



EAST L.A. JANUARY 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BLUE Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN Appointment & Registration required.</p>	<p>CENTER SERVICES</p> <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 <p>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	<p>HAPPY NEW YEAR</p> <p>CENTER CLOSED</p>	<p>CENTER CLOSED</p>	<p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>CENTER CLOSED</p>	<p>CENTER CLOSED</p>
<p>CENTER CLOSED</p>	<p>CENTER CLOSED</p>	<p>The World of Juicing and Salads 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking Graduation [12 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>Google Tech Level 2 [1 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>CPR & First Aid (English) 10 a.m. - 1 p.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Spa.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Step 12 - 1 p.m.</p> <p>Zumba Gold 1:15 - 2:15 p.m.</p>	<p>CENTER CLOSED</p>
<p>Cooking Matters 9 - 10:30 a.m. Spa.</p> <p>Life Skills: SMART Goals 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Depression & Anxiety for Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking [1 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>Google Tech Level 2 [2 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>Food Pantry (Limited to First 100 People) 10 - 11 a.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>RCAC Meeting 10 a.m. - 12:30 p.m.</p> <p>Warm Drinks & Community Links 10 - 11 a.m.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Spa.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Gold 1:15 - 2:15 p.m.</p>	<p>CENTER CLOSED</p>
<p>MLK DAY</p> <p>CENTER CLOSED</p>	<p>Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Preserving Memory for Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Adult Art Workshop: Tie Dying With Permanent Markers 1:30 - 3:30 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>Google Tech Level 2 [3 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>CPR & First Aid (Spanish) 10 a.m. - 1 p.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Spa.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Step 12 - 1 p.m.</p> <p>Zumba Gold 1:15 - 2:15 p.m.</p>	<p>CENTER CLOSED</p>
<p>Cooking Matters 9 - 10:30 a.m. Spa.</p> <p>Life Skills: How to Handle Tough Decisions 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Good Sleep for the Emotional Well-being of Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Ways to Help Protect Your Finances as you Age - Part 2 2 - 3:30 p.m. Spa.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking [2 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>Google Tech Level 2 [4 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Spa.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Step 12 - 1 p.m.</p> <p>Zumba Gold 1:15 - 2:15 p.m.</p>	<p></p> <p>CRC Website</p>

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+)

**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



Community Resource Center

Calendar grid with columns for LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains activity details, times, and 'CENTRO CERRADO' status. Includes a QR code for the CRC website on Saturday.

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+)

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



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