities, including arts-based workshops, wellness and dance workshops, public art and live DJ entertainment. Grand Park’s favorite food trucks and *vendedores* will offer food and beverages for purchase; on-site picnicking is encouraged. Activities in Grand Park take place between Grand Avenue and Hill Street.

Guests must wear face coverings when entering performance, dancing and other communal areas during outdoor events in Grand Park; these areas will delineate where crowds could form in public spaces.

WHEN:

Saturdays, September 4, 11, 18 and 25, from 10:00 a.m. –1:00 p.m. (*Event schedule on page 3*)

WHERE:

Grand Park (from Grand Avenue to Hill Street)
 200 N. Grand Avenue
 Los Angeles, CA 90012

COMMUNITY PARTNERS:

[The Broad](#)

The Broad will present an in-person art making workshop for families utilizing paper, color pencils and markers. To support *Easy Mornings’* themes of community and reclaiming public space, this

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workshop will focus on drawing a “Day on Grand.” Using images of The Broad, Grand Park and other neighboring buildings as inspiration families will make a postcard featuring the sites on Grand Avenue. Facilitators will encourage families to write their postcards to loved ones to share their experience of being out in the community. Participants will be given Complimentary Passes to visit The Broad. *Dates: September 4th, 11th, 18th, 25th*

[Chinese American Museum \(CAM\)](#)

The Chinese American Museum designed a 25-minute lantern-making workshop as an education activity. This workshop allows children and families to further understand the meaning of a lantern and learn about Chinese culture. CAM will offer two different styles of paper lanterns during this workshop. Lanterns are very symbolic in the Chinese culture, as they represent a “lighting of the way,” literally and metaphorically. *Dates: September 11th and 25th*

[The dA Center for the Arts](#)

The dA Center for the Arts in Pomona will offer four interactive workshops in Grand Park to help educate about and provide opportunities for participants to experience and appreciate the arts. Each Saturday will focus on a different art medium with family-learning arts-based activities exploring print and zine making, art patterns, dance and music. *Dates: September 4th, 11th, 18th, 25th*

L.A. Native Flower Crafts by [Danny Gonzalez](#)

Local artist Danny Gonzalez will teach kids and adults to more easily identify the local and native flowers of L.A. through a fun craft workshop making tissue paper flowers; craft materials will be available on-site. Local native plants are essential to helping L.A. fight the drought as they are more suited to surviving in dry weather. Through this workshop, the community will be able to identify at least one local flower and understand how these plants are better for the community's eco system. *Dates: September 11th, 18th, 25th*

[Lancaster Museum of Art and History \(MOAH\)](#)

The Lancaster Museum of Art and History will offer three different workshops to help ignite the appreciation of art. Participants will be invited to create two “Collage Magnets” (9/4) using a few simple provided supplies that will add pep to any locker or refrigerator. Inspired by MOAH's upcoming Structure exhibition (opening October 2nd), “Wacky Sculpture” allows for total spontaneity using mess-free supplies such as chenille stems, foam shapes, beads and paper straws that participants can use to create a sculpture as high or wide as their creativity takes them. This project is designed to be sensory-friendly and fun for the whole family (9/18). The final MOAH workshop will empower participants to use a variety of fluorescent paper, tape, chenille stems, plastic and clay beads, and yarn to create a one-of-a-kind Neon Mobile (9/25). *Dates: September 4th, 18th, 25th*

Live Music by DJ Maurice de la Falaise

Easy-going beats create a soundtrack for a beautiful and relaxing summer morning at the park with DJ Maurice. *Dates: September 4th and 18th*

Grand Park's “Meet Me at the Park”

Fans of all ages can take advantage of the calming aspects of coloring as a tool to melt away stress, anxiety or negative thoughts. Coloring sheets designed by [GURL Museum Day's](#) Diane Lindquist will include iconic Grand Park features such as the fountain and pink benches; coloring pencils will

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be provided for participants. Guests will also be able to decorate their own Grand Park paper-hand fan to take home with them. *Dates: September 4th, 11th, 18th, 25th*

No Easy Props Presents Healing through Hip-Hop Dance

Celebrating the culture of Hip-Hop street dance, music and art, the No Easy Props corner will promote healing from trauma with activities to get participants' bodies and minds moving. Guests will learn meditational moves and understand the emotional character and motivations behind popular dancing styles such as breaking, waving, ticking, the funky robot and freestyle. *Dates: September 11th and 25th*

Sábados Animados presented by El Cine and Bob Baker Marionette Theatre

Sábados Animados gathers families around animation education with a mixtape of multicultural cartoons and nostalgic commercials, created by El Cine's founding members Simon Oré Molina and James Fino. For *Grand Park's Easy Mornings*, Sábados Animados mixtapes will explore the themes of family and friendship. *Dates: September 4th, 11th, 18th, 25th*

Vaccine Mobile Clinic

In partnership with the Los Angeles County Department of Public Health and Veritas, *Grand Park's Easy Mornings* will host a mobile vaccine clinic on Saturday mornings. The Pfizer COVID-19 vaccine is free to all eligible persons, ages 12 and older. Immigration status and insurance are not required. Medical information is protected by law. *Dates: September 4th, 11th, 18th, 25th*

Wellness corner with Courtney Seiberling

Led by beloved Grand Park yogi Courtney Seiberling, the wellness corner will offer 10 minute sessions every 30 minutes during *Grand Park's Easy Mornings*. The sessions will help settle the mind with guided meditation, relieve stress through gentle movement and help connect to one's peace of mind by focusing on breath and heart work. *Dates: September 11th, 18th, 25th*

MORE INFO: For updated information, visit grandparkla.org. **Artists and performances are subject to change.*

EVENT SCHEDULE:

September 4, 2021	September 11, 2021	September 18, 2021	September 25, 2021
The Broad	The Broad	The Broad	The Broad
CAM lantern workshop			CAM lantern workshop
dA Center for the Arts	dA Center for the Arts	dA Center for the Arts	dA Center for the Arts
	L.A. Native Flower Workshop	L.A. Native Flower Workshop	L.A. Native Flower Workshop
Live DJ music		Live DJ music	
Meet Me at the Park	Meet Me at the Park	Meet Me at the Park	Meet Me at the Park
MOAH art workshop		MOAH art workshop	MOAH art workshop
	No Easy Props corner		No Easy Props corner
Sábados Animados	Sábados Animados	Sábados Animados	Sábados Animados
Vaccine clinic	Vaccine clinic	Vaccine clinic	Vaccine clinic
	Wellness corner	Wellness corner	Wellness corner