



Community Resource Center



WILMINGTON NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	Medi-Cal Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. CalFresh Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. L.A. Care Member Services (Mon- Fri) 9 a.m. - 4 p.m. Housing, DPSS & Utility Support (Mon- Wed) 9 a.m. - 4 p.m. L.A. Care New Member Orientations Walk Ins (Wednesdays) 1 - 3 p.m.		Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Court Appointed Parenting Class 12:15 - 1:45 p.m. Salads & Juicing 101 1 - 2 p.m.	
Member Monday's 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Metro LIFE 10 - 11 a.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Paint! Sip! Snack! 4 - 5 p.m.	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Menopause Workshop (Eng.) 12:30 - 1:30 p.m. Kids Healthy Cooking 3:45 - 5 p.m.	Tone Fitness Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 10 a.m. Depression & Resilience (Spa.) 10:30 a.m. - 12 p.m. Child Birthing Class 11 a.m. - 12 p.m. Lunch & Learn to Budget 12:30 - 1:30 p.m. CPR & First Aid freecprla.com (Eng.) (Virtual) 2 - 5 p.m. Center Closed 1 - 3 p.m.	Cardio Mix 9 - 10 a.m. Family Sing 10:30 - 11:15 a.m. Wilmington Walks 1:15 - 2 p.m. Yoga 2 - 3 p.m. Life Skills 4 - 5 p.m. Lego Builders (ages 5+) 4 - 5 p.m.	Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Court Appointed Parenting Class 12:15 - 1:45 p.m. Salads & Juicing 101 1 - 2 p.m. Social Hour (Flower Arrangement) 2:30 - 4:30 p.m.	 Operation Gobble at Wilmington YMCA (Pre-register ONLY) 1127 N Avalon Blvd Wilmington, CA 90744 10 a.m. - 12 p.m.
 VETERAN'S DAY CENTER CLOSED	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Menopause Workshop (Eng.) 12:30 - 1:30 p.m. Kids Healthy Cooking 3:45 - 5 p.m.	Tone Fitness Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 10 a.m. Anxiety & Resilience (Spa.) 10:30 a.m. - 12 p.m. Lactation Class 11 a.m. - 12 p.m. Overdose Prevention Workshop (Biling.) 12:30 - 2:30 p.m. Addiction Support Group 3 - 4 p.m. Colorectal Basics 3:30 - 4:30 p.m.	Cardio Mix 9 - 10 a.m. Family Sing 10:30 - 11:15 a.m. New Member Orientation 11:15 - 11:45 a.m. Wilmington Walks 1:15 - 2 p.m. Yoga 2 - 3 p.m. Life Skills 4 - 5 p.m. Lego Builders (ages 5+) 4 - 5 p.m.	Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Court Appointed Parenting Class 12:15 - 1:45 p.m. Salads & Juicing 101 1 - 2 p.m.	
Member Monday's 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Paint! Sip! Snack! 4 - 5 p.m.	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Menopause Workshop (Eng.) 12:30 - 1:30 p.m. Kids Healthy Cooking 3:45 - 5 p.m.	Tone Fitness Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 10 a.m. Grief, Loss, & Resilience (Spa.) 10:30 a.m. - 12 p.m. Child Birthing Class 11 a.m. - 12 p.m. Lunch & Learn to Budget 12:30 - 1:30 p.m. CPR & First Aid freecprla.com 2 - 5 p.m. (Span.)	Cardio Mix 9 - 10 a.m. Family Sing 10:30 - 11:15 a.m. Wilmington Walks 1:15 - 2 p.m. Yoga 2 - 3 p.m. CalFresh Orientations 2 - 3 p.m. Life Skills 4 - 5 p.m. Lego Builders (ages 5+) 4 - 5 p.m.	Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Court Appointed Parenting Class 12:15 - 1:45 p.m.	
Member Monday's 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Health Advocates SSI/SSDI Assistance 10 a.m. - 12 p.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Paint! Sip! Snack! 4 - 5 p.m. Healthcare Navigation (Eng.) 4 - 5 p.m.	Step Exercise 9 - 10 a.m. Pajama Rama 9 - 11 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Menopause Workshop (Eng.) 12:30 - 1:30 p.m. Lead Poisoning Basics 2:30 - 3:30 p.m. Kids Healthy Cooking 3:45 - 5 p.m.	Tone Fitness Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 10 a.m. Mental Well-being (Spa.) 10:30 a.m. - 12 p.m. Lactation Class 11 a.m. - 12 p.m. Lego Builders (ages 5+) 1:30 - 2:30 p.m. Center Closed 3 - 5 p.m.			

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

911 North Avalon Blvd
Wilmington, CA 90744

CENTER HOURS:
Monday - Friday: 8:30 a.m. - 5 p.m.
Saturday: **CLOSED**

213.428.1490
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	Inscripcion de Medical (Lun - Vie) 8:30 a.m. - 3:30 p.m. Inscripcion de CalFresh (Lun - Vie) 8:30 a.m. - 3:30 p.m. L.A. Care servicio al miembro (Lun - Vie) 9 a.m. - 4 p.m. Apoyo de Desalojo, Vivienda, de Servicios Publicos, y DPSS (lunes-miercoles) 9 a.m. - 4 p.m. L.A. Care Miembro Orientaciones (miercoles) 1 - 3 p.m.		Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Clase para Padres Designado por la Corte 12:15 - 1:45 p.m. Ensaladas y Jugos 101 1 - 2 p.m.	
Lunes de Miembros 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Metro LIFE 10 - 11 a.m. Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Clase de arte para Niños 4 - 5 p.m.	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Taller Sobre la Menopausia (Eng.) 12:30 - 1:30 p.m. Niños Cocina Saludable 3:45 - 5 p.m.	Clase de Tonificacion 9 - 10 a.m. La Mente Importa (Spa.) 9 - 10 a.m. Depresion y Resiliencia (Spa.) 10:30 a.m. - 12 p.m. Clase de Parto 11 a.m. - 12 p.m. Almuerzo y aprende hacer un Presupuesto 12:30 - 1:30 p.m. RCP/ Primero Auxilios freecpria.com (Virtual) (Eng.) 2 - 5 p.m. Centro Cerrado 1- 3 p.m	Cardio Mix 9 - 10 a.m. Cantar en Familia 10:30 - 11:15 a.m. Paseo por Wilmington 1:15 - 2 p.m. Yoga 2 - 3 p.m. Habilidades para la Vida 4 - 5 p.m. Constructores de legos (edad 5+) 4 - 5 p.m.	Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Clase para Padres Designado por la Corte 12:15 - 1:45 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Hora Social (Arreglo de flores) 2:30 - 4:30 p.m.	 Operacion Gobble en Wilmington YMCA (Pre-registrar Solamente) 1127 N Avalon Blvd Wilmington, CA 90744 10 a.m. - 12 p.m
DÍA DE LOS VETERANOS CENTRO CERRADO	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Taller Sobre la Menopausia (Eng.) 12:30 - 1:30 p.m. Niños Cocina Saludable 3:45 - 5 p.m.	Clase de Tonificacion 9 - 10 a.m. La Mente Importa (Spa.) 9 - 10 a.m. Ansiedad y Resiliencia (Spa.) 10:30 a.m. - 12 p.m. Clase de Lactancia (11 a.m. - 12 p.m. Taller de Prevencion de Sobredosis 12:30 - 2:30 p.m. Grupo de Apoyo para Adicciones 3- 4 p.m. Colorectal 101 3:30 - 4:30 p.m.	Cardio Mix 9 - 10 a.m. Cantar en Familia 10:30 - 11:15 a.m. Orientaciones para nuevos miembros 11:15 - 11:45 a.m. Paseo por Wilmington 1:15 - 2 p.m. Yoga 2 - 3 p.m. Habilidades para la Vida 4 - 5 p.m. Constructores de legos (edad 5+) 4 - 5 p.m.	Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Clase para Padres Designado por la Corte 12:15 - 1:45 p.m. Ensaladas y Jugos 101 1 - 2 p.m.	
Lunes de Miembros 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Clase de arte para Niños 4 - 5 p.m.	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Taller Sobre la Menopausia (Eng.) 12:30 - 1:30 p.m. Niños Cocina Saludable 3:45 - 5 p.m.	Clase de Tonificacion 9 - 10 a.m. La Mente Importa (Spa.) 9 - 10 a.m. Dolor, Perdida y Resiliencia (Spa.) 10:30 a.m. - 12 p.m. Clase de Parto 11 a.m. - 12 p.m. Almuerzo y aprende hacer un Presupuesto 12:30 - 1:30 p.m. RCP/ Primero Auxilios freecpria.com 2 - 5 p.m. (Spa.)	Cardio Mix 9 - 10 a.m. Cantar en Familia 10:30 - 11:15 a.m. Paseo por Wilmington 1:15 - 2 p.m. Yoga 2 - 3 p.m. Orientaciones de CalFresh 2 - 3 p.m. Habilidades para la Vida 4 - 5 p.m. Constructores de legos (edad 5+) 4 - 5 p.m.	Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Clase para Padres Designado por la Corte 12:15 - 1:45 p.m.	
Lunes de Miembros 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Asistencia con SSI/SSDI 10 a.m. - 12 p.m. Bebe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! 4 - 5 p.m. Navegacion en el Cuidado de la Salud (Eng.) 4 - 5 p.m.	Ejercicio Step 9 - 10 a.m. Dia de Piyama 9 - 11 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Taller Sobre la Menopausia (Eng.) 12:30 - 1:30 p.m. El Saturnismo 2:30 - 3:30 p.m. Niños Cocina Saludable 3:45 - 5 p.m.	Clase de Tonificacion 9 - 10 a.m. La Mente Importa (Spa.) 9 - 10 a.m. Bienestar Mental (Spa.) 10:30 a.m. - 12 p.m. Clase de Lactancia 11 a.m. - 12 p.m. Constructores de legos (edad 5+) 1:30 - 2:30 p.m. Centro Cerrado 3 - 5 p.m.			

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**