



LONG BEACH 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 <small>*Contact Center for Availability of Services</small> ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!		Alternative Programming Call for more Details! (562) 256- 9810 No Member Services	 CENTER CLOSED
Medi-cal Enrollment Services 4 9-5 p.m. Art for Adults 10- 11 a.m. L.A. Care New Member Orientation 12:30- 1:30 p.m. Chair Yoga 2- 3 p.m. Strength Training for Older Adults 3:30-4:30 p.m.	Medi-cal Enrollment Services 5 9-5 p.m. Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. English as a Second Language, Level 2 10- 12 p.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Love your Heart 2:30- 3:30 p.m. 3:30-4:30 p.m.	Medi-cal Enrollment Services 6 9-5 p.m. Community Baby Shower **Registration Required** 10- 12 p.m. Anger Management (Virtual) 10- 11:30 a.m. Healthcare Navigation: Medicare 101 12- 2 p.m. Vinyasa Yoga 2-3 p.m. Google Tech, Level 2 3-5 p.m.	Medi-cal Enrollment Services 7 9-5 p.m. Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Understanding Depression and Building Resilience 11:30- 1 p.m. Line Dancing 2-3 p.m. Chase Money Skills 3- 4 p.m. Family Cardio 4-4:45 p.m.	Medi-cal Enrollment Services 8 9-5 p.m. Cardio Step 10-11 a.m. Cardio Dance 12-1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED
 VETERAN'S DAY CENTER CLOSED	Cal Fresh Enrollment Services 12 9-5 p.m. Zumba 9-10 a.m. English as a Second Language, Level 2 10- 12 p.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Cholesterol 2:30- 3:30 p.m. 3:30-4:30 p.m.	Zumba 13 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Book with Coffee 11:30- 12:30 p.m. Vinyasa Yoga 1:30-2:30 p.m. Google Tech, Level 2 3-5 p.m.	Zumba 14 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Understanding Anxiety and Building Resilience 11:30- 1 p.m. Line Dancing 2-3 p.m. Family Cardio 4-4:45 p.m.	Cardio Step 15 10-11 a.m. Healthcare Navigation: Clinician Selection 11-12 p.m. Cardio Dance 12-1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED
CPR (ENG) Register at freecprla.com 18 9:30- 12:30 p.m. Chair Yoga 2- 3 p.m. Strength Training for Older Adults 3:30-4:30 p.m.	Cal Fresh Enrollment Services 19 9-5 p.m. Zumba 9-10 a.m. English as a Second Language, Level 2 10- 12 p.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Weight Management 2:30- 3:30 p.m. 3:30-4:30 p.m.	Zumba 20 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Vinyasa Yoga 1:30-2:30 p.m. Google Tech, Level 2 3-5 p.m.	Diaper Distribution 21 **First 50 Participants** 9- 5 p.m. Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Grief, Loss, and Resilience 11:30- 1 p.m. Line Dancing 2-3 p.m. Family Cardio 4-4:45 p.m.	Cardio Step 22 10-11 a.m. Healthcare Navigation: Member Protection 11- 12 p.m. Cardio Dance 12-1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m. Lead Poisoning Prevention Workshop 4- 5 p.m.	 CENTER CLOSED
CPR (SPA) Register at freecprla.com 25 9:30- 12:30 p.m. Closed for Staff Meeting 1-5 p.m.	Cal Fresh Enrollment Services 26 9-5 p.m. Zumba 9-10 a.m. English as a Second Language, Level 2 10- 12 p.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Meal Planning 2:30- 3:30 p.m. 3:30-4:30 p.m. Chair Yoga 3:30-4:30 p.m.	Zumba 27 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Read with Libby 10- 11 a.m. Vinyasa Yoga 11-12 p.m. Strength Training for Older Adults 12-1 p.m. Chase Money Skills 1- 2 p.m. Dental Screenings 0-21 years old call for more information 1-4 p.m. Center Closed 4pm	 CENTER CLOSED		

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**

5599 ATLANTIC AVENUE, LONG BEACH, CA 90805

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

562.256.9810
CommunityResourceCenterLA.org



LONG BEACH NOVIEMBRE 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	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!		Programación alternativa ¡Llame para más detalles! (562) 256- 9810 Sin servicios para miembros	 CENTRO CERRADO
Inscripción en Medi-Cal Servicios 9-5 p.m. Arte para Adultos 10- 11 a.m. Orientación para Nuevos Miembros de L.A. Care 12:30- 1:30 p.m. Yoga en Silla 2- 3 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m.	Inscripción en Medi-Cal Servicios 9-5 p.m. Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Clase de Ingles, Nivel 2 10- 12 p.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Ama tu Corazón 2:30- 3:30 p.m. 3:30 -4:30 p.m.	Inscripción en Medi-Cal Servicios 9-5 p.m. Baby Shower Comunitario 10- 12 p.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Como Navegar el Sistema Medico: Informacion sobre Medicare 12-2 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Tecnología de Google, Nivel 2 3- 5 p.m.	Inscripción en Medi-Cal Servicios 9-5 p.m. Zumba 9- 10 a.m. Clase para Padres 9:30-11 a.m. Yoga en Silla 10:30- 11:30 a.m. Entendiendo la Depresión y Construyendo Resiliencia 11:30- 1 p.m. Baile en Línea 2- 3 p.m. Chase Money Skills 3-4 p.m. Entrenamiento de Fuerza para Personas Mayores 4- 4:45 p.m.	Inscripción en Medi-Cal Servicios 9-5 p.m. Cardio Step 10- 11 a.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	 CENTRO CERRADO
DÍA DE LOS VETERANOS  CENTRO CERRADO	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Clase de Ingles, Nivel 2 10- 12 p.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Colesterol 2:30- 3:30 p.m. 3:30 -4:30 p.m.	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Libros con café 11:30- 12:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Tecnología de Google, Nivel 2 3- 5 p.m.	Distribución de Pañales *Primeros 50 participantes* 9-5 p.m. Zumba 9- 10 a.m. Clase para Padres 9:30-11 a.m. Yoga en Silla 10:30- 11:30 a.m. Comprender la ansiedad y desarrollar la resiliencia 11:30- 1 p.m. Baile en Línea 2- 3 p.m. Entrenamiento de Fuerza para Personas Mayores 4- 4:45 p.m.	Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: Selección de Médico 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	 CENTRO CERRADO
RCP y Primeros Auxilios (ENG) Registrarse en freecprla.com 9:30- 12:30 p.m. Yoga en Silla 2- 3 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m.	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Clase de Ingles, Nivel 2 10- 12 p.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Control de Peso 2:30- 3:30 p.m. 3:30 -4:30 p.m.	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Yoga Vinyasa 1:30- 2:30 p.m. Tecnología de Google, Nivel 2 3- 5 p.m.	Zumba 9- 10 a.m. Clase para Padres 9:30-11 a.m. Yoga en Silla 10:30- 11:30 a.m. Duelo, pérdida y resiliencia 11:30- 1 p.m. Baile en Línea 2- 3 p.m. Entrenamiento de Fuerza para Personas Mayores 4- 4:45 p.m.	Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: Protección de Miembros 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m. Taller de Prevención de Envenenamiento por Plomo 4- 5 p.m.	 CENTRO CERRADO
RCP y Primeros Auxilios (ESP) Registrarse en freecprla.com 9:30- 12:30 p.m. Centro Cerrado 1- 5 p.m.	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Clase de Ingles, Nivel 2 10- 12 p.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Planeando tus Comidas 2:30- 3:30 p.m. 3:30 -4:30 p.m. Yoga en Silla 3:30- 4:30 p.m.	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Leer con Libby 10- 11 a.m. Yoga Vinyasa 11- 12 p.m. Entrenamiento de Fuerza para Personas Mayores 12-1 p.m. Chase Money Skills 1-2 p.m. Evaluaciones Dentales 0-21 años de edad llame para mas informacion 1-4 p.m. Centro Cerrado 4 p.m.	 CENTRO CERRADO		

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**



5599 ATLANTIC AVENUE, LONG BEACH, CA 90805



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



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