








# PALMDALE OCTOBER 2024

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <a href="#">CRC Website</a>	<b>1</b> <b>Medi-Cal and Cal Fresh Enrollments</b> 9 a.m. - 3 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Healthy Smoothies</b> 11:15 a.m. - 12 p.m. Eng. & Spa. <b>Prevent Diabetes</b> 12:05 - 1:20 p.m. Spa. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids (Ages 4+)</b> 4 - 5 p.m.	<b>2</b> <b>Covered CA Enrollments</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Workshop: Social Isolation</b> 10:30 a.m. - 12 p.m. Spa. <b>Anger Management Essentials</b> 12:30 - 1:30 p.m. Eng. <b>Boot Camp</b> 4 - 5 p.m.	<b>3</b> <b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 a.m. - 12 p.m. <b>Full Body Fitness with Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>4</b> <b>Medi-Cal and Cal Fresh Enrollments</b> 9 a.m. - 5 p.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>CPR/First Aid (Ages 14+)</b> <a href="#">Register at freecpria.com</a> 10:15 a.m. - 1:15 p.m. Eng. <b>Free Diaper and Baby Wipes Giveaway</b> 11 a.m. - 1 p.m. <b>Family Zumba (Ages 5+)</b> 4 - 5 p.m.	<b>5</b> 
<b>7</b> <b>Zumba</b> 9 - 10 a.m. <b>Abriendo Puertas/Opening Doors</b> 10:15 - 11:45 p.m. Eng. & Spa. <b>Prevent Diabetes</b> 12:05 - 1:20 p.m. Eng. <b>Basic Concepts about Asthma</b> 12 - 1 p.m. Spa. <b>Cardio</b> 3 - 4 p.m. <b>Toning your Abs</b> 4 - 5 p.m.	<b>8</b> <b>Medi-Cal and Cal Fresh Enrollments</b> 9 a.m. - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Healthy Smoothies</b> 11:15 a.m. - 12 p.m. Eng. & Spa. <b>Prevent Diabetes</b> 12:05 - 1:20 p.m. Spa. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids (Ages 4+)</b> 4 - 5 p.m.	<b>9</b> <b>Covered CA Enrollments</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Workshop: Holiday Blues</b> 10:30 a.m. - 12 p.m. Spa. <b>Money Smart for Adults</b> 10:30 - 11:30 a.m. Spa. <b>Money Smart for Adults</b> 11:30 a.m. - 12:20 p.m. Eng. <b>New Member Orientation</b> 12:30 - 1:30 p.m. Eng. <b>Boot Camp</b> 4 - 5 p.m.	<b>10</b> <b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 a.m. - 12 p.m. <b>Community Pantry - Open to Everyone</b> (Obtain a food bag, limited to the first 130 people) 1:30 p.m. <b>Full Body Fitness with Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>11</b> <b>Medi-Cal and Cal Fresh Enrollments</b> 9 a.m. - 3 p.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>CPR/First Aid (Ages 14+)</b> <a href="#">Register at freecpria.com</a> 10:15 a.m. - 1:15 p.m. Spa. <b>Free PPE Giveaway</b> 1 - 4 p.m. <b>Family Zumba (Ages 5+)</b> 4 - 5 p.m.	<b>12</b> 
<b>14</b> <b>Zumba</b> 9 - 10 a.m. <b>Abriendo Puertas/Opening Doors</b> 10:15 - 11:45 p.m. Eng. & Spa. <b>Prevent Diabetes</b> 12:05 - 1:20 p.m. Eng. <b>Colorectal Cancer</b> 12:00 - 1:00 p.m. Spa. <b>Cardio</b> 3 - 4 p.m. <b>Toning your Abs</b> 4 - 5 p.m.	<b>15</b> <b>Medi-Cal and Cal Fresh Enrollments</b> 9 a.m. - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Healthy Smoothies</b> 11:15 a.m. - 12 p.m. Eng. & Spa. <b>Prevent Diabetes</b> 12:05 - 1:20 p.m. Spa. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids (Ages 4+)</b> 4 - 5 p.m.	<b>16</b> <b>Covered CA Enrollments</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Adult Coffee and Coloring</b> 10:15 - 11:15 a.m. <b>Ready Rep: Emergency Preparedness Activities</b> 10:15 - 11:15 a.m. Eng. & Spa. <b>Adult Guitar Lessons (Session 1)</b> 12:30 - 1:30 p.m. Spa. <b>Free Diaper and Baby Blanket Giveaway</b> 12 - 3 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>17</b> <b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 a.m. - 12 p.m. <b>Full Body Fitness with Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.  <b>Center Closed for Staff Development</b> 1:30 p.m. - 2:30 p.m.	<b>18</b> <b>Medi-Cal and Cal Fresh Enrollments</b> 9 a.m. - 3 p.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>RCAC 1 Meeting</b> 11 a.m. - 1:30 p.m.  <b>Fall Festival - Art Table, Games, Popcorn &amp; More</b> <b>Open to all</b> 3 - 6 p.m.	<b>19</b> 
<b>21</b> <b>Zumba</b> 9 - 10 a.m. <b>Abriendo Puertas/Opening Doors</b> 10:15 - 11:45 p.m. Eng. & Spa. <b>Prevent Diabetes</b> 12:05 - 1:20 p.m. Eng. <b>Cardio</b> 3 - 4 p.m. <b>Toning your Abs</b> 4 - 5 p.m.	<b>22</b> <b>Medi-Cal and Cal Fresh Enrollments</b> 9 a.m. - 3 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Healthy Smoothies</b> 11:15 a.m. - 12 p.m. Eng. & Spa. <b>Prevent Diabetes</b> 12:05 - 1:20 p.m. Spa. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids (Ages 4+)</b> 4 - 5 p.m.	<b>23</b> <b>Covered CA Enrollments</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>The Growing Brain of Infants 0-5</b> 10:15 - 11:45 a.m. <b>Adult Coffee and Paint by Numbers</b> 10:15 - 11:15 a.m. <b>Adult Guitar Lessons (Session 2)</b> 12:30 - 1:30 p.m. Spa. <b>Decorate Your Own Wind Chime</b> 3 - 5 p.m.	<b>24</b> <b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 a.m. - 12 p.m. <b>Community Pantry - Open to Everyone</b> (Obtain a food bag, limited to the first 130 people) 1:30 p.m. <b>Full Body Fitness with Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>25</b> <b>Body Flexibility</b> 9 - 10 a.m. <b>Breathe Freely - Asthma Management</b> 11 a.m. - 12:30 p.m. Spa. <b>Adult Coffee and Coloring</b> 12 - 1 p.m. <b>Breathe Freely - Asthma Management</b> 1 - 2:30 p.m. Eng. <b>Family Zumba (Ages 5+)</b> 4 - 5 p.m.	<b>26</b> 
<b>28</b> <b>Zumba</b> 9 - 10 a.m. <b>Abriendo Puertas/Opening Doors</b> 10:15 - 11:45 p.m. Eng. & Spa. <b>New Member Orientation</b> 10:15 - 11:15 a.m. Spa. <b>Prevent Diabetes</b> 12:05 - 1:20 p.m. Eng. <b>Cardio</b> 3 - 4 p.m. <b>Toning your Abs</b> 4 - 5 p.m.	<b>29</b> <b>Medi-Cal and Cal Fresh Enrollments</b> 9 a.m. - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Healthy Smoothies</b> 11:15 a.m. - 12 p.m. Eng. & Spa. <b>Prevent Diabetes</b> 12:05 - 1:20 p.m. Spa. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids (Ages 4+)</b> 4 - 5 p.m.	<b>30</b> <b>Covered CA Enrollments</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>The Growing Brain of Infants 0-5</b> 10:15 - 11:45 a.m. Eng. & Spa. <b>Adult Guitar Lessons (Session 3)</b> 12:30 - 1:30 p.m. Spa. <b>Boot Camp</b> 4 - 5 p.m.	<b>31</b> <b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 a.m. - 12 p.m. <b>Full Body Fitness with Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	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*               <ul style="list-style-type: none"> <li>• Medi-cal, MediCare, Covered California, &amp; CalFresh</li> </ul> </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 supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

**BE ACTIVE,  
HEALTHY & INFORMED**



2072 E. Palmdale Blvd.  
Palmdale, CA 93551



**CENTER HOURS:**

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








213.438.5580

CommunityResourceCenterLA.org



# PALMDALE OCTUBRE 2024

## Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
 CRC Sitio de Web	<b>Inscripciones Medi-Cal y Cal Fresh</b> 9 a.m. - 3 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Jugos Saludables</b> 11:15 a.m. - 12 p.m. Ing. & Esp. <b>Prevenir la Diabetes</b> 12:05 - 1:20 p.m. Esp. <b>Pasos de Zumba</b> 3 - 4 p.m. <b>Clases de Danza Folklorico para Niños (Edades 4+)</b> 4 - 5 p.m.	<b>Inscripciones Covered CA</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Talleres: Aislamiento Social</b> 10:30 a.m. - 12 p.m. Esp. <b>Conceptos Basicos Para el Manejo de la Ira</b> 12:30 - 1:30 p.m. Ing. <b>Boot Camp</b> 4 - 5 p.m.	<b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Clase de Danza Folklorico para Adultos</b> 11 a.m. - 12 p.m. <b>Condicion Fisica del Cuerpo con Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Inscripciones Medi-Cal y Cal Fresh</b> 9 a.m. - 5 p.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>RCP/Primeros Auxilios Registrarse en freecprla.com (edades 14+)</b> 10:15 a.m. - 1:15 p.m. Ing. <b>Sorteo Gratuito de Pañales y Toallitas para Bebés</b> 11 a.m. - 1 p.m. <b>Zumba Familiar (Edades 5+)</b> 4 - 5 p.m.		
	<b>Zumba</b> 9 - 10 a.m. <b>Abriendo Puertas/Opening Doors</b> 10:15 - 11:45 p.m. Ing. & Esp. <b>Prevenir la Diabetes</b> 12:05 - 1:20 p.m. Ing. <b>Conceptos Básicos Sobre el Asma</b> 12:00 - 1:00 p.m. Esp. <b>Cardio</b> 3 - 4 p.m. <b>Toning your Abs</b> 4 - 5 p.m.	<b>Inscripciones Medi-Cal y Cal Fresh</b> 9 a.m. - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Jugos Saludables</b> 11:15 a.m. - 12 p.m. Ing. & Esp. <b>Prevenir la Diabetes</b> 12:05 - 1:20 p.m. Esp. <b>Pasos de Zumba</b> 3 - 4 p.m. <b>Clases de Danza Folklorico para Niños (Edades 4+)</b> 4 - 5 p.m.	<b>Inscripciones Covered CA</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Talleres: Tristeza Navideña</b> 10:30 a.m. - 12 p.m. Esp. <b>Dinero Inteligente para Adultos</b> 11:30 a.m. - 12:20 p.m. Ing. <b>Dinero Inteligente para Adultos</b> 11:30 a.m. - 12:20 p.m. Ing. <b>Orientación para Nuevos Miembros</b> 12:30 - 1:30 p.m. Ing. <b>Boot Camp</b> 4 - 5 p.m.	<b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Clase de Danza Folklorico para Adultos</b> 11 a.m. - 12 p.m. <b>Despensa Comunitaria - Abierto a Todos</b> (Consigue una bolsa de comida, limitada a las primeras 130 personas) 1:30 p.m. <b>Condicion Fisica del Cuerpo con Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Inscripciones Medi-Cal y Cal Fresh</b> 9 a.m. - 3 p.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>RCP/Primeros Auxilios Registrarse en freecprla.com (edades 14+)</b> 10:15 a.m. - 1:15 p.m. Esp. <b>Sorteo de PPE Gratuito</b> 1 p.m. - 4 p.m. <b>Zumba Familiar (Edades 5+)</b> 4 - 5 p.m.	
	<b>Zumba</b> 9 - 10 a.m. <b>Abriendo Puertas/Opening Doors</b> 10:15 - 11:45 p.m. Ing. & Esp. <b>Prevenir la Diabetes</b> 12:05 - 1:20 p.m. Ing. <b>Cáncer Colorrectal</b> 12 - 1 p.m. Esp. <b>Cardio</b> 3 - 4 p.m. <b>Toning your Abs</b> 4 - 5 p.m.	<b>Inscripciones Medi-Cal y Cal Fresh</b> 9 a.m. - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Jugos Saludables</b> 11:15 a.m. - 12 p.m. Ing. & Esp. <b>Prevenir la Diabetes</b> 12:05 - 1:20 p.m. Esp. <b>Pasos de Zumba</b> 3 - 4 p.m. <b>Clases de Danza Folklorico para Niños (Edades 4+)</b> 4 - 5 p.m.	<b>Inscripciones Covered CA</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Cafe y Coloriar para Adultos</b> 10:15 - 11:15 a.m. <b>Ready Rep: Actividades de Preparación para Emergencias</b> 10:15 a.m. - 12:15 p.m. Ing. & Esp. <b>Lecciones de Guitarra para Adultos (Sesión 1)</b> 12:30 - 1:30 p.m. Esp. <b>Sorteo Gratuito de Pañales y Cobija de Bebé</b> 12 - 3 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Clase de Danza Folklorico para Adultos</b> 11 a.m. - 12 p.m. <b>Condicion Fisica del Cuerpo con Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.  <b>Centro Cerrado Para El Desarrollo del Personal</b> 1:30 p.m. - 2:30 p.m.	<b>Inscripciones Medi-Cal y Cal Fresh</b> 9 a.m. - 3 p.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>Junta de RCAC 1</b> 11 a.m. - 1:30 p.m.  <b>Festival de Otoño - Mesa de Arte, Juegos, Palomitas de Maíz y más</b> <b>Abierto a todos</b> 3 - 6 p.m.	
	<b>Zumba</b> 9 - 10 a.m. <b>Abriendo Puertas/Opening Doors</b> 10:15 - 11:45 p.m. Ing. & Esp. <b>Prevenir la Diabetes</b> 12:05 - 1:20 p.m. Ing. <b>Cardio</b> 3 - 4 p.m. <b>Toning your Abs</b> 4 - 5 p.m.	<b>Inscripciones Medi-Cal y Cal Fresh</b> 9 a.m. - 3 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Jugos Saludables</b> 11:15 a.m. - 12 p.m. Ing. & Esp. <b>Prevenir la Diabetes</b> 12:05 - 1:20 p.m. Esp. <b>Pasos de Zumba</b> 3 - 4 p.m. <b>Clases de Danza Folklorico para Niños (Edades 4+)</b> 4 - 5 p.m.	<b>Inscripciones Covered CA</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>El Cerebro en Crecimiento de Infantes 0-5</b> 10:15 - 11:45 a.m. Ing. & Esp. <b>Cafe y Pintar por Números para Adultos</b> 10:15 - 11:15 a.m. <b>Lecciones de Guitarra para Adultos (Sesión 2)</b> 12:30 - 1:30 p.m. Esp. <b>Decora Tu Propio Carillón de Viento</b> 3 - 5 p.m.	<b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Clase de Danza Folklorico para Adultos</b> 11 a.m. - 12 p.m. <b>Despensa Comunitaria - Abierto a Todos</b> (Consigue una bolsa de comida, limitada a las primeras 130 personas) 1:30 p.m. <b>Condicion Fisica del Cuerpo con Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>Respire Libremente: Manejo del Asma</b> 11 a.m. - 12:30 p.m. Esp. <b>Cafe y Coloriar para Adultos</b> 12 - 1 p.m. <b>Respire Libremente: Manejo del Asma</b> 1 - 2:30 p.m. Ing. <b>Zumba Familiar (Edades 5+)</b> 4 - 5 p.m.	
	<b>Zumba</b> 9 - 10 a.m. <b>Abriendo Puertas/Opening Doors</b> 10:15 - 11:45 p.m. Ing. & Esp. <b>Orientación para Nuevos Miembros</b> 10:15 - 11:15 a.m. Esp. <b>Prevenir la Diabetes</b> 12:05 - 1:20 p.m. Ing. <b>Cardio</b> 3 - 4 p.m. <b>Toning your Abs</b> 4 - 5 p.m.	<b>Inscripciones Medi-Cal y Cal Fresh</b> 9 a.m. - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Boot Camp</b> 10 - 11 a.m. <b>Jugos Saludables</b> 11:15 a.m. - 12 p.m. Ing. & Esp. <b>Prevenir la Diabetes</b> 12:05 - 1:20 p.m. Esp. <b>Pasos de Zumba</b> 3 - 4 p.m. <b>Clases de Danza Folklorico para Niños (Edades 4+)</b> 4 - 5 p.m.	<b>Inscripciones Covered CA</b> 10 a.m. - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>El Cerebro en Crecimiento de Infantes 0-5</b> 10:15 - 11:45 a.m. Ing. & Esp. <b>Lecciones de Guitarra para Adultos (Sesión 3)</b> 12:30 - 1:30 p.m. Esp. <b>Boot Camp</b> 4 - 5 p.m.	<b>Zumba Drum Sticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Clase de Danza Folklorico para Adultos</b> 11 a.m. - 12 p.m. <b>Condicion Fisica del Cuerpo con Eduardo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>AZUL</b> Califican para el programa mis recompensas para una vida sana.  <b>VERDE</b> Por cita y registro solamane.  <b>GRIS</b> Virtual. Porfavor llame al centro para registrarse.	<b>SERVICIOS DEL CENTRO</b> - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y Calfresh 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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

**SEA ACTIVO,  
SALUDABLE E INFORMADO**



2072 E. Palmdale Blvd.  
Palmdale, CA 93551



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



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