




WILMINGTON NOVEMBER 2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CENTER SERVICES</p> <ul style="list-style-type: none"> Member Services Enrollment Services* <ul style="list-style-type: none"> Medi-cal, MediCare, Covered California, & CalFresh New Member Orientation <p>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	<p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p>	<p>Tone Fitness Class 1 9 - 10 a.m.</p> <p>Google Tech 10:30 a.m. - 12:30 p.m.</p> <p>Wellbeing and Stress 101 (Span.) 12 - 2 p.m.</p> <p>CPR & First Aid freecprla.com 2 - 5 p.m. (Eng.)</p> <p>Homework Help 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Cardio Mix 2 9 - 10 a.m.</p> <p>ESL 9:30 - 11:30 a.m.</p> <p>Mind Matters 12 - 1 p.m.</p> <p>Healthy Eating 1:30, 2:30, 3:30 p.m.</p> <p>Yoga 3:30 - 4:30 p.m.</p> <p>Turkey Wind Chimes 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Cardio Dance Class 3 9 - 10 a.m.</p> <p>Stretch Class 10 - 11 a.m.</p> <p>Yoga 11:15 a.m. - 12:15 p.m.</p> <p>Salads & Juicing 101 1 - 2 p.m.</p> <p>Social Hour (Succulent Center Piece) 1:15 - 3:15</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>CENTER CLOSED</p>
<p>Kickboxing 6 9 - 10 a.m.</p> <p>Health Advocates SSI/SSDI Assistance 10 a.m. - 12 p.m.</p> <p>Baby and Me 10:30 - 11:30 a.m.</p> <p>Mental Health (Eng.) 11:30 a.m. - 12:30 p.m.</p> <p>Healthy Cooking 2 - 3:15 p.m.</p> <p>Circuit Training 3:30 - 4:30 p.m.</p> <p>Pumpkin Spice Play-doh 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Step Exercise 7 9 - 10 a.m.</p> <p>Chair Yoga 11:30 a.m. - 12:30 p.m.</p> <p>Healthy Resource Fair 1 p.m. - While supplies last Receive a \$20 Gift card</p> <p>Kids Healthy Cooking 3:30 - 5 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Tone Fitness Class 8 9 - 10 a.m.</p> <p>Google Tech 10:30 a.m. - 12:30 p.m.</p> <p>Bullying Prevention (Span.) 12 - 2 p.m.</p> <p>Homework Help 3:30 - 4:30 p.m.</p> <p>Colorectal 101 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Cardio Mix 9 9 - 10 a.m.</p> <p>ESL 9:30 - 11:30 a.m.</p> <p>Mind Matters 12 - 1 p.m.</p> <p>Diabetes Eat Right 1:30, 2:30, 3:30 p.m.</p> <p>Yoga 3:30 - 4:30 p.m.</p> <p>Toddler Time 3 - 3:45 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>VETERAN'S DAY</p> <p>CENTER CLOSED</p>	<p>CENTER CLOSED</p>
<p>Kickboxing 13 9 - 10 a.m.</p> <p>Baby and Me 10:30 - 11:30 a.m.</p> <p>Healthy Cooking 2 - 3:15 p.m.</p> <p>Circuit Training 3:30 - 4:30 p.m.</p> <p>Thanksgiving Painting 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Step Exercise 14 9 - 10 a.m.</p> <p>Chair Yoga 11:30 a.m. - 12:30 p.m.</p> <p>Kids Healthy Cooking 3:30 - 5 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Tone Fitness Class 15 9 - 10 a.m.</p> <p>Google Tech 10:30 a.m. - 12:30 p.m.</p> <p>Mental Health (Span.) 12 - 2 p.m.</p> <p>CPR & First Aid freecprla.com 2 - 5 p.m. (Span.)</p> <p>Homework Help 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Cardio Mix 16 9 - 10 a.m.</p> <p>ESL 9:30 - 11:30 a.m.</p> <p>Mind Matters 12 - 1 p.m.</p> <p>Operation Turkey Center Closed 1 - 4 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 12 p.m.</p>	<p>Cardio Dance Class 17 9 - 10 a.m.</p> <p>Stretch Class 10 - 11 a.m.</p> <p>Regional Community Advisory Committee Meeting 10:30 a.m. - 1 p.m.</p> <p>Yoga 11:15 a.m. - 12:15 p.m.</p> <p>Salads & Juicing 101 1 - 2 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>CENTER CLOSED</p>
<p>Kickboxing 20 9 - 10 a.m.</p> <p>Health Advocates SSI/SSDI Assistance 10 a.m. - 12 p.m.</p> <p>Baby and Me 10:30 - 11:30 a.m.</p> <p>Depression 101 (Eng.) 11:30 a.m. - 12:30 p.m.</p> <p>Healthy Cooking 2 - 3:15 p.m.</p> <p>Stuffed Turkey Piñata 2 - 3:15 p.m.</p> <p>Circuit Training 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Step Exercise 21 9 - 10 a.m.</p> <p>Family Yoga 10:30 - 11:15 a.m.</p> <p>Chair Yoga 11:30 a.m. - 12:30 p.m.</p> <p>Family Fitness 1 - 2 p.m.</p> <p>Kids Dental Screenings 2 - 3:30 p.m.</p> <p>Kids Healthy Cooking 3:30 - 5 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Tone Fitness Class 22 9 - 10 a.m.</p> <p>Motivation Bracelets 10:30 - 11:30 a.m.</p> <p>Google Tech 10:30 a.m. - 12:30 p.m.</p> <p>Game Day 2 - 4 p.m.</p> <p>Asthma 101 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>CENTER CLOSED</p>		<p>CENTER CLOSED</p>
<p>Kickboxing 27 9 - 10 a.m.</p> <p>Baby and Me 10:30 - 11:30 a.m.</p> <p>Healthy Cooking 2 - 3:15 p.m.</p> <p>Red Apple Slime 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Step Exercise 28 9 - 10 a.m.</p> <p>Chair Yoga 11:30 a.m. - 12:30 p.m.</p> <p>Kids Healthy Cooking 3:30 - 5 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Tone Fitness Class 29 9 - 10 a.m.</p> <p>Google Tech 10:30 a.m. - 12:30 p.m.</p> <p>Depression 101 (Span.) 12 - 2 p.m.</p> <p>Homework Help 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p>Cardio Mix 30 9 - 10 a.m.</p> <p>ESL 9:30 - 11:30 a.m.</p> <p>Mind Matters 12 - 1 p.m.</p> <p>High Blood Pressure / High Cholesterol Diet 1:30, 2:30, 3:30 p.m.</p> <p>Yoga 3:30 - 4:30 p.m.</p> <p>Autumn Tree 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p>	<p></p> <p>CRC Website</p>	

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**

 911 North Avalon Blvd
Wilmington, CA 90744

 **CENTER HOURS:**
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: **CLOSED**

 213.428.1490
CommunityResourceCenterLA.org



WILMINGTON NOVIEMBRE 2023

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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> Servicios a los miembros Servicios de Inscripción* <ul style="list-style-type: none"> Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <p><small>*Comuníquese con el Centro para disponibilidad de Servicios</small></p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>Las clases en Azul califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en Verde son por cita y registro solamente.</p>	<p>Clase de Tonificación 1 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Bienestar y Estres 101 (Span.) 12 - 2 p.m. RCP/Primeros Auxilios freecprla.com 2 - 5 p.m. (Eng.) Ayuda con la tarea 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m.</p>	<p>Cardio Mix 2 9 - 10 a.m. ESL 9:30 - 11:30 a.m. La Mente Importa 12 - 1 p.m. Come Saludable 101 1:30, 2:30, 3:30 p.m. Yoga 3:30 - 4:30 p.m. Campanas de viento de Pavo 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m.</p>	<p>Baile de Cardio 3 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Hora Social (Centro de mesa succulenta) 1:15-3:15 Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m.</p>	
<p>Kickboxing 6 9 - 10 a.m. Asistencia con SSI/SSDI 10 a.m. - 12 p.m. Babe y Yo 10:30 - 11:30 a.m. Salud Mental (ING.) 11:30 a.m. - 12:30 p.m. Cocina Saludable 2 - 3:15 p.m. Entrenamiento de circuito 3:30 - 4:30 p.m. Play-doh de calabaza y especias 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 am - 4 pm</p>	<p>Ejercicio Step 7 9 - 10 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Feria de Recursos Saludable 1 p.m.- Hasta agotar existencias Reciba una tarjeta de \$20 Niños Cocina Saludable 3:30 - 5 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>Clase de Tonificación 8 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Prevencion del Acoso (Span.) 12 - 2 p.m. Ayuda con la tarea 3:30 - 4:30 p.m. Colorectal 101 3:30 p.m. - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m.</p>	<p>Cardio Mix 9 9 - 10 a.m. ESL 9:30 - 11:30 a.m. La Mente Importa 12 - 1 p.m. Como comer para diabetes 1:30, 2:30, 3:30 p.m. Yoga 3:30 - 4:30 p.m. Tiempo para Niños Pequeños 3 - 3:45 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m.</p>	<p>DÍA DE LOS VETERANOS</p> <p>CENTRO CERRADO</p>	
<p>Kickboxing 13 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Cocina Saludable 2 - 3:15 p.m. Entrenamiento de circuito 3:30 - 4:30 p.m. Pintura de Accion de Gracias 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>Ejercicio Step 14 9 - 10 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>Clase de Tonificación 15 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Bienestar y Estres 101 (Span.) 12 - 2 p.m. RCP/Primeros Auxilios freecprla.com 2 - 5 p.m. (Span.) Ayuda con la tarea 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>Cardio Mix 16 9 - 10 a.m. ESL 9:30 - 11:30 a.m. La Mente Importa 12 - 1 p.m. Operacion Turkey Centro Cerrado 1 - 4 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 12 p.m.</p>	<p>Baile de Cardio 17 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Reunion del Comite Asesor Comunitario Regional 10:30 a.m. - 1 p.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m.</p>	
<p>Kickboxing 20 9 - 10 a.m. Asistencia con SSI/SSDI 10 a.m. - 12 p.m. Babe y Yo 10:30 - 11:30 a.m. Depresion 101 (ING.) 11:30 a.m. - 12:30 p.m. Cocina Saludable 2 - 3:15 p.m. Piñata de Pavo Rellena 2 - 3:15 p.m. Entrenamiento de circuito 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>Ejercicio Step 21 9 - 10 a.m. Yoga Familiar 10:30 - 11:15 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Ejercicio Familiar 1 - 2 p.m. Exámenes Dentales para Niños 2 - 3:30 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>Clase de Tonificación 22 9 - 10 a.m. Pulsera de Motivacion 10:30 - 11:30 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Día de Juegos 2 - 4 p.m. Asma 101 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>23</p> <p>CENTRO CERRADO</p>	<p>24</p>	<p>25</p>
<p>Kickboxing 27 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Cocina Saludable 2 - 3:15 p.m. Slime de Manzana Roja 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>Ejercicio Step 28 9 - 10 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>Clase de Tonificación 29 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Depresion 101 (Span.) 12 - 2 p.m. Ayuda con la tarea 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>	<p>Cardio Mix 30 9 - 10 a.m. ESL 9:30 - 11:30 a.m. La Mente Importa 12 - 1 p.m. Hipertension/ Alta colesterol dieta 1:30, 2:30, 3:30 p.m. Yoga 3:30 - 4:30 p.m. Arbol de Otoño 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m.</p>		<p>CRC Sitio de Web</p>

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**



911 North Avalon Blvd
Wilmington, CA 90744



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: Cerrado



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