




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 and CalFresh Enrollments 9 a.m. - 3 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. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>3</p> <p>Covered CA Enrollments 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:30 - 11:30 a.m. Spa. Parenting Program 11:30 a.m. - 12:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.</p>	<p>4</p> <p>Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Zumba 4 - 5 p.m.</p>	<p>5</p> <p>Medi-Cal Renewals 9 a.m. - 12:30 p.m. Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Eng. Family Zumba (Ages 5+) 4 - 5 p.m.</p>	<p>6</p> <p>CENTER CLOSED</p>
<p>8</p> <p>Free Tax Prep Services 9 a.m. - 4 p.m. Zumba 9 - 10 a.m. Workshop: Depression/Resilience 10:15 - 11:45 a.m. Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 2:30 - 3:30 p.m. Toning Your Abs 3:30 - 4 p.m. Beginner Guitar Lessons #1 Pre-Registration Required (Ages 12 - 18) 4:30 - 5:30 p.m.</p>	<p>9</p> <p>Medi-Cal and CalFresh Enrollments 9 a.m. - 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. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>10</p> <p>Covered CA Enrollments 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Money Smart for Adults: You Can Bank On It (Free Breakfast) 10:30 - 11:30 a.m. Spa. Money Smart for Adults: You Can Bank On It (Free Breakfast) 11:30 a.m. - 12:20 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.</p>	<p>11</p> <p>Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Community Pantry - Open to Everyone (Limited to the first 100 people) 1:30 p.m. Zumba 4 - 5 p.m.</p>	<p>12</p> <p>Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Spa. Family Zumba (Ages 5+) 4 - 5 p.m.</p>	<p>13</p> <p>CENTER CLOSED</p>
<p>15</p> <p>Free Tax Prep Services 9 a.m. - 4 p.m. Zumba 9 - 10 a.m. Workshop: Anxiety and Resilience 10:15 - 11:45 a.m. Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 2:30 - 3:30 p.m. Toning Your Abs 3:30 - 4 p.m. Beginner Guitar Lessons #2 Pre-Registration Required (Ages 12 - 18) 4:30 - 5:30 p.m.</p>	<p>16</p> <p>Medi-Cal and CalFresh Enrollments 9 a.m. - 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. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>17</p> <p>Covered CA Enrollments 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:30 - 11:30 a.m. Spa. Parenting Program 11:30 a.m. - 12:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Earth Day Flower Planting for Kids (All ages welcome) 2 p.m. - 3:30 p.m. Boot Camp 4 - 5 p.m.</p>	<p>18</p> <p>Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Zumba 4 - 5 p.m.</p>	<p>19</p> <p>Medi-Cal Renewals 9 a.m. - 12:30 p.m. Diaper Giveaway - Open to Everyone 10 a.m. - 12 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.</p>	<p>20</p> <p>CENTER CLOSED</p>
<p>22</p> <p>Zumba 9 - 10 a.m. Workshop: Grief, Loss and Resilience 10:15 - 11:45 a.m. Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 2:30 - 3:30 p.m. Toning Your Abs 3:30 - 4 p.m. Beginner Guitar Lessons #3 Pre-Registration Required (Ages 12 - 18) 4:30 - 5:30 p.m.</p>	<p>23</p> <p>Medi-Cal and CalFresh Enrollments 9 a.m. - 3 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. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>24</p> <p>Center Closed All Day for Staff Development</p> <p>CENTER CLOSED</p>	<p>25</p> <p>Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Community Pantry - Open to Everyone (Limited to the first 100 people) 1:30 p.m. Zumba 4 - 5 p.m.</p>	<p>26</p> <p>Body Flexibility 9 - 10 a.m. Bartz-Altadonna Community Health Center Presentation 10:15 - 11:15 a.m. Eng. Family Zumba (Ages 5+) 4 - 5 p.m.</p>	<p>27</p> <p>National Children's Day Resource Fair - Open to the community 1 - 5 p.m.</p>
<p>29</p> <p>Zumba 9 - 10 a.m. Workshop: Understanding the Impact of Addiction and Mental Wellness 10:15 - 11:45 a.m. Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 2:30 - 3:30 p.m. Toning Your Abs 3:30 - 4 p.m. Beginner Guitar Lessons #4 Pre-Registration Required (Ages 12 - 18) 4:30 - 5:30 p.m.</p>	<p>30</p> <p>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. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 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>CRC Website</p>	<p>FREE Birthday Surprise!</p> <p>Come during your birthday month and get a FREE Birthday Box. Grades TK - 12th, *children must be present.</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**



2072 E. Palmdale Blvd.
Palmdale, CA 93550



CENTER HOURS:

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



213.438.5580

CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>1</p> <p>DÍA DE CÉSAR CHÁVEZ</p> <p>CENTRO CERRADO</p>	<p>2</p> <p>Inscripciones Medi-Cal y CalFresh 9 a.m. - 3 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. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>3</p> <p>Inscripciones Covered CA 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Programa de Crianza 10:30 - 11:30 a.m. Esp. Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing. Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 5 p.m.</p>	<p>4</p> <p>Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m. Zumba 4 - 5 p.m.</p>	<p>5</p> <p>Renovaciones de Medi-Cal 9 a.m. - 12:30 p.m. Flexibilidad del Cuerpo 9 - 10 a.m. RCP / Primeros Auxilios Registrarse en freecprla.com (Edades 14+) 10:15 a.m. - 1:15 p.m. Ing. Zumba Familiar (Edades 5+) 4 - 5 p.m.</p>	<p>6</p> <p>CENTRO CERRADO</p>
<p>8</p> <p>Servicios Gratuitos de Preparación de Impuestos 9 a.m. - 4 p.m. Zumba 9 - 10 a.m. Talleres: Depresión/Resiliencia 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 2:30 - 3:30 p.m. Tonifica Tus Abdominales 3:30 - 4 p.m. Clases Principiante de Guitarra #1 - Se Requiere Registro Previo (Edades 12 - 18) 4:30 - 5:30 p.m.</p>	<p>9</p> <p>Inscripciones Medi-Cal y CalFresh 9 a.m. - 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. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>10</p> <p>Inscripciones Covered CA 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Dinero Inteligente para Adultos: Puede Contar con Chase (Desayuno Gratis) 10:30 - 11:30 a.m. Esp. Dinero Inteligente para Adultos: Puede Contar con Chase (Desayuno Gratis) 11:30 a.m. - 12:20 p.m. Ing. Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 5 p.m.</p>	<p>11</p> <p>Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m. Despensa Comunitaria - Abierto a Todos (Limitado para los primeros 100 personas) 1:30 p.m. Zumba 4 - 5 p.m.</p>	<p>12</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m. RCP / Primeros Auxilios Registrarse en freecprla.com (Edades 14+) 10:15 a.m. - 1:15 p.m. Esp. Zumba Familiar (Edades 5+) 4 - 5 p.m.</p>	<p>13</p> <p>CENTRO CERRADO</p>
<p>15</p> <p>Servicios Gratuitos de Preparación de Impuestos 9 a.m. - 4 p.m. Zumba 9 - 10 a.m. Talleres: Ansiedad y Resiliencia 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 2:30 - 3:30 p.m. Tonifica Tus Abdominales 3:30 - 4 p.m. Clases Principiante de Guitarra #2 - Se Requiere Registro Previo (Edades 12 - 18) 4:30 - 5:30 p.m.</p>	<p>16</p> <p>Inscripciones Medi-Cal y CalFresh 9 a.m. - 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. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>17</p> <p>Inscripciones Covered CA 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Programa de Crianza 10:30 - 11:30 a.m. Esp. Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing. Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Plantación de Flores del Día de la Tierra Para Niños (Abierto a todas las edades) 2 p.m. - 3:30 p.m. Boot Camp 4 - 5 p.m.</p>	<p>18</p> <p>Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m. Zumba 4 - 5 p.m.</p>	<p>19</p> <p>Renovaciones de Medi-Cal 9 a.m. - 12:30 p.m. Sorteos de Pañales - Abierto a Todos 10 a.m. - 12 p.m. Zumba Familiar (Edades 5+) 4 - 5 p.m.</p>	<p>20</p> <p>CENTRO CERRADO</p>
<p>22</p> <p>Zumba 9 - 10 a.m. Talleres: Duelo y Perdida 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 2:30 - 3:30 p.m. Tonifica Tus Abdominales 3:30 - 4 p.m. Clases Principiante de Guitarra #3 - Se Requiere Registro Previo (Edades 12 - 18) 4:30 - 5:30 p.m.</p>	<p>23</p> <p>Inscripciones Medi-Cal y CalFresh 9 a.m. - 3 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. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>24</p> <p>Centro Cerrado Todo el Día Para el Desarrollo del Personal</p> <p>CENTRO CERRADO</p>	<p>25</p> <p>Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m. Despensa Comunitaria - Abierto a Todos (Limitado para los primeros 100 personas) 1:30 p.m. Zumba 4 - 5 p.m.</p>	<p>26</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m. Presentación del Centro de Salud Bartz-Altadonna 10:15 - 11:15 a.m. Ing. Zumba Familiar (Edades 5+) 4 - 5 p.m.</p>	<p>27</p> <p>Día Nacional del Niño Feria de Recursos - Abierto a la comunidad 1 - 5 p.m.</p>
<p>29</p> <p>Zumba 9 - 10 a.m. Talleres: Entendiendo el Impacto de la Adicción en el Bienestar Mental 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 2:30 - 3:30 p.m. Tonifica Tus Abdominales 3:30 - 4 p.m. Clases Principiante de Guitarra #4 - Se Requiere Registro Previo (Edades 12 - 18) 4:30 - 5:30 p.m.</p>	<p>30</p> <p>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. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh <p>Orientación para nuevos miembros</p> <p>*Comuníquese con el Centro para disponibilidad de Servicios</p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</p> <p>GRIS Virtual. Porfavor llame al centro para registrarse.</p>	<p>¡Regalo de Cumpleaños GRATIS!</p> <p>Ven durante el mes de tu cumpleaños y obtén obsequios gratis. Para niños grados TK - 12, *niños deben estar presentes.</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



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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