



EL MONTE

NOVEMBER

2023

Community Resource Center

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.		CENTER SERVICES Member Services Enrollment Services* • Medi-cal, MediCare, Covered California, & Calfresh New Member Orientation *Contact Center for Availability of Services ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!		1 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Kids Creative Art Class 2:30 p.m. - 3:30 p.m. Grief, Loss, And Resilience 4 p.m. - 5 p.m Eng. & Spa. Homework Help 4 p.m. - 5 p.m.		2 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Managing Hypertension 10 a.m. - 11: 30 a.m. Mandarin Support Group w/ Department of Mental Health 2:30 p.m. - 4:30 p.m. Spa. Homework Help 3:30 p.m. - 4:30 p.m		3 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa.. Healthy Cooking Class 10 a.m. - 12 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Family Salsa Dance Aerobics 4 p.m. - 5 p.m.		4  CENTER CLOSED	
6 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa.. Diabetes Basics 10 a.m. -11 a.m. Eng.& Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Books R Us 3 p.m. - 4 p.m Homework Help 4 p.m.- 5 p.m		7 Member Services 9 - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Kids Think & Grow 3 p.m. - 4 p.m. Homework Help 4 p.m.- 5 p.m		8 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Cal-Fresh Enrollment 9 a.m - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Kids Creative Art Class 2:30 p.m.- 3:30 p.m. Homework Help 4 p.m. - 5 p.m		9 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Support Group w/ Department of Mental Health 2:30 p.m. - 4:30 p.m. Spa. Homework Help 3:30 p.m. - 4:30 p.m		10  VETERAN'S DAY CENTER CLOSED		11  CENTER CLOSED	
13 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa. Diabetes Basics 10 a.m. -11 a.m. Eng.& Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Books R Us 3 p.m. - 4 p.m Homework Help 4 p.m.- 5 p.m		14 Member Services 9 - 4 p.m. Enrollment Services 9 a.m - 4 p.m. . CPR & First Aid 1 p.m. - 4 p.m. Spa. (14 yrs & Older) Freecprla.com Kids Think & Grow 3 p.m. - 4 p.m Homework Help 4 p.m. - 5 p.m		15 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m Kids Creative Art Class 2:30 p.m. - 3:30 p.m Homework Help 4 p.m. - 5 p.m.		16 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Healthy Eating Resource Fair (Get a \$20 Dollar Gift Card While Supplies Last!) 1 p.m. - 4 p.m. Support Group w/ Department of Mental Health 2:30 p.m. -4:30 p.m. Spa.		17 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa.. Healthy Cooking Class 10 a.m. - 12 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Family Salsa Dance Aerobics 4 p.m. - 5 p.m.		18  CENTER CLOSED	
20 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa. Vision Day 10 a.m. - 4 p.m (Free vision screenings for kids ages 5 -18 yrs old) Diabetes Basics 10 a.m. - 11 a.m. Eng.& Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Books R Us 3 p.m. - 4 p.		21 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. CPR & First Aid 1 p.m. - 4 p.m. Eng. (14 yrs & Older) Freecprla.com Kids Think & Grow 3 p.m. - 4 p.m Homework Help 4 p.m. - 5 p.m		22 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Cal-Fresh Enrollment 9 a.m - 4 p.m. Physical Fitness 9 a.m. - 10 a.m...		23 24  CENTER CLOSED		25  CENTER CLOSED			
27 Member Services 9 a.m - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa. Diabetes Basics 10 a.m -11 a.m. Eng. & Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Books R Us 3 p.m. - 4 p.m Homework Help 4 p.m. - 5 p.m cc		28 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. CPR & First Aid Virtual 1 p.m. - 4 p.m. Eng. (14 yrs & Older) Freecprla.com Kids Think & Grow 3 p.m. - 4 p.m Homework Help 4 p.m. - 5 p.m		29 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Cal-Fresh Enrollment 9 a.m - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Kids Creative Art Class 2:30 p.m. - 3:30 p.m. Grief, Loss, And Resilience 3 p.m. - 4:30 p.m Chinese Homework Help 4 p.m. - 5 p.m		30 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 10 a.m. - 11 a.m Tobacco Cessation 10 a.m. - 11:30 a.m Mandarin Support Group w/ Department of Mental Health 2:30 p.m. - 4:30 p.m. Spa. Homework Help 3:30 p.m. - 4:30 p.m		 CRC Website			

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

BE ACTIVE,

HEALTHY & INFORMED



3570 Santa Anita Ave.

El Monte, CA 91731



CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.

Saturday: CLOSED



213-428-1495

CommunityResourceCenterLA.org



EL MONTE

NOVIEMBRE

2023

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete. GRIS Virtual. Porfavor llame al centro para registrarse.	SERVICIOS DEL CENTRO Servicios a los Miembros Servicios de Inscripción* Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Clase de Arte Creativo para Niños 2:30 p.m. - 3:30 p.m. Dolor, Pérdida y Resiliencia 4 p.m- 5 p.m Esp. y Ing. Ayuda con Tarea 4 a.m. - 5 p.m	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 10 a.m. - 11 a.m. Manejo de La Hipertensión 10 a.m. - 11:30 a.m. Mandarin Grupo de Apoyo con El Departamento de Salud Mental 2:30 p.m. - 4:30 p.m. Esp. Ayuda con Tarea 3:30 p.m. - 4:30 p.m.	Servicios para Miembros 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Cocina Saludable 10 a.m. - 12 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico Familiar 4 p.m. - 5 p.m	CENTRO CERRADO
Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Conceptos Básicos de la Diabetes 10 a.m. - 11 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 a.m. - 12 p.m. Esp. y Ing. Clase de Libros R Us 3 p.m. - 4 p.m Ayuda con Tarea 4 p.m. - 5 p.m.	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Clase de Aprendizaje y Crecimiento para Niños 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m.	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Clase de Arte Creativo para Niños 2:30 p.m. - 3:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Ayuda con Tarea 4 p.m. - 5 p.m.	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 10 a.m. - 11 a.m. Grupo de Apoyo con El Departamento de Salud Mental 2:30 p.m. - 4:30 p.m. Esp. Ayuda con Tarea 3:30 p.m. - 4:30 p.m.	DÍA DE LOS VETERANOS CENTRO CERRADO	CENTRO CERRADO
Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Conceptos Básicos de la Diabetes 10 a.m. - 11 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 a.m. - 12 p.m. Esp. y Ing. Clase de Libros R Us 3 p.m. - 4 p.m Ayuda con Tarea 4 p.m. - 5 p.m.	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. RCP y Primeros Auxilios 1 p.m. - 4 p.m. Esp. (14 años y mas) freecprla.com Clase de Aprendizaje y Crecimiento para Niños 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m.	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m - 10 a.m. Clase de Arte Creativo para Niños 2:30 p.m.- 3:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Ayuda con Tarea 4 p.m. - 5 p.m.	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 10 a.m. - 11 a.m. Feria de Recursos Sobre Alimentación Saludable (Obtenga Una Tarjeta de Regalo de \$20 Dolares Hasta Agotar Existencia!) 1 p.m. - 4 p.m. Grupo de Apoyo con El Departamento de Salud Mental 2:30 p.m. - 4:30 p.m. Esp.	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Cocina Saludable 10 a.m. - 12 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico Familiar 4 p.m. - 5 p.m	CENTRO CERRADO
Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Día de la Visión (Exámenes de visión gratuitos para niños de 5 a 18 años) Conceptos Básicos de la Diabetes 10 a.m. - 11 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 a.m. - 12 p.m. Esp.y Ing. Clase de Libros R Us 3 p.m. - 4 p.m.	Servicio para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Viviendo Más Saludable 10 a.m. - 12:30 p.m. Esp. RCP y Primeros Auxilios 1 p.m. - 4 p.m. Ing. (14 años y mas) freecprla.com Clase de Aprendizaje y Crecimiento para Niños 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m	servicio para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m.	CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO
Servicio para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Conceptos Básicos de la Diabetes 10 a.m. - 11 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 a.m. - 12 p.m. Esp. y Ing. Clase de Libros R Us 3 p.m - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m.	Servicio para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. RCP y Primeros Auxilios Virtual 1 p.m. - 4 p.m. Ing. (14 años y mas) freecprla.com Clase de Aprendizaje y Crecimiento para Niños 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m.	Servicio para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Clase de Arte Creativo para Niños 2:30 p.m. - 3:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Dolor, Pérdida y Resiliencia 3 p.m. - 4:30 p.m Chino Ayuda con Tarea 4 p.m. - 5 p.m.	Servicio para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 10 a.m. - 11 a.m. Dejar de Fumar 10 a.m. - 11:30 a.m. Mandarin Grupo de Apoyo con El Departamento de Salud Mental 2:30 p.m. - 4:30 p.m. Esp. Ayuda con Tarea 3:30 - 4:30 p.m.	CRC Sitio de Web	CENTRO CERRADO

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,

SALUDABLE E INFORMADO



3570 Santa Anita Ave.

El Monte, CA 91731



HORARIO DEL CENTRO:

Lunes a Viernes: 9 a.m. - 5 p.m.

Sábado: Cerrado



213-428-1495

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