



# EL MONTE OCTOBER 2024

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <a href="#">CRC Website</a>	<b>Yoga: Breathing &amp; Stretching</b> 9 a.m. - 10 a.m. <b>New Member Orientation</b> 11 a.m. - 12 p.m. (Eng.) <b>REGISTRATION REQUIRED</b> <b>Family Bingo Night</b> 4 p.m. - 4:45 p.m.	<b>Cal-Fresh Enrollment</b> 9 a.m. - 4 p.m. <b>Physical Fitness</b> 9 a.m. - 10 a.m. <b>Salsa Dance Aerobics</b> 1:30 p.m. - 2:30 p.m. <b>Salsa Dance Aerobics</b> 2:30 p.m. - 3:30 p.m. <b>Healthy Cooking Class for Kids (5 yrs old &amp; up)</b> 3:45 p.m. - 4:45 p.m. <b>DMH: Good Sleep for Emotional Well-being for Older Adults</b> 4 p.m. - 5 p.m. (Eng. & Spa.)	<b>Yoga: Breathing &amp; Stretching</b> 10 a.m. - 11 a.m. <b>Parenting Class: Opening Doors</b> 3 p.m. - 4:30 p.m. (Spa.) <b>Kids Arts &amp; Crafts</b> 3 p.m. - 4:30 p.m. <b>Support Group w/ Department of Mental Health</b> 2 p.m. - 4:30 p.m. (Spa.)	<b>Zumba</b> 9 a.m. - 10 a.m. <b>Healthy Cooking Class</b> 10:30 a.m. - 12 p.m. (Eng. & Spa.) <b>Kids Painting Class</b> 3 p.m. - 4 p.m. <b>Salsa Dance Aerobics</b> 3 p.m. - 4 p.m. <b>Salsa Dance Aerobics</b> 4 p.m. - 5 p.m.	 <b>FLU SHOT CLINIC</b>  <b>9AM - 2PM</b> <b>Ages 3+</b>
<b>Zumba</b> 9 a.m. - 10 a.m. <b>Chronic Disease Self-Management</b> 9:30 a.m. - 12 p.m. (Mandarin) <b>Diabetes Basics</b> 10:15 a.m. - 11 a.m. (Eng. & Spa.) <b>The World of Juicing &amp; Salads</b> 11:15 a.m. - 12 p.m. (Eng. & Spa.) <b>Homework Help</b> 3:30 p.m. - 4:30 p.m.	<b>Yoga: Breathing &amp; Stretching</b> 9 a.m. - 10 a.m. <b>CPR &amp; First Aid</b> 1 p.m. - 4 p.m. (Spa.) (14 yrs & Older) <b>Register at Freecprla.com</b> <b>Family Bingo Night</b> 4 p.m. - 4:45 p.m.	<b>Cal-Fresh Enrollment</b> 9 a.m. - 4 p.m. <b>Physical Fitness</b> 9 a.m. - 10 a.m. <b>Salsa Dance Aerobics</b> 1:30 p.m. - 2:30 p.m. <b>Salsa Dance Aerobics</b> 2:30 p.m. - 3:30 p.m. <b>Healthy Cooking Class for Kids (5 yrs old &amp; up)</b> 3:45 p.m. - 4:45 p.m.	<b>Yoga: Breathing &amp; Stretching</b> 10 a.m. - 11 a.m. <b>Diabetes Self-Management</b> 10 a.m. - 11:30 a.m. (Mandarin) <b>Parenting Class: Opening Doors</b> 3 p.m. - 4:30 p.m. (Spa.) <b>Kids Arts &amp; Crafts</b> 3 p.m. - 4:30 p.m. <b>Support Group w/ Department of Mental Health</b> 2 p.m. - 4:30 p.m. (Spa.)	<b>Zumba</b> 9 a.m. - 10 a.m. <b>Healthy Cooking Class</b> 10:30 a.m. - 12 p.m. (Eng. & Spa.) <b>Kids Painting Class</b> 3 p.m. - 4 p.m. <b>Salsa Dance Aerobics</b> 3 p.m. - 4 p.m. <b>Salsa Dance Aerobics</b> 4 p.m. - 5 p.m.	 <b>CENTER CLOSED</b>
<b>Zumba</b> 9 a.m. - 10 a.m. <b>Diabetes Basics</b> 10:15 a.m. - 11 a.m. (Eng. & Spa.) <b>The World of Juicing &amp; Salads</b> 11:15 a.m. - 12 p.m. (Eng. & Spa.) <b>Homework Help</b> 3:30 p.m. - 4:30 p.m.	<b>Yoga: Breathing &amp; Stretching</b> 9 a.m. - 10 a.m. <b>CPR &amp; First Aid</b> 1 p.m. - 4 p.m. (Eng.) (14 yrs & Older) <b>Register at Freecprla.com</b> <b>Family Bingo Night</b> 4 p.m. - 4:45 p.m.	<b>Cal-Fresh Enrollment</b> 9 a.m. - 4 p.m. <b>Physical Fitness</b> 9 a.m. - 10 a.m. <b>Salsa Dance Aerobics</b> 1:30 p.m. - 2:30 p.m. <b>Salsa Dance Aerobics</b> 2:30 p.m. - 3:30 p.m. <b>Healthy Cooking Class for Kids (5 yrs old &amp; up)</b> 3:45 p.m. - 4:45 p.m.	<b>Yoga: Breathing &amp; Stretching</b> 10 a.m. - 11 a.m. <b>Diabetes Self-Management</b> 10 a.m. - 11:30 a.m. (Mandarin) <b>Parenting Class: Opening Doors</b> 3 p.m. - 4:30 p.m. (Spa.) <b>Kids Arts &amp; Crafts</b> 3 p.m. - 4:30 p.m. <b>Support Group w/ Department of Mental Health</b> 2 p.m. - 4:30 p.m. (Spa.)	<b>Zumba</b> 9 a.m. - 10 a.m. <b>Healthy Cooking Class</b> 10:30 a.m. - 12 p.m. (Eng. & Spa.) <b>Kids Painting Class</b> 3 p.m. - 4 p.m. <b>Salsa Dance Aerobics</b> 3 p.m. - 4 p.m. <b>Salsa Dance Aerobics</b> 4 p.m. - 5 p.m.	 <b>CENTER CLOSED</b>
<b>Zumba</b> 9 a.m. - 10 a.m. <b>Chronic Disease Self-Management</b> 9:30 a.m. - 12 p.m. (Mandarin) <b>Diabetes Basics</b> 10:15 a.m. - 11 a.m. (Eng. & Spa.) <b>The World of Juicing &amp; Salads</b> 11:15 a.m. - 12 p.m. (Eng. & Spa.) <b>LEAD Workshop</b> 2:30 p.m. - 3:30 p.m. (Eng. & Spa.) <b>Homework Help</b> 3:30 p.m. - 4:30 p.m.	<b>Yoga: Breathing &amp; Stretching</b> 9 a.m. - 10 a.m. <b>CPR &amp; First Aid Virtual</b> 1 p.m. - 4 p.m. (Eng.) (14 yrs & Older) <b>Register at Freecprla.com</b> <b>Resource Connection: Financial Health</b> <b>REGISTRATION REQUIRED</b> 3:30 pm-4:30 pm(Eng. & Spa.)	<b>Cal-Fresh Enrollment</b> 9 a.m. - 4 p.m. <b>Physical Fitness</b> 9 a.m. - 10 a.m. <b>Salsa Dance Aerobics</b> 1:30 p.m. - 2:30 p.m. <b>Salsa Dance Aerobics</b> 2:30 p.m. - 3:30 p.m. <b>Healthy Cooking Class for Kids (5 yrs old &amp; up)</b> 3:45 p.m. - 4:45 p.m. (Eng. & Spa.) <b>DMH: Good Sleep for Emotional Well-being for Older Adults (良好的睡眠有利于老年人的情绪健康)</b> 4 p.m. - 5 p.m. (Chinese)	<b>Yoga: Breathing &amp; Stretching</b> 10 a.m. - 11 a.m. <b>Diabetes Self-Management</b> 10 a.m. - 11:30 a.m. (Mandarin) <b>Parenting Class: Opening Doors</b> 3 p.m. - 4:30 p.m. (Spa.) <b>Kids Arts &amp; Crafts</b> 3 p.m. - 4:30 p.m. <b>Support Group w/ Department of Mental Health</b> 2 p.m. - 4:30 p.m. (Spa.)	<b>Zumba</b> 9 a.m. - 10 a.m. <b>Healthy Cooking Class</b> 10:30 a.m. - 12 p.m. (Eng. & Spa.) <b>Kids Painting Class</b> 3 p.m. - 4 p.m. <b>Salsa Dance Aerobics</b> 3 p.m. - 4 p.m. <b>Salsa Dance Aerobics</b> 4 p.m. - 5 p.m.	 <b>CENTER CLOSED</b>
<b>Zumba</b> 9 a.m. - 10 a.m. <b>Chronic Disease Self-Management</b> 9:30 a.m. - 12 p.m. (Mandarin) <b>Diabetes Basics</b> 10:15 a.m. - 11 a.m. (Eng. & Spa.) <b>The World of Juicing &amp; Salads</b> 11:15 a.m. - 12 p.m. (Eng. & Spa.) <b>Homework Help</b> 3:30 p.m. - 4:30 p.m. <b>Fun Hat Day</b>	<b>Yoga: Breathing &amp; Stretching</b> 9 a.m. - 10 a.m. <b>New Member Orientation</b> 11 a.m. - 12 p.m. (Spa.) <b>REGISTRATION REQUIRED</b> <b>Family Bingo Night</b> 4 p.m. - 4:45 p.m. <b>Halloween Sock Day</b>	<b>Cal-Fresh Enrollment</b> 9 a.m. - 4 p.m. <b>Physical Fitness</b> 9 a.m. - 10 a.m. <b>Salsa Dance Aerobics</b> 1:30 p.m. - 2:30 p.m. <b>Salsa Dance Aerobics</b> 2:30 p.m. - 3:30 p.m. <b>Healthy Cooking Class for Kids (5 yrs old &amp; up)</b> 3:45 p.m. - 4:45 p.m.	<b>Yoga: Breathing &amp; Stretching</b> 10 a.m. - 11 a.m. <b>Diabetes Self-Management</b> 10 a.m. - 11:30 a.m. (Mandarin) <b>Parenting Class: Opening Doors</b> 3 p.m. - 4:30 p.m. (Spa.) <b>Kids Arts &amp; Crafts</b> 3 p.m. - 4:30 p.m. <b>Support Group w/ Department of Mental Health</b> 2 p.m. - 4:30 p.m. (Spa.) <b>Costume Day</b>	Classes in <b>BLUE</b> qualify for the My Rewards for a Healthy Life Program  Classes in <b>GREEN</b> are by appointment and registration only.	<b>CENTER SERVICES</b> <ul style="list-style-type: none"> <li>- Member Services</li> <li>- Enrollment Services*</li> <li>- Medi-cal, MediCare, Covered California, &amp; CalFresh</li> <li>- New Member Orientation</li> </ul> <small>*Contact Center for Availability of Services</small> <b>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</b>

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



3570 Santa Anita Ave.  
El Monte, CA 91731



#### CENTER HOURS:

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



213-428-1495

CommunityResourceCenterLA.org



# EL MONTE OCTUBRE 2024

## Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	<b>Yoga: Respiración y Estiramiento</b> 9 a.m. - 10 a.m. <b>Orientación Para Nuevos Miembros</b> 11 a.m. - 12 p.m. (Ing.) <b>REGISTRACION REQUERIDA</b> <b>Noches de Bingo en Familia</b> 4 p.m. - 4:45 p.m.	<b>Inscripción de Cal-Fresh</b> 9 a.m. - 4 p.m. <b>Entrenamiento Físico</b> 9 a.m. - 10 a.m. <b>Baile de Salsa Aeróbico</b> 1:30 p.m. - 2:30 p.m. <b>Baile de Salsa Aeróbico</b> 2:30 p.m. - 3:30 p.m. <b>Cocina Saludable para Niños</b> 3:45 p.m. - 4:45 p.m. (Ing. y Esp.) <b>(5 años o más)</b> <b>DMH: Dormir bien para el bienestar emocional de los adultos mayores</b> 4 p.m. - 5 p.m. (Ing. y Esp.)	<b>Yoga: Respiración y Estiramiento</b> 10 a.m. - 11 a.m. <b>Clases para Padres: Abriendo Puertas</b> 3 p.m. - 4:30 p.m. (Esp.) <b>Artes y Manualidades para Niños</b> 3 p.m. - 4:30 p.m. <b>Grupo de Apoyo con El Departamento de Salud Mental</b> 2 p.m. - 4:30 p.m. (Esp.)	<b>Zumba</b> 9 a.m. - 10 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. (Ing. y Esp.) <b>Clase de Pintura para Niños</b> 3 p.m. - 4 p.m. <b>Baile de Salsa Aeróbico</b> 3 p.m. - 4 p.m. <b>Baile de Salsa Aeróbico</b> 4 p.m. - 5 p.m.	 <b>CLÍNICA DE VACUNACIÓN</b>  <b>9PM - 2PM</b> <b>Edades 3+</b>
<b>Zumba</b> 9 a.m. - 10 a.m. <b>Manejo de Enfermedades Crónicas</b> 9:30 p.m. - 12 p.m. (Mandarin) <b>Conceptos Básicos de la Diabetes</b> 10:15 a.m. - 11 a.m. (Ing. y Esp.) <b>El Mundo de Jugos y Ensaladas</b> 11:15 a.m. - 12 p.m. (Ing. y Esp.) <b>Ayuda con la Tarea</b> 3:30 p.m. - 4:30 p.m.	<b>Yoga: Respiración y Estiramiento</b> 9 a.m. - 10 a.m. <b>RCP y Primeros Auxilios</b> 1 p.m. - 4 p.m. (Esp.) (Mayores de 14 años) <b>Regístrese en freecprla.com</b> <b>Noches de Bingo en Familia</b> 4 p.m. - 4:45 p.m.	<b>Inscripción de Cal-Fresh</b> 9 a.m. - 4 p.m. <b>Entrenamiento Físico</b> 9 a.m. - 10 a.m. <b>Baile de Salsa Aeróbico</b> 1:30 p.m. - 2:30 p.m. <b>Baile de Salsa Aeróbico</b> 2:30 p.m. - 3:30 p.m. <b>Cocina Saludable para Niños</b> 3:45 p.m. - 4:45 p.m. (Ing. y Esp.) <b>(5 años o más)</b>	<b>Yoga: Respiración y Estiramiento</b> 10 a.m. - 11 a.m. <b>Autocontrol de la Diabetes</b> 10 a.m. - 11:30 a.m. (Mandarin) <b>Clases para Padres: Abriendo Puertas</b> 3 p.m. - 4:30 p.m. (Esp.) <b>Artes y Manualidades para Niños</b> 3 p.m. - 4:30 p.m. <b>Grupo de Apoyo con El Departamento de Salud Mental</b> 2 p.m. - 4:30 p.m. (Esp.)	<b>Zumba</b> 9 a.m. - 10 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. (Ing. y Esp.) <b>Clase de Pintura para Niños</b> 3 p.m. - 4 p.m. <b>Baile de Salsa Aeróbico</b> 3 p.m. - 4 p.m. <b>Baile de Salsa Aeróbico</b> 4 p.m. - 5 p.m.	 <b>CENTRO CERRADO</b>
<b>Zumba</b> 9 a.m. - 10 a.m.) <b>Conceptos Básicos de la Diabetes</b> 10:15 a.m. - 11 a.m. (Ing. y Esp.) <b>El Mundo de Jugos y Ensaladas</b> 11:15 a.m. - 12 p.m. (Ing. y Esp.) <b>Ayuda con la Tarea</b> 3:30 p.m. - 4:30 p.m.	<b>Yoga: Respiración y Estiramiento</b> 9 a.m. - 10 a.m. <b>RCP y Primeros Auxilios</b> 1 p.m. - 4 p.m. (Ing.) (Mayores de 14 años) <b>Regístrese en freecprla.com</b> <b>Noches de Bingo en Familia</b> 4 p.m. - 4:45 p.m.	<b>Inscripción de Cal-Fresh</b> 9 a.m. - 4 p.m. <b>Entrenamiento Físico</b> 9 a.m. - 10 a.m. <b>Baile de Salsa Aeróbico</b> 1:30 p.m. - 2:30 p.m. <b>Baile de Salsa Aeróbico</b> 2:30 p.m. - 3:30 p.m. <b>Cocina Saludable para Niños</b> 3:45 p.m. - 4:45 p.m. (Ing. y Esp.) <b>(5 años o más)</b>	<b>Yoga: Respiración y Estiramiento</b> 10 a.m. - 11 a.m. <b>Autocontrol de la Diabetes</b> 10 a.m. - 11:30 a.m. (Mandarin) <b>Clases para Padres: Abriendo Puertas</b> 3 p.m. - 4:30 p.m. (Esp.) <b>Artes y Manualidades para Niños</b> 3 p.m. - 4:30 p.m. <b>Grupo de Apoyo con El Departamento de Salud Mental</b> 2 p.m. - 4:30 p.m. (Esp.)	<b>Zumba</b> 9 a.m. - 10 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. (Ing. y Esp.) <b>Clase de Pintura para Niños</b> 3 p.m. - 4 p.m. <b>Baile de Salsa Aeróbico</b> 3 p.m. - 4 p.m. <b>Baile de Salsa Aeróbico</b> 4 p.m. - 5 p.m.	 <b>CENTRO CERRADO</b>
<b>Zumba</b> 9 a.m. - 10 a.m. <b>Manejo de Enfermedades Crónicas</b> 9:30 p.m. - 12 p.m. (Mandarin) <b>Conceptos Básicos de la Diabetes</b> 10:15 a.m. - 11 a.m. (Ing. y Esp.) <b>El Mundo de Jugos y Ensaladas</b> 11:15 a.m. - 12 p.m. (Ing. y Spa.) <b>Taller de Plomo</b> 2:30 p.m. - 3:30 p.m. (Eng. & Spa.) <b>Ayuda con la Tarea</b> 3:30 p.m. - 4:30 p.m.	<b>Yoga: Respiración y Estiramiento</b> 9 a.m. - 10 a.m. <b>RCP y Primeros Auxilios Virtual</b> 1 p.m. - 4 p.m. (Ing.) (Mayores de 14 años) <b>Regístrese en freecprla.com</b> <b>Conexion de Recursos: Salud Financiera</b> <b>REGISTRACION REQUERIDA</b> 3:30 pm-4:30 pm(Eng. & Spa.)	<b>Inscripción de Cal-Fresh</b> 9 a.m. - 4 p.m. <b>Entrenamiento Físico</b> 9 a.m. - 10 a.m. <b>Baile de Salsa Aeróbico</b> 1:30 p.m. - 2:30 p.m. <b>Baile de Salsa Aeróbico</b> 2:30 p.m. - 3:30 p.m. <b>Cocina Saludable para Niños</b> 3:45 p.m. - 4:45 p.m. (Ing y Esp.) <b>(5 años o más)</b> <b>DMH: 良好的睡眠有利于老年人的情绪健康</b> 4 p.m. - 5 p.m. (Chino)	<b>Yoga: Respiración y Estiramiento</b> 10 a.m. - 11 a.m. <b>Autocontrol de la Diabetes</b> 10 a.m. - 11:30 a.m. (Mandarin) <b>Clases para Padres: Abriendo Puertas</b> 3 p.m. - 4:30 p.m. (Esp.) <b>Artes y Manualidades para Niños</b> 3 p.m. - 4:30 p.m. <b>Grupo de Apoyo con El Departamento de Salud Mental</b> 2:00 p.m. - 4:30 p.m. (Esp.)	<b>Zumba</b> 9 a.m. - 10 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. (Ing. y Esp.) <b>Clase de Pintura para Niños</b> 3 p.m. - 4 p.m. <b>Baile de Salsa Aeróbico</b> 3 p.m. - 4 p.m. <b>Baile de Salsa Aeróbico</b> 4 p.m. - 5 p.m.	 <b>CENTRO CERRADO</b>
<b>Zumba</b> 9 a.m. - 10 a.m. <b>Conceptos Básicos de la Diabetes</b> 10:15 a.m. - 11 a.m. (Ing. y Esp.) <b>El Mundo de Jugos y Ensaladas</b> 11:15 a.m. - 12 p.m. (Ing. y Esp.) <b>Ayuda con la Tarea</b> 3:30 p.m. - 4:30 p.m.  <b>Día del sombrero divertido</b>	<b>Yoga: Respiración y Estiramiento</b> 9 a.m. - 10 a.m. <b>Orientación Para Nuevos Miembros</b> 11 a.m. - 12 p.m. (Spa.) <b>REGISTRACION REQUERIDA</b> <b>Noches de Bingo en Familia</b> 4 p.m. - 4:45 p.m.  <b>Día de calcetines de Halloween</b>	<b>Inscripción de Cal-Fresh</b> 9 a.m. - 4 p.m. <b>Entrenamiento Físico</b> 9 a.m. - 10 a.m. <b>Baile de Salsa Aeróbico</b> 1:30 p.m. - 2:30 p.m. <b>Baile de Salsa Aeróbico</b> 2:30 p.m. - 3:30 p.m. <b>Cocina Saludable para Niños</b> 3:45 p.m. - 4:45 p.m. (Ing. y Esp.) <b>(5 años o más)</b>  <b>Día de los calcetines de vacaciones</b>	<b>Yoga: Respiración y Estiramiento</b> 10 a.m. - 11 a.m. <b>Autocontrol de la Diabetes</b> 10 a.m. - 11:30 a.m. (Mandarin) <b>Clases para Padres: Abriendo Puertas</b> 3 p.m. - 4:30 p.m. (Esp.) <b>Artes y Manualidades para Niños</b> 3 p.m. - 4:30 p.m. <b>Grupo de Apoyo con El Departamento de Salud Mental</b> 2 p.m. - 4:30 p.m. (Esp.)  <b>Día de disfraces</b>	<b>AZUL</b> Califican para el programa mis recompensas para una vida sana.  <b>VERDE</b> Por cita y registro solamaneete.  <b>GRIS</b> Virtual. Porfavor llame al centro para registrarse.	<b>SERVICIOS DEL CENTRO</b> <ul style="list-style-type: none"> <li>- Servicios a los miembros</li> <li>- Servicios de Inscripción*</li> <li>• Medi-cal, MediCare, Covered California, y CalFresh</li> </ul> Orientación para nuevos miembros <small>*Comuníquese con el Centro para disponibilidad de Servicios</small>  <b>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</b>

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**



3570 Santa Anita Ave.  
El Monte, CA 91731



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



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