



METRO L.A.
APRIL
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>CÉSAR CHÁVEZ DAY</p> <p>CENTER CLOSED</p>	<p>2</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>English - Living Healthier & Happier with a Chronic Condition *Registration Required (18+) 10:00 a.m. - 12:30 p.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (2 of 4) 2:15 p.m. - 3:30 p.m.</p> <p>Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.</p>	<p>3</p> <p>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga 9:45 a.m. - 10:45 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>4</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Cardio & Toning (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p> <p>Kids - Adventures in Reading (5-13) 3:30 p.m. - 4:30 p.m.</p>	<p>5</p> <p>Restorative Yin Yoga (18+) 12:30 p.m. - 1:30 p.m.</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Member Services 9:00 a.m. - 4:00 p.m.</p> <p>L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.</p>	<p>6</p> <p>CENTER CLOSED</p>
<p>8</p> <p>English - CPR & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p> <p>Meditation (18+) 2:30 p.m. - 3:30 p.m.</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Member Services 9:00 a.m. - 4:00 p.m.</p>	<p>9</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>English - Living Healthier & Happier with a Chronic Condition *Registration Required (18+) 10:00 a.m. - 12:30 p.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (3 of 4) 2:15 p.m. - 3:30 p.m.</p> <p>Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.</p>	<p>10</p> <p>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga 9:45 a.m. - 10:45 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p> <p>Spring Craft: Pom-pom & Tassel Wall Decor (18+) 1:45 p.m. - 3:00 p.m.</p>	<p>11</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Cardio & Toning (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p> <p>Kids - Ready, Set, Games! (5-13) 3:30 p.m. - 4:30 p.m.</p>	<p>12</p> <p>Restorative Yin Yoga (18+) 12:30 p.m. - 1:30 p.m.</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Member Services 9:00 a.m. - 4:00 p.m.</p> <p>L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.</p>	<p>13</p> <p>CENTER CLOSED</p>
<p>15</p> <p>Spanish - CPR & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p> <p>Meditation (18+) 2:30 p.m. - 3:30 p.m.</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Member Services 9:00 a.m. - 4:00 p.m.</p>	<p>16</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (4 of 4) 2:15 p.m. - 3:30 p.m.</p> <p>Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.</p>	<p>17</p> <p>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga 9:45 a.m. - 10:45 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>18</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Parent Monthly Meeting 10:00 a.m. - 12:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Cardio & Toning (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p> <p>Kids - Adventures in Reading (5-13) 3:30 p.m. - 4:30 p.m.</p>	<p>19</p> <p>Restorative Yin Yoga (18+) 12:30 p.m. - 1:30 p.m.</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Member Services 9:00 a.m. - 4:00 p.m.</p> <p>L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.</p>	<p>20</p> <p>CENTER CLOSED</p>
<p>22</p> <p>Center Closed: 12:00 p.m. - 2:00 p.m.</p> <p>Meditation (18+) 2:30 p.m. - 3:30 p.m.</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Member Services 9:00 a.m. - 4:00 p.m.</p>	<p>23</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (1 of 4) 2:15 p.m. - 3:30 p.m.</p> <p>Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.</p>	<p>24</p> <p>CENTER CLOSED</p>	<p>25</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Cardio & Toning (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p> <p>Kids - Ready, Set, Games! (5-13) 3:30 p.m. - 4:30 p.m.</p>	<p>26</p> <p>Restorative Yin Yoga (18+) 12:30 p.m. - 1:30 p.m.</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Member Services 9:00 a.m. - 4:00 p.m.</p> <p>L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.</p>	<p>27</p> <p>CENTER CLOSED</p>
<p>29</p> <p>Healthy Eating Resource Fair 10:00 a.m. *Receive a \$20 Gift Card, while supplies last</p> <p>Meditation (18+) 2:30 p.m. - 3:30 p.m.</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Member Services 9:00 a.m. - 4:00 p.m.</p>	<p>30</p> <p>Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m.</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (2 of 4) 2:15 p.m. - 3:30 p.m.</p> <p>Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.</p>		<p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* - Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p><small>*Contact Center for Availability of Services</small></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></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

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



Community Resource Center

Calendar grid with columns for LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains dates, activity names, times, and 'CENTRO CERRADO' notices.

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

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