



EAST L.A. FEBRUARY 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Come Join our Spirit Week! February 24-28</p> <p>Monday- Hat Day Tuesday-Super Hero Day Wednesday-Neon Day Thursday- Decades Day Friday- Villain Day</p>	<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* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p><small>*Contact Center for Availability of Services</small></p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	 <p>CRC Website</p>		
<p>Cooking Matters 9 - 10:30 a.m. Spa. 3</p> <p>Life Skills: The Power of Self Reflection 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Managing Blood Pressure - Part 1 1 - 2:30 p.m. Spa.</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>Kid's Art Club: Valentine's Day Craft (Ages 5-12) 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 4</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Hoarding - 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. 5</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking [3 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 [5 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>Community Baby Shower 10 a.m. - 12 p.m. 6</p> <p><i>*Registration opens January 27*</i></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. 7</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>Cooking Matters 9 - 10:30 a.m. Spa. 10</p> <p>Life Skills: Embracing Change 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Managing Blood Pressure - Part 2 1 - 2:30 p.m. Spa.</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. 11</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>How Much is too Much - 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: Screen Printing Environmental Posters 1:30 - 3:30 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 9 - 10 a.m. Spa. 12</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking [4 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 [6 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. 13</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. 14</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>PRESIDENT'S DAY</p>  <p>CENTER CLOSED</p>	<p>Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 18</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Managing Your Medication - 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. 19</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking [5 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 [7 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>Food Pantry 20 <i>(Limited to First 100 People)</i> 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>Boot Camp for Adults 8 - 9 a.m. 21</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual  9:30 - 11 a.m. Eng.</p> <p>Warm Drinks & Community Links 10 - 11 a.m.</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>Hat Day 24</p> <p>Cooking Matters 9 - 10:30 a.m. Spa.</p> <p>Life Skills: Finding Inspiration 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>Super Hero Day 25</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>Resilience - 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>Neon Day 26</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 [6 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 [8 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>Decades Day 27</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>Villain Day 28</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>	

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 icons. Includes a 'DÍA DE LOS PRESIDENTES' section and a 'CENTRO CERRADO' section.

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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