



METRO L.A. SEPTEMBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>LABOR DAY</p> <p>CENTER CLOSED</p>	<p>3</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 - Let's Talk About High Blood Pressure (3 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>Spanish - Live Healthy with Diabetes (4 of 4) 1:45 p.m. - 3:00 p.m.</p>	<p>4</p> <p>Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>5</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>Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>6</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>7</p> <p>CENTER CLOSED</p>
<p>9</p> <p>Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, 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, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p> <p>Bookworm Book Club 9:00 a.m. - 5:00 p.m.</p>	<p>10</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>English - Let's Talk About High Blood Pressure (3 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>Spanish - Live Healthy with Diabetes (1 of 4) 1:45 p.m. - 3:00 p.m.</p> <p>Kids - Ready, Set, Games! (5-13) 3:30 p.m. - 4:30 p.m.</p>	<p>11</p> <p>Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p> <p>Spanish - Chase Financial Workshop 1:45 p.m. - 2:45 p.m.</p>	<p>12</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>Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>13</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>Baby Essentials Event 1:00 p.m. - 3:00 p.m. *Registration opens September 1st*</p>	<p>14</p> <p>CENTER CLOSED</p>
<p>16</p> <p>Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, 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, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p> <p>Bookworm Book Club 9:00 a.m. - 5:00 p.m.</p>	<p>17</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 - Let's Talk About High Blood Pressure (4 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>Spanish - Live Healthy with Diabetes (2 of 4) 1:45 p.m. - 3:00 p.m.</p>	<p>18</p> <p>Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>19</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>Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>20</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>21</p> <p>CENTER CLOSED</p>
<p>23</p> <p>Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, 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>Bookworm Book Club 9:00 a.m. - 5:00 p.m.</p> <p>Bingo Social Hour (18+) 11:30 a.m. - 12:30 p.m.</p> <p>Bilingual - Oral Health Workshop 1:00 p.m. - 2:00 p.m.</p>	<p>24</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>English - Let's Talk About High Blood Pressure (4 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>Spanish - Live Healthy with Diabetes (3 of 4) 1:45 p.m. - 3:00 p.m.</p> <p>Kids - Adventures in Reading (5-13) 3:30 p.m. - 4:30 p.m.</p>	<p>25</p> <p>Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p> <p>Spanish - Chase Financial Workshop 1:45 p.m. - 2:45 p.m.</p> <p>Tenants Rights Legal Clinic 4:30 p.m. - 7:00 p.m.</p>	<p>26</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>Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>27</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>28</p> <p>CENTER CLOSED</p>
<p>30</p> <p>CENTER CLOSED</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>*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>CRC Website</p>	<p>CENTER CLOSED</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



METRO L.A. SEPTIEMBRE 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>2</p>  <p>DÍA DEL TRABAJO CENTRO CERRADO</p>	<p>3</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 - Hay Que Hablar Sobre la Presión Alta (3 de 4) 11:45 a.m. - 12:45 p.m.</p> <p>Español - Vivir Bien con Diabetes (4 de 4) 1:45 p.m. - 3:00 p.m.</p>	<p>4</p> <p>Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp</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>Bilingüe - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Ing/Esp</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>5</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>Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>6</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>7</p>  <p>CENTRO CERRADO</p>
<p>9</p> <p>Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, 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>Club de Lectura 9:00 a.m. - 5:00 p.m.</p>	<p>10</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>Inglés - Hay Que Hablar Sobre la Presión Alta (3 de 4) 11:45 a.m. - 12:45 p.m.</p> <p>Español - Vivir Bien con Diabetes (1 de 4) 1:45 p.m. - 3:00 p.m.</p> <p>Niños - ¡En Sus Marcas, Listos, Juegos! (5-13) 3:30 p.m. - 4:30 p.m.</p>	<p>11</p> <p>Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp</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>Bilingüe - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Ing/Esp</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p> <p>Español - Taller Financiero de Chase 1:45 p.m. - 2:45 p.m.</p>	<p>12</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>Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>13</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>Evento de Esenciales para El Bebe 1:00 p.m. - 3:00 p.m. *Inscripción abre 1 de Septiembre *</p>	<p>14</p>  <p>CENTRO CERRADO</p>
<p>16</p> <p>Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, 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>Club de Lectura 9:00 a.m. - 5:00 p.m.</p>	<p>17</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 - Hay Que Hablar Sobre la Presión Alta (4 de 4) 11:45 a.m. - 12:45 p.m.</p> <p>Español - Vivir Bien con Diabetes (2 de 4) 1:45 p.m. - 3:00 p.m.</p>	<p>18</p> <p>Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp</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>Bilingüe - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Ing/Esp</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>19</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>Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>20</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>21</p>  <p>CENTRO CERRADO</p>
<p>23</p> <p>Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, 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>Club de Lectura 9:00 a.m. - 5:00 p.m.</p> <p>Hora Social de Bingo (18+) 11:30 a.m. - 12:30 p.m.</p> <p>Bilingüe - Taller de Salud Oral 1:00 p.m. - 2:00 p.m.</p>	<p>24</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>Inglés - Hay Que Hablar Sobre la Presión Alta (4 de 4) 11:45 a.m. - 12:45 p.m.</p> <p>Español - Vivir Bien con Diabetes (3 de 4) 1:45 p.m. - 3:00 p.m.</p> <p>Niños - Aventuras de Lectura (5-13) 3:30 p.m. - 4:30 p.m.</p>	<p>25</p> <p>Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp</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>Bilingüe - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Ing/Esp</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p> <p>Español - Taller Financiero de Chase 1:45 p.m. - 2:45 p.m.</p> <p>Clinica Legal de Derechos del Inquilino 4:30 p.m. - 7:00 p.m.</p>	<p>26</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>Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>27</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>28</p>  <p>CENTRO CERRADO</p>
<p>30</p>  <p>CENTRO CERRADO</p>		<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><small>*Comuníquese con el Centro para disponibilidad de Servicios</small></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>CRC Sitio de Web</p>	 <p>CENTRO CERRADO</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**

 **213.428.1457**
CommunityResourceCenterLA.org