



EAST L.A.

DECEMBER

2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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!	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	CRC Website		Sunrise Yoga 9 - 10 a.m. 1 Anger Management In Person 9:30 - 11 a.m. Eng. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Strong by Zumba 1 - 2 p.m.	CENTER CLOSED
Cooking Matters 9 - 10:30 a.m. Spa. 4 Life Skills 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 5 Mommy & Me 9:30 a.m. - 10:30 a.m. Symptoms and Treatments of Depression 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. - 12:30 p.m. Dance Aerobics (Beginner) 12:45 - 1:45 p.m. Zumba Cardio Fusion 4 - 5 p.m.	Arts of Fruits and Vegetables 9 - 10 a.m. Spa. 6 Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. The World of Juicing and Salads 10:15 - 11:15 a.m. Spa. Zumba 11:30 a.m. - 12:30 p.m. Pilates 12:45 - 1:45 p.m. Healthy Holiday Meal Planning for Your Family 4 - 5:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Baby Item Distribution 10 a.m. - while supplies last 7 Blood Pressure Class [5 of 6] 1- 3 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Sunrise Yoga 9 - 10 a.m. 8 Anger Management Virtual 9:30 - 11 a.m. Eng. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Strong by Zumba 1 - 2 p.m.	CENTER CLOSED
Cooking Matters 9 - 10:30 a.m. Spa. 11 Life Skills 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: Grinch Wind Chime 4 - 5 p.m.	CENTER CLOSED	Arts of Fruits and Vegetables 9 - 10 a.m. Spa. 13 Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. The World of Juicing and Salads 10:15 - 11:15 a.m. Spa. Zumba 11:30 a.m. - 12:30 p.m. Pilates 12:45 - 1:45 p.m. Adult Art Workshop: Self-care Acrylic Painting 3:30 - 5:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	CPR & First Aid 10 a.m. - 1 p.m. Eng. 14 Blood Pressure Class [6 of 6] 1- 3 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Sunrise Yoga 9 - 10 a.m. 15 Anger Management Virtual 9:30 - 11 a.m. Eng. Diabetes Education 11 a.m. - 12 p.m. Eng. Nutrition and You 12 - 1 p.m. Spa. Strong by Zumba 1 - 2 p.m.	CENTER CLOSED
Cooking Matters 9 - 10:30 a.m. Spa. 18 Life Skills 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Sunset Yoga 4 - 5 p.m.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 19 Mommy & Me 9:30 a.m. - 10:30 a.m. Awareness, Treatment and Recovery of Anxiety 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. - 12:30 p.m. Dance Aerobics (Beginner) 12:45 - 1:45 p.m. Zumba Cardio Fusion 4 - 5 p.m.	Arts of Fruits and Vegetables & The World of Juicing and Salads Graduation 9 a.m.- 12:15 p.m. Spa. 20 Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Pilates 12:45 - 1:45 p.m. Holiday Resource Fair 2:30 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Food Pantry 10 a.m. - while supplies last 21 CPR & First Aid 10 a.m. - 1 p.m. Spa. Center Closes at 1 p.m.	CENTER CLOSED	CENTER CLOSED
CENTER CLOSED	CENTER CLOSED CENTRO CERRADO				CENTER CLOSED

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



4801 Whittier Blvd

Los Angeles, CA 90022



CENTER HOURS:

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

Saturday: CLOSED



213.438.5570

CommunityResourceCenterLA.org



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DECIEMBRE

2023

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
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!	La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.	CRC Sitio de Web		Sunrise Yoga 9 - 10 a.m. 1 Clase de Manejo de la Ira en Persona 9:30 - 11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Esp. Nutritión and Tú 12 - 1 p.m. Esp. Strong by Zumba 1 - 2 p.m.	CENTRO CERRADO
Cocinado Saludable 9 - 10:30 a.m. Esp. 4 Habilidades Para la Vida 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. 5 Mami y Yo 9:30 a.m. - 10:30 a.m. Síntomas y Tratamientos de la Depresión 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11:30 a.m. - 12:30 p.m. Baile Aeróbico (Principiante) 12:45 - 1:45 p.m. Zumba Cardio Fusion 4 - 5 p.m.	El Arte de Las Frutas Vegetales 9 - 10 a.m. Esp. 6 Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. El Mundo de Jugos y Ensaladas 10:15 - 11:15 a.m. Esp. Zumba 11:30 a.m. - 12:30 p.m. Pilates 12:45 - 1:45 p.m. Planificación de Comidas Saludables para su Familia en los Días Festivos 4 - 5:30 p.m Cultivando Familias Virtual 4 - 6 p.m. Ing.	Distribución de Productos Para Bebés 10 a.m. - hasta agoto 7 Clase de Presión Arterial [5 de 6] 1- 3 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Sunrise Yoga 9 - 10 a.m. 8 Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Esp. Nutritión and Tú 12 - 1 p.m. Esp. Strong by Zumba 1 - 2 p.m.	CENTRO CERRADO
Cocinado Saludable 9 - 10:30 a.m. Esp. 11 Habilidades Para la Vida 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Club de Arte Para Niños: Decoracion de Grinch 4 - 5 p.m.	CENTRO CERRADO	El Arte de Las Frutas y Vegetales 9 - 10 a.m. Esp. 13 Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. El Mundo de Jugos y Ensaladas 10:15 - 11:15 a.m. Esp. Zumba 11:30 a.m. - 12:30 p.m. Pilates 12:45 - 1:45 p.m. Taller de Arte Para Adultos: Pintura Acrílica 3:30 - 5:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	RCP y Primeros Auxilios 10 a.m. - 1 p.m. Ing. 14 Clase de Presión Arterial [6 de 6] 1- 3 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Sunrise Yoga 9 - 10 a.m. 15 Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Ing. Nutritión and Tú 12 - 1 p.m. Esp. Strong by Zumba 1 - 2 p.m.	CENTRO CERRADO
Cocinado Saludable 9 - 10:30 a.m. Esp. 18 Habilidades Para la Vida 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Sunset Yoga 4 - 5 p.m.	Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. 19 Mami y Yo 9:30 a.m. - 10:30 a.m. Concienciación, Tratamiento y Recuperación de la Ansiedad 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11:30 a.m. - 12:30 p.m. Baile Aeróbico (Principiante) 12:45 - 1:45 p.m. Zumba Cardio Fusion 4 - 5 p.m.	Graduacion de El Arte de Las Frutas y Vegetales y de El Mundo de Jugos y Ensaladas 9 a.m.- 12:15 p.m. Esp. 20 Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Pilates 12:45 - 1:45 p.m. Feria de Recursos para los Días Festivos 2:30 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Despensa de Alimentos 10 a.m. - hasta agoto 21 RCP y Primeros Auxilios 10 a.m. - 1 p.m. Esp. Centro Cierra a la 1 p.m.	CENTRO CERRADO	CENTRO CERRADO
CENTRO CERRADO	CENTER CLOSED CENTRO CERRADO			CENTRO CERRADO	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



4801 Whittier Blvd

Los Angeles, CA 90022



HORARIO DEL CENTRO:

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

Sábado: Cerrado



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