



EAST L.A. NOVEMBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	CENTER SERVICES - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation *Contact Center for Availability of Services ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!		Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Caffeinated & Informed 10 - 11 a.m. Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	CENTER CLOSED
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Self-Evaluation for Goal Setting 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: CLPP Art Creation Session 3 (Ages 5-12) 4 - 5 p.m.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Prevention, Awareness and Resilience of Child Abuse 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Bingo Fun! 1:45 - 3:15 p.m.	The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [5 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL Level 2 [1 of 10] 3 - 5 p.m. Eng. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Healthy Eating Resource Fair (Limited to First 150 People) 10 a.m. - 12 p.m. Living With Heart Failure 1 - 2:30 p.m. Spa. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m. ESL Level 2 [2 of 10] 3 - 5 p.m. Eng.	Diabetes Health Fair & Town Hall (Limited Space Available) 10 a.m. - 2 p.m.
VETERAN'S DAY CENTER CLOSED	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Bullying Prevention: Kindness, Acceptance, Inclusion 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. CommUNITY Wellness Healthy Families [6 of 8] 4:30 - 6 p.m.	The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [6 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL Level 2 [3 of 10] 3 - 5 p.m. Eng. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	CPR & First Aid (English) 10 a.m. - 1 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Caffeinated & Informed 10 - 11 a.m. Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m. ESL Level 2 [4 of 10] 3 - 5 p.m. Eng.	CENTER CLOSED
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Self Talk and Self Esteem 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: CLPP Art Creation Session 4 (Ages 5-12) 4 - 5 p.m.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Christmas Blues For Older Adults 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Adult Art Workshop: Painting With Marigold Dye 1:30 - 3:30 p.m. CommUNITY Wellness Healthy Families [7 of 8] 4:30 - 6 p.m.	The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [7 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL Level 2 [5 of 10] 3 - 5 p.m. Eng. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Food Pantry (Limited to First 100 People) 10 - 11 a.m. CPR & First Aid (Spanish) 10 a.m. - 1 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m. ESL Level 2 [6 of 10] 3 - 5 p.m. Eng.	CENTER CLOSED
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: How to Meditate and Reflect 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Immigration, Adaptation and Resilience 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Ways to Help Protect Your Finances as you Age 2 - 3:30 p.m. Spa. CommUNITY Wellness Healthy Families Graduation [8 of 8] 4:30 - 6 p.m.	The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [8 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Center Closed 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	CENTER CLOSED		

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

4801 Whittier Blvd
Los Angeles, CA 90022

CENTER HOURS:
Monday - Thursday: 9 a.m. - 5 p.m.
Friday: 8 a.m. - 4 p.m.
Saturday: **CLOSED**

213.438.5570
CommunityResourceCenterLA.org



EAST L.A.

NOVIEMBRE

2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	SERVICIOS DEL CENTRO - 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> TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!		Boot Camp Para Adultos 1 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Caffeinado e Informado 10 - 11 a.m. Clase de Lectura (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Diabética 11 a.m. - 12 p.m. Esp. Nutrición and Tú 12 - 1 p.m. Ing. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cocinado Saludable 4 9 - 10:30 a.m. Esp. Autoevaluación Para el Establecimiento de Objetivos 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Club de Arte Para Niños: CLPP Sesión de Creación de Arte 3 (Edades 5-12) 4 - 5 p.m.	Aplicaciones de Cal-Fresh 5 9:30 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Prevención, Concienciación y Resiliencia del Maltrato Infantil 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Bingo Fun! 1:45 - 3:15 p.m.	El Mundo de Jugos y Ensaladas 6 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinado Saludable [5 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL Nivel 2 [1 de 10] 3 - 5 p.m. Ing. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Feria de Recursos Para la Alimentación Saludable 7 <i>(Limitado a las Primeras 150 Personas)</i> 10 a.m. - 12 p.m. Vivir con Insuficiencia Cardíaca 1 - 2:30 p.m. Esp. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 8 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Clase de Lectura (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Diabética 11 a.m. - 12 p.m. Esp. Nutrición and Tú 12 - 1 p.m. Ing. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m. ESL Nivel 2 [2 de 10] 3 - 5 p.m. Ing.	Feria de Salud Sobre la Diabetes y Foro Comunitario 9 <i>(Espacio Limitado)</i> 10 a.m. - 2 p.m.
	Aplicaciones de Cal-Fresh 12 9:30 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Prevención del Acoso Escolar: Amabilidad, Aceptación, Inclusión 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Taller de Arte Para Adultos: Pintar con Tinte de Caléndula 1:30 - 3:30 p.m. CommUNITY Wellness Familias Saludables [6 de 8] 4:30 - 6 p.m.	El Mundo de Jugos y Ensaladas 13 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinado Saludable [6 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL Nivel 2 [3 de 10] 3 - 5 p.m. Ing. Cultivando Familias Virtual 4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Inglés) 14 10 a.m. - 1 p.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 15 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Caffeinado e Informado 10 - 11 a.m. Clase de Lectura (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Diabética 11 a.m. - 12 p.m. Esp. Nutrición and Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m. ESL Nivel 2 [4 de 10] 3 - 5 p.m. Ing.	
Cocinado Saludable 18 9 - 10:30 a.m. Esp. Diálogo Interno y Autoestima 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Club de Arte Para Niños: CLPP Sesión de Creación de Arte 4 (Edades 5-12) 4 - 5 p.m.	Aplicaciones de Cal-Fresh 19 9:30 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Tristeza Navideña Para Adultos Mayores 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. CommUNITY Wellness Familias Saludables [7 de 8] 4:30 - 6 p.m.	El Mundo de Jugos y Ensaladas 20 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinado Saludable [7 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL Nivel 2 [5 de 10] 3 - 5 p.m. Ing. Cultivando Familias Virtual 4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Español) 21 10 a.m. - 1 p.m. Despensa de Alimentos <i>(Limitado a las Primeras 100 Personas)</i> 10 - 11 a.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 22 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Clase de Lectura (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Diabética 11 a.m. - 12 p.m. Esp. Nutrición and Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m. ESL Nivel 2 [6 de 10] 3 - 5 p.m. Ing.	
Cocinado Saludable 25 9 - 10:30 a.m. Esp. Como Meditar y Reflexionar 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Aplicaciones de Cal-Fresh 26 9:30 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Inmigración, Adaptación y Resiliencia 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Ayudar a Proteger sus Finanzas a Medida que Envejece 2 - 3:30 p.m. Esp. CommUNITY Wellness Familias Saludables Graduación [8 de 8] 4:30 - 6 p.m.	El Mundo de Jugos y Ensaladas 27 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinado Saludable [8 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Centro Cerrado 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.			

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

4801 Whittier Blvd
Los Angeles, CA 90022

HORARIO DEL CENTRO:
Lunes a Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m.
Sábado: Cerrado

213.438.5570
CommunityResourceCenterLA.org