














Community Resource Center



PANORAMA CITY DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2 Boot Camp 9 — 10 a.m. Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Food Education Access Support Together (FEAST) 2:00 — 3:30 p.m. Spa. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 4 — 5 p.m.	3 Boot Camp 9 — 10 a.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Breakthrough Parenting 2 — 4 p.m. Spa. Kids Healthy Cooking 4 — 5 p.m. (5—14 y/o)	4 Boot Camp 9 — 10 a.m. Little One & Me 10:30 — 11:30 a.m. (0—5 y/o) Dance Aerobics 12 — 1 p.m. Ask the Registered Dietician 2 - 3 p.m. Eng./Spa. Tai Chi 3 — 4 p.m. Family Yoga 4 — 5 p.m. (Adults & Kids 5 y/o & up)	5 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 —2:15 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Mental Health: Bullying 2:45 - 3:45 p.m. Spa. Zumba 4— 5 p.m.	6 Virtual CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Eng. 	7 	
9 Boot Camp 9 — 10 a.m. Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 4 — 5 p.m.	10 Boot Camp 9 — 10 a.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Breakthrough Parenting 2 — 4 p.m. Spa. Protecting Yourself 4 - 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (5—14 y/o)	11 WIC Application Assistance 9 a.m. — 12 p.m. Boot Camp 9 — 10 a.m. Little One & Me 10:30 — 11:30 a.m. (0—5 y/o) Dance Aerobics 12 — 1 p.m. Ask the Registered Dietician 2 - 3 p.m. Eng./Spa. Tai Chi 3 — 4 p.m. Family Yoga 4 — 5 p.m. (Adults & Kids 5 y/o & up)	12 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 —2:15 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Health Screenings —EPDB 3 — 5 p.m. Mental Health: Late-Life Transitions 2:45 - 3:45 p.m. Spa. Zumba 4— 5 p.m.	13 	14 Virtual CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Spa. Holiday Toy Giveaway 1 - 5 p.m. In-person Pre-Registration REQUIRED 	
16 Boot Camp 9 — 10 a.m. Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Protecting Yourself During the Holiday Season -EPDB 1 - 2 p.m. Eng./Spa. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 4 — 5 p.m.	17 Boot Camp 9 — 10 a.m. Health Screenings — EPDB 10:00 a.m. — 1:00 p.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Breakthrough Parenting 2 — 4 p.m. Spa. Kids Healthy Cooking 4 — 5 p.m. (5—14 y/o)	18 Boot Camp 9—10 a.m. Little One & Me 10:30 — 11:30 a.m. (0—5 y/o) Oral Health Workshop 10:30 — 11:30 a.m. Dance Aerobics 12 — 1 p.m. Ask the Registered Dietician 2 - 3 p.m. Eng./Spa. Tai Chi 3 — 4 p.m. Family Yoga 4 — 5 p.m. (Adults & Kids 5 y/o & up)	19 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 —2:15 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Mental Health: Grief and Loss 2:45 - 3:45 p.m. Spa. Zumba 4— 5 p.m.	20 Virtual CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Spa.  <p>Center Closed at 1pm</p>	21 	
23 Virtual Boot Camp 9:00 — 10:00 a.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng.	24	25	26 Virtual Boot Camp 9:00 — 10:00 a.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng.	27	28 	
						
30 Virtual Boot Camp 9:00 — 10:00 a.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. 	31 Virtual Boot Camp 9:00 — 10:00 a.m. 	 <p>CRC Website</p>	CENTER SERVICES <ul style="list-style-type: none"> Member Services Enrollment Services* <ul style="list-style-type: none"> 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!	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.		

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

 7868 Van Nuys Blvd.
Panorama City, CA. 91402








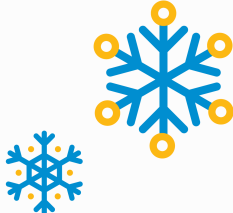
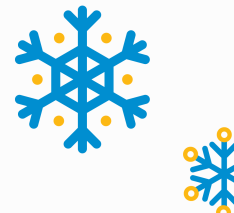





CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: **CLOSED**



213.438.5497
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
Boot Camp 9 — 10 a.m. 2 Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 2:00 — 3:30 p.m. Esp. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	Boot Camp 9—10 a.m. 3 Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 - 3:15 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Cocinando Saludable para Niños 4 — 5 p.m. (5 — 14 años)	Boot Camp 9 — 10 a.m. 4 Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Baile Aeróbico 12—1 p.m. Pregúntale a la Dietista Registrada 2 — 3 p.m. Esp./Ing. Tai Chi 3 — 4 p.m. Yoga en Familia 4 — 5 p.m. (Adultos y niños 5 años en adelante)	Boot Camp 9—10 a.m. 5 Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental: Bullying 2:45 - 3:45 p.m. Esp. Zumba 4 — 5 p.m.	Virtual RCP y Primeros Auxilios (Edad 14+) 6 Regístrese en freecprla.com 9 a.m.— 12 p.m. Ing. 	7 	
Boot Camp 9 — 10 a.m. 9 Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	Boot Camp 9—10 a.m. 10 Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 - 3:15 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Protégese a Ti Mismo 4 - 5 p.m. Esp./Ing. Cocinando Saludable para Niños 4 — 5 p.m. (5 — 14 años)	Asistencia con la Solicitud de WIC 11 9 a.m. — 12 p.m. Boot Camp 9 — 10 a.m. Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Baile Aeróbico 12—1 p.m. Pregúntale a la Dietista Registrada 2 — 3 p.m. Esp./Ing. Tai Chi 3 — 4 p.m. Yoga en Familia 4 — 5 p.m. (Adultos y niños 5 años en adelante)	Boot Camp 9—10 a.m. 12 Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental: Tranciones de la Vejez 2:45 - 3:45 p.m. Esp. Exámenes de Salud—EPDB 3 — 5 p.m. Zumba 4 — 5 p.m.	13 	14 Virtual RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m.— 12 p.m. Esp. Sorteo de Jugetes 1PM - 5PM *Se Requiere Preinscripción Presencial 	
Boot Camp 9 — 10 a.m. 16 Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Protégese Durante los Días Festivos -EPDB 1 - 2 p.m. Esp./Ing. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	Boot Camp 9—10 a.m. 17 Exámenes de Salud — EPDB 10:00 a.m. — 1:00 p.m. Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 - 3:15 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Cocinando Saludable para Niños 4 — 5 p.m. (5 — 14 años)	Boot Camp 9 — 10 a.m. 18 Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Taller Sobre la Salud Oral 10:30 — 11:30 a.m. Esp./Ing. Baile Aeróbico 12—1 p.m. Pregúntale a la Dietista Registrada 2 — 3 p.m. Esp./Ing. Tai Chi 3 — 4 p.m. Yoga en Familia 4 — 5 p.m. (Adultos y niños 5 años en adelante)	Boot Camp 9 — 10 a.m. 19 Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental: Dolor y Perdida 2:45 - 3:45 p.m. Esp. Zumba 4 — 5 p.m.	Virtual RCP y Primeros Auxilios (Edad 14+) 20 Regístrese en freecprla.com 9 a.m.— 12 p.m. Esp. 	21 	
Boot Camp Virtual 23 9:00 — 10:00 a.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.	24	25	Boot Camp Virtual 26 9:00 — 10:00 a.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.	27	28 	
 <h2 style="font-size: 2em; margin: 0;">CENTER CLOSED</h2> <h3 style="font-size: 1.5em; margin: 0;">CENTRO CERRADO</h3> 						
Boot Camp Virtual 30 9:00 — 10:00 a.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. 	Boot Camp Virtual 31 9:00 — 10:00 a.m. 	 <p style="text-align: center; font-size: 0.8em;">CRC Sitio de Web</p>	SERVICIOS DEL CENTRO <ul style="list-style-type: none"> - 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!	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.		

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

