



METRO L.A.

NOVEMBER

2023

Community Resource Center

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				1 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Spanish - CommUNITY Wellness Healthy Families (7 of 8) 4:30 p.m. - 6:30 p.m.		2 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 p.m. - 1:20 p.m. Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Healthy Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.		3 Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.		4 	
6 English - CPR & First Aid (14+) 2:00 p.m. - 5:00 p.m. Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m.		7 Gentle Yoga 9:15 a.m. - 10:15 a.m. English - Chronic Disease Self-Management Class (1 of 6) 10:00 a.m. - 12:30 p.m. Family Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (2 of 4) 2:15 p.m. - 3:30 p.m. Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.		8 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.		9 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Healthy Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.		10 		11 	
13 Spanish - CPR & First Aid (14+) 2:00 p.m. - 5:00 p.m. Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m.		14 Gentle Yoga 9:15 a.m. - 10:15 a.m. English - Chronic Disease Self-Management Class (2 of 6) 10:00 a.m. - 12:30 p.m. Family Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (2 of 4) 2:15 p.m. - 3:30 p.m. Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.		15 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Spanish - CommUNITY Wellness Healthy Families (8 of 8) 4:30 p.m. - 6:30 p.m.		16 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 p.m. - 1:20 p.m. Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Healthy Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.		17 Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m. Autumn Crafts for Kids 3:00 p.m. - 5:00 p.m.		18 	
20 Eye Exams and Screenings - Vision to Learn Event (5-18) 10:00 a.m. - 4:00 p.m. Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.		21 Gentle Yoga 9:15 a.m. - 10:15 a.m. Family Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (4 of 4) 2:15 p.m. - 3:30 p.m. Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.		22 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.		23 		24 			
27 Healthy Eating Resource Fair 10:00 a.m. *Receive a \$20 Gift Card, while supplies last Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m.		28 Gentle Yoga 9:15 a.m. - 10:15 a.m. English - Chronic Disease Self-Management Class (3 of 6) 10:00 a.m. - 12:30 p.m. Family Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (2 of 4) 2:15 p.m. - 3:30 p.m. Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.		29 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Tenant Rights Legal Clinic 4:30 p.m. - 7:00 p.m.		30 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 p.m. - 1:20 p.m. Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Healthy Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.		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!	

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



1233 S. Western Ave.

Los Angeles, CA 90006



CENTER HOURS:

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

Saturday: CLOSED



213.428.1457

CommunityResourceCenterLA.org



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2023

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web		1 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30p.m. - 1:30 p.m. Español - CommUNITY Wellness Familias Saludables (7 de 8) 4:30 p.m. - 6:30 p.m.	2 Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m.-4:30 p.m. Inglés - Cocina Saludable para Niños (5-13) 3:30 p.m. - 4:30 p.m.	3 Servicios de Inscripción para Medi-Cal y Covered CA 9:00 a.m. - 5:00 p.m. Servicio para Miembros 9:00 a.m. - 4:00 p.m. Orientación para Miembros de L.A. Care 10:00 a.m. - 4:00 p.m.	4  CENTRO CERRADO
6 Inglés - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m. Servicios de Inscripción para Medi-Cal y Covered CA 9:00 a.m. - 5:00 p.m. Servicio para Miembros 9:00 a.m. - 4:00 p.m.	7 Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga para Familias 10:30 a.m. - 11:30 a.m. Inglés - Clase de Autocontrol de Enfermedades Crónicas (1 de 6) 10:00 a.m. - 12:30 p.m. Español - Vivir Bien con Diabetes (2 de 4) 2:15 p.m. - 3:30 p.m. Ayuda con la Tarea (K - 8th) 3:30 p.m. - 5:00 p.m.	8 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30p.m. - 1:30 p.m.	9 Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m.-4:30 p.m. Inglés - Cocina Saludable para Niños (5-13) 3:30 p.m. - 4:30 p.m.	10 DÍA DE LOS VETERANOS  CENTRO CERRADO	11  CENTRO CERRADO
13 Español - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m. Servicios de Inscripción para Medi-Cal y Covered CA 9:00 a.m. - 5:00 p.m. Servicio para Miembros 9:00 a.m. - 4:00 p.m.	14 Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga para Familias 10:30 a.m. - 11:30 a.m. Inglés - Clase de Autocontrol de Enfermedades Crónicas (2 de 6) 10:00 a.m. - 12:30 p.m. Español - Vivir Bien con Diabetes (2 de 4) 2:15 p.m. - 3:30 p.m. Ayuda con la Tarea (K - 8th) 3:30 p.m. - 5:00 p.m.	15 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30p.m. - 1:30 p.m. Español - CommUNITY Wellness Familias Saludables (8 de 8) 4:30 p.m. - 6:30 p.m.	16 Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m.-4:30 p.m. Inglés - Cocina Saludable para Niños (5-13) 3:30 p.m. - 4:30 p.m.	17 Servicios de Inscripción para Medi-Cal y Covered CA 9:00 a.m. - 5:00 p.m. Servicio para Miembros 9:00 a.m. - 4:00 p.m. Orientación para Miembros de L.A. Care 10:00 a.m. - 4:00 p.m. Manualidades de Otoño para Niños 3:00 p.m. - 5:00 p.m.	18  CENTRO CERRADO
20 Pruebas de la Vista y Exámenes de Ojo - Evento de Vision to Learn (5-18) 10:00 a.m. - 4:00 p.m. Servicios de Inscripción para Medi-Cal y Covered CA 9:00 a.m. - 5:00 p.m. Servicio para Miembros 9:00 a.m. - 4:00 p.m. Orientación para Miembros de L.A. Care 10:00 a.m. - 4:00 p.m.	21 Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga para Familias 10:30 a.m. - 11:30 a.m. Español - Vivir Bien con Diabetes (4 de 4) 2:15 p.m. - 3:30 p.m. Ayuda con la Tarea (K - 8th) 3:30 p.m. - 5:00 p.m.	22 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30p.m. - 1:30 p.m.	23  CENTRO CERRADO	24	25  CENTRO CERRADO
27 Feria de Recursos de Alimentos Saludable 10:00 a.m.*Reciba una tarjeta de regalo de \$20, hasta agotar existencias Servicios de Inscripción para Medi-Cal y Covered CA 9:00 a.m. - 5:00 p.m. Servicio para Miembros 9:00 a.m. - 4:00 p.m.	28 Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga para Familias 10:30 a.m. - 11:30 a.m. Inglés - Clase de Autocontrol de Enfermedades Crónicas (3 de 6) 10:00 a.m. - 12:30 p.m. Español - Vivir Bien con Diabetes (2 de 4) 2:15 p.m. - 3:30 p.m. Ayuda con la Tarea (K - 8th) 3:30 p.m. - 5:00 p.m.	29 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30p.m. - 1:30 p.m. Clinica Legal de Derechos del Inquilino 4:30 p.m. - 7:00 p.m.	30 Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m.-4:30 p.m. Inglés - Cocina Saludable para Niños (5-13) 3:30 p.m. - 4:30 p.m.	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 *Comuniquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!

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



1233 S. Western Ave.

Los Angeles, CA 90006



HORARIO DEL CENTRO:

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

Sábado: Cerrado



213.428.1457

CommunityResourceCenterLA.org