



METRO L.A.
MAY
2024

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>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 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>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>Zumba Step (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) 3:45 p.m. - 4:45 p.m.</p>	<p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p>	<p>CENTER CLOSED</p>
<p>Medi-Cal & Covered CA Enrollment Services Monday to Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Monday to Friday 9:00 a.m. - 4:30 p.m.</p> <p>L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 p.m.</p> <p>English - CPR & First Aid (14+) 2:00 p.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 (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>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Mother's Day Theme: Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 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>Mother's Day Craft for Adults 1:30 p.m. - 3:30 p.m.</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>Zumba Step (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>Mother's Day Self-Care Activities for All:</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p> <p>Scents and Affirmations Activity 11:15 a.m. - 12:30 p.m.</p>	<p>CENTER CLOSED</p>
<p>Medi-Cal & Covered CA Enrollment Services Monday to Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Monday to Friday 9:00 a.m. - 4:30 p.m.</p> <p>L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 p.m.</p> <p>Spanish - CPR & First Aid (14+) 2:00 p.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>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 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>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>Zumba Step (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) 3:45 p.m. - 4:45 p.m.</p>	<p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p>	<p>CENTER CLOSED</p>
<p>Medi-Cal & Covered CA Enrollment Services Monday to Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Monday to Friday 9:00 a.m. - 4:30 p.m.</p> <p>L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 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>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 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>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>Zumba Step (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>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p>	<p>CENTER CLOSED</p>
<p>MEMORIAL DAY</p> <p>CENTER CLOSED</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>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 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>Tenants Rights Legal Clinic 4:30 p.m. - 7:00 p.m.</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>Zumba Step (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) 3:45 p.m. - 4:45 p.m.</p>	<p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.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**



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



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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>*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 solamane.</p> <p>GRIS Virtual. Por favor llame al centro para registrarse.</p>	<p>Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m.</p> <p>Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis después de clase* 9:45 a.m. - 10:45 a.m.</p> <p>Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m.</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m.</p> <p>Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m.</p> <p>Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m.</p> <p>Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m.</p> <p>Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m.-4:30 p.m.</p> <p>Niños - Aventuras de Lectura (5-13) 3:45 p.m. - 4:45 p.m.</p>	<p>Meditacion (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.</p> <p>Servicios de Inscripción para Medi-Cal y Covered CA 9:00 a.m. - 5:00 p.m.</p> <p>Servicio para Miembros 9:00 a.m. - 4:00 p.m.</p> <p>Orientación para Miembros de L.A. Care 10:00 a.m. - 4:00 p.m.</p>	
<p>Servicios de Inscripción para Medi-Cal y Covered CA Lunes a Viernes 9:00 a.m. - 5:00 p.m.</p> <p>Servicio para Miembros Lunes a Viernes 9:00 a.m. - 4:30 p.m.</p> <p>Orientación para Miembros de L.A. Care Lunes a Viernes 10:00 a.m. - 4:00 p.m.</p> <p>Inglés - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.</p>	<p>Yoga Suave 9:15 a.m. - 10:15 a.m.</p> <p>Yoga Activo 10:30 a.m. - 11:30 a.m.</p> <p>Español - Vivir Bien con Diabetes (3 de 4) 2:15 p.m. - 3:30 p.m.</p> <p>Ayuda con la Tareas (K - 8th) 3:30 p.m. - 5:00 p.m.</p>	<p>Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m.</p> <p>Tema del Día de la Madre: Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis después de clase* 9:45 a.m. - 10:45 a.m.</p> <p>Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m.</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p> <p>Manualidad del Día de la Madre para Adultos - 1:30 p.m. - 3:30 p.m.</p>	<p>Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m.</p> <p>Coreano - Reunión Mensual de Padres 10:00 a.m. - 12:00 p.m.</p> <p>Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m.</p> <p>Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m.</p> <p>Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m.-4:30 p.m.</p>	<p>Día de las Madre Actividades de Cuidado Personal para Todos:</p> <p>Meditacion (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.</p> <p>Actividad de Aromas y Afirmaciones 11:15 a.m. - 12:30 p.m.</p>	
<p>Servicios de Inscripción para Medi-Cal y Covered CA Lunes a Viernes 9:00 a.m. - 5:00 p.m.</p> <p>Servicio para Miembros Lunes a Viernes 9:00 a.m. - 4:30 p.m.</p> <p>Orientación para Miembros de L.A. Care Lunes a Viernes 10:00 a.m. - 4:00 p.m.</p> <p>Español - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.</p>	<p>Yoga Suave 9:15 a.m. - 10:15 a.m.</p> <p>Yoga Activo 10:30 a.m. - 11:30 a.m.</p> <p>Español - Vivir Bien con Diabetes (4 de 4) 2:15 p.m. - 3:30 p.m.</p>	<p>Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m.</p> <p>Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis después de clase* 9:45 a.m. - 10:45 a.m.</p> <p>Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m.</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m.</p> <p>Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m.</p> <p>Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m.</p> <p>Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m.</p> <p>Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m.-4:30 p.m.</p> <p>Niños - ¡En Sus Marcas, Listos, Juegos! (5-13) 3:45 p.m. - 4:45 p.m.</p>	<p>Meditacion (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.</p>	
<p>Servicios de Inscripción para Medi-Cal y Covered CA Lunes a Viernes 9:00 a.m. - 5:00 p.m.</p> <p>Servicio para Miembros Lunes a Viernes 9:00 a.m. - 4:30 p.m.</p> <p>Orientación para Miembros de L.A. Care Lunes a Viernes 10:00 a.m. - 4:00 p.m.</p>	<p>Yoga Suave 9:15 a.m. - 10:15 a.m.</p> <p>Yoga Activo 10:30 a.m. - 11:30 a.m.</p> <p>Español - Vivir Bien con Diabetes (1 de 4) 2:15 p.m. - 3:30 p.m.</p> <p>Ayuda con la Tareas (K - 8th) 3:30 p.m. - 5:00 p.m.</p>	<p>Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m.</p> <p>Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis después de clase* 9:45 a.m. - 10:45 a.m.</p> <p>Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m.</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m.</p> <p>Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m.</p> <p>Zumba Step (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Cardio y Tonificación (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m.</p> <p>Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m.</p> <p>Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m.-4:30 p.m.</p>	<p>Meditacion (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.</p>	
<p>DÍA DE LOS CAÍDOS EN GUERRA</p> <p>CENTRO CERRADO</p>	<p>Yoga Suave 9:15 a.m. - 10:15 a.m.</p> <p>Yoga Activo 10:30 a.m. - 11:30 a.m.</p> <p>Español - Vivir Bien con Diabetes (2 de 4) 2:15 p.m. - 3:30 p.m.</p>	<p>Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m.</p> <p>Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m.</p> <p>Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m.</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p> <p>Clinica Legal de Derechos del Inquilino 4:30 p.m. - 7:00 p.m.</p>	<p>Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m.</p> <p>Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m.</p> <p>Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m.</p> <p>Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m.</p> <p>Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m.-4:30 p.m.</p> <p>Niños - Aventuras de Lectura (5-13) 3:45 p.m. - 4:45 p.m.</p>	<p>Meditacion (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.</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

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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