



PALMDALE
DECEMBER
2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC Website	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.	FREE Birthday Surprise! Come during your birthday month and get a FREE Birthday Box. Ages 4 - 17, *children must be present.	My Health LA Enrollment 9 a.m. - 5 p.m. CPR/First Aid (Ages 14+) Register at freecprla.com 9 a.m. - 12 p.m. Eng. Zumba Step 4 - 5 p.m.	 CENTER CLOSED
CalFresh Enrollments 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 4 - 5 p.m.	Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Folklorico Dance Class - Ages 4+ 3 - 4 p.m. Zumba Step 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Understanding the Impact of Addiction on Mental Well-being 10:30 a.m. - 12 p.m. Spa. Boot Camp 4 - 5 p.m.	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Community Pantry (Limited to the first 100 people, line starts at 12 p.m.) 1:30 p.m. Zumba 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 2 p.m. CPR/First Aid (Ages 14+) Register at freecprla.com 9 a.m. - 12 p.m. Spa. Zumba Step 4 - 5 p.m.	 CENTER CLOSED
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Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Vision Day - Ages 4 - 18 10 a.m. - 4 p.m. Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Folklorico Dance Class Ages 4+ 3 - 4 p.m. Zumba Step 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Understanding Anxiety and Developing Resilience 10:30 a.m. - 12 p.m. Spa. Paint Your Own Snowflake (Open to 60 People) 2 - 3:30 p.m. Boot Camp 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 1 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Center Closed for Team Meeting 1 - 5 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



2072 E. Palmdale Blvd.
Palmdale, CA 93550



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



213.438.5580
CommunityResourceCenterLA.org



PALMDALE

DICIEMBRE

2023

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	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!	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.	¡Regalo de Cumpleaños GRATIS! Ven durante el mes de tu cumpleaños y obtén obsequios gratis. Para niños de 4 a 17 años, *niños deben estar presentes.	Inscripciones de My Health LA 9 a.m. - 5 p.m. RCP / Primeros Auxilios Registrarse en freecprla.com (Edades 14+) 9 a.m. - 12 p.m. Ing. Pasos De Zumba 4 - 5 p.m.	 CENTRO CERRADO
Inscripciones CalFresh 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 4 - 5 p.m.	Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Clase de Danza Folklórico - Edades 4+ 3 - 4 p.m. Pasos De Zumba 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Talleres: Entendiendo el Impacto de la Adicción en el Bienestar Mental 10:30 a.m. - 12 p.m. Esp. Boot Camp 4 - 5 p.m.	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Despensa Comunitaria (Limitado para los primeros 100, la fila comienza a las 12 p.m.) 1:30 p.m. Zumba 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 2 p.m. RCP / Primeros Auxilios Registrarse en freecprla.com (Edades 14+) 9 a.m. - 12 p.m. Esp. Pasos De Zumba 4 - 5 p.m.	 CENTRO CERRADO
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Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Día de la Visión: Edades 4 a 18 10 a.m. - 4 p.m. Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Clase de Danza Folklórico - Edades 4+ 3 - 4 p.m. Pasos De Zumba 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Talleres: Prevencion del Abuso Infantil 10:30 a.m. - 12 p.m. Esp. Pinta tu Propio Copo de Nieve (Abierto a 60 Personas) 2 - 3:30 p.m. Boot Camp 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 1 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Centro Cerrado para Reunión de Equipo 1 - 5 p.m.	 CENTRO CERRADO	 CENTRO CERRADO
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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



2072 E. Palmdale Blvd.
Palmdale, CA 93550



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



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