



SOUTH LOS ANGELES OCTOBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CENTER CLOSED	2 CENTER CLOSED	3 CENTER CLOSED	4 CENTER CLOSED	5 CENTER CLOSED
7 CENTER CLOSED	8 CENTER CLOSED	9 CENTER CLOSED	10 CENTER CLOSED	11 CENTER CLOSED	12 CENTER CLOSED
14 Yoga 9 - 10 a.m. Meditation and Healing 10 - 11 a.m.	15 Zumba 9 - 10 a.m. The Arts of Fruit and Vegetables 10:30 - 11:30 a.m. Family Bootcamp 3 - 4 p.m. Managing Stress (Spanish) 4 - 5 p.m.	16 CalFresh Enrollment Services 9 a.m. - 4 p.m. Balance & Stability 11:30 a.m. - 12:30 p.m. Yoga 12:30 - 1:30 p.m. Healthy Bites 2 - 3:30 p.m. Little Voices with Lots of Feelings (Ages 1-6) 4 - 5 p.m.	17 Zumba 9 - 10 a.m. Protecting Your Identity Assets- (Spanish) 11 a.m. - 12 p.m. Protecting Your Identity Assets- (English) 12 - 1 p.m. Overdose Prevention and Response Workshop 2 - 3 p.m. Yoga for Youth (Ages 15-17) 4 - 5 p.m. Managing Stress (Spanish) 4 - 5 p.m.	18 Yoga for Youth (Ages 12-14) 3:30 - 4:30 p.m.	19 CENTER CLOSED
21 CPR & First Aid (English) 9:30 a.m. - 12:30 p.m. CPR & First Aid (Spanish) 1:30 - 4:30 p.m.	22 Zumba 9 - 10 a.m. CPR/First Aid Virtual (English) 9:00 a.m. - 12:00 p.m. The Arts of Fruit and Vegetables 10:30 - 11:30 a.m. Family Bootcamp 3 - 4 p.m.	23 CalFresh Enrollment Services 9 a.m. - 4 p.m. Balance & Stability 11:30 a.m. - 12:30 p.m. Yoga 12:30 - 1:30 p.m. Healthy Bites 2 - 3:30 p.m. Little Voices with Lots of Feelings (Ages 1-6) 4 - 5 p.m.	24 Zumba 9 - 10 a.m. Yoga for Youth (Ages 15-17) 4 - 5 p.m.	25 Yoga for Youth (Ages 12-14) 3:30 - 4:30 p.m.	26 CENTER CLOSED
28 Yoga 9 - 10 a.m. Meditation and Healing 10 - 11 a.m.	29 Zumba 9 - 10 a.m. The Arts of Fruit and Vegetables 10:30 - 11:30 a.m. Family Bootcamp 3 - 4 p.m. Spooktacular Healthy Eating Resource Fair Event 4 p.m. - 6 p.m.	30 CalFresh Enrollment Services 9 a.m. - 4 p.m. Balance & Stability 11:30 a.m. - 12:30 p.m. Yoga 12:30 - 1:30 p.m. Healthy Bites 2 - 3:30 p.m. Little Voices with Lots of Feelings (Ages 1-6) 4 - 5 p.m.	31 Zumba 9 - 10 a.m. Yoga for Youth (Ages 15-17) 4 - 5 p.m.	 Medi-Cal Enrollment Services (Monday - Friday) 9 a.m. - 4 p.m.	 Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.

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



5710 CRENSHAW BLVD
LOS ANGELES, CA 90043



CENTER HOURS:

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



213-428-1410

SoLACRC@lacare.org

CommunityResourceCenterLA.org



SUR DE LOS ÁNGELES

OCTUBRE

2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	1 CENTRO CERRADO	2 CENTRO CERRADO	3 CENTRO CERRADO	4 CENTRO CERRADO	5 CENTRO CERRADO
7 CENTRO CERRADO	8 CENTRO CERRADO	9 CENTRO CERRADO	10 CENTRO CERRADO	11 CENTRO CERRADO	12 CENTRO CERRADO
14 Yoga 9 - 10 a.m. Meditación y Sanación 10-11 a.m.	15 Zumba 9 - 10 a.m. El Arte de Frutas y Vegetales 10:30 - 11:30 a.m. Campo de Entrenamiento Para Familias 3 - 4 p.m. Manejando Estrés (Español) 4- 5 p.m.	16 Servicios de Inscripción Para CalFresh 9 a.m. - 4 p.m. Equilibrio y Estabilidad 11:30 a.m. - 12:30 p.m. Yoga 12:30 - 1:30 p.m. Bocaditos Saludables 2 - 3:30 p.m. Pequeñas Voces con Muchos Sentimientos (1-6 años) 4 - 5 p.m.	17 Zumba 9 - 10 a.m. Protegiendo Sus Activos de Identidad- (Español) 11:00 a.m. - 12:00 p.m. Protegiendo Sus Activos de Identidad- (Inglés) 12 - 1 p.m. Taller de Prevención y Respuesta a Sobredosis 2 - 3 p.m. Yoga Para Jóvenes (15-17 años) 4 - 5 p.m.	18 Yoga Para Jóvenes (12-14 años) 3:30 - 4:30 p.m.	19 CENTRO CERRADO
21 RCP Y Primeros Auxilios (Inglis) 9:30 a.m. - 12:30 p.m. RCP Y Primeros Auxilios (Español) 1:30 - 4:30 p.m.	22 Zumba 9 - 10 a.m. RCP Y Primeros Auxilios Virtual (Inglis) 9:00 a.m. - 12:00 p.m. El Arte de Frutas y Vegetales 10:30 - 11:30 a.m. Campo de Entrenamiento Para Familias 3 - 4 p.m.	23 Servicios de Inscripción Para CalFresh 9 a.m. - 4 p.m. Equilibrio y Estabilidad 11:30 a.m. - 12:30 p.m. Yoga 12:30 - 1:30 p.m. Bocaditos Saludables 2 - 3:30 p.m. Pequeñas Voces con Muchos Sentimientos (1-6 años) 4 - 5 p.m.	24 Zumba 9 - 10 a.m. Yoga Para Jóvenes (15-17 años) 4 - 5 p.m.	25 Yoga Para Jóvenes (12-14 años) 3:30 - 4:30 p.m.	26 CENTRO CERRADO
28 Yoga 9 - 10 a.m. Meditación y Sanación 10 - 11 a.m.	29 Zumba 9 - 10 a.m. El Arte de Frutas y Vegetales 10:30 - 11:30 a.m. Campo de Entrenamiento Para Familias 3 - 4 p.m. Feria de Recursos Para La Alimentación Saludable 4 p.m. - 6 p.m.	30 Servicios de Inscripción Para CalFresh 9 a.m. - 4 p.m. Equilibrio y Estabilidad 11:30 a.m. - 12:30 p.m. Yoga 12:30 - 1:30 p.m. Bocaditos Saludables 2 - 3:30 p.m. Pequeñas Voces con Muchos Sentimientos (1-6 años) 4 - 5 p.m.	31 Zumba 9 - 10 a.m. Yoga Para Jóvenes (15-17 años) 4 - 5 p.m.	Servicios de Inscripción Para Medi-Cal (Lunes - Viernes) 9 a.m. - 4 p.m.	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete. GRIS Virtual. Porfavor llame al centro para registrarse.

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**



5710 CRENSHAW BLVD
LOS ANGELES, CA 90043



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



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