




PALMDALE FEBRUARY 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><small>*Contact Center for Availability of Services</small></p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	 <p>CRC Website</p>			
<p>Zumba 9 - 10 a.m.</p> <p>Coffee and Coloring 10:15 - 11:15 a.m.</p> <p>Parent Cafe 10:15 - 11:45 a.m. Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Eng.</p> <p>Cardio 3 - 4 p.m.</p> <p>Toning your Abs 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 11 a.m.</p> <p>Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 3 - 4 p.m.</p> <p>Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>Covered CA Enrollments 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Workshop: Understanding Anxiety and Building Resilience 10:15 - 11:45 a.m. Spa.</p> <p>Coffee and Coloring 10:30 - 11:30 a.m.</p> <p>Effective Parenting (Open to All, Court Certificate Provided if Needed) 12:30 - 2:30 p.m. Eng.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Cal Fresh Enrollments 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Folklorico Dance Class for Adults 11 a.m. - 12 p.m.</p> <p>Food Pantry (Obtain a food bag) 1:30 p.m.</p> <p>Full Body Fitness with Eduardo 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Zumba 8 - 9 a.m.</p> <p>Body Flexibility 9 - 10 a.m.</p> <p>CPR/First Aid (Ages 14+) Register at freecprla.com</p> <p>Decorate your Valentine's Day Jewelry Box (Family Art Class, limited to first 60 people) 3 - 4:45 p.m.</p>	
<p>Zumba 9 - 10 a.m.</p> <p>Parent Cafe 10:15 - 11:45 a.m. Spa.</p> <p>Paint your Own Flower Vase (Adult Art Class, Limited to first 30 people) 10:30 a.m. - 12 p.m.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Eng.</p> <p>Cardio 3 - 4 p.m.</p> <p>Toning your Abs 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 11 a.m.</p> <p>Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 3 - 4 p.m.</p> <p>Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>Covered CA Enrollments 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Workshop: Grief, Loss, and Resilience 10:15 - 11:45 a.m. Spa.</p> <p>Coffee and Coloring 12 - 1 p.m.</p> <p>Effective Parenting (Open to All, Court Certificate Provided if Needed) 12:30 - 2:30 p.m. Eng.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Cal Fresh Enrollments 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Folklorico Dance Class for Adults 11 a.m. - 12 p.m.</p> <p>Full Body Fitness with Eduardo 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m.</p> <p>Valentine's Day Goodie Bags (All Ages) 9 a.m. - 5 p.m.</p> <p>Zumba 8 - 9 a.m.</p> <p>Body Flexibility 9 - 10 a.m.</p> <p>CPR/First Aid (Ages 14+) Register at freecprla.com</p> <p>Coffee and Coloring 3 - 4 p.m.</p>	
<p>PRESIDENT'S DAY</p> 	<p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 11 a.m.</p> <p>Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 3 - 4 p.m.</p> <p>Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>Covered CA Enrollments 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Workshop: Understanding the Impact of Addiction and Mental Wellness 10:15 - 11:45 a.m. Spa.</p> <p>Effective Parenting (Open to All, Court Certificate Provided if Needed) 12:30 - 2:30 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Cal Fresh Enrollments 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Folklorico Dance Class for Adults 11 a.m. - 12 p.m.</p> <p>Food Pantry (Obtain a food bag) 1:30 p.m.</p> <p>Full Body Fitness with Eduardo 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m.</p> <p>Zumba 8 - 9 a.m.</p> <p>Body Flexibility 9 - 10 a.m.</p> <p>RCAC 1 Meeting 11 a.m. - 1:30 p.m.</p> <p>Decorate Your Own Mirror (Family Art Class, Limited to first 60 people) 3 - 4:45 p.m.</p>	<p>Baby Shower for Expecting and New Mommies (Infants to 3 months, Registration Required) 10 a.m. - 12 p.m.</p> <p>Call Center to Register</p> 
<p>Zumba 9 - 10 a.m.</p> <p>Coffee and Coloring 10:15 - 11:15 a.m.</p> <p>Parent Cafe 10:15 - 11:45 a.m. Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Eng.</p> <p>Cardio 3 - 4 p.m.</p> <p>Toning your Abs 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 11 a.m.</p> <p>Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 3 - 4 p.m.</p> <p>Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>Covered CA Enrollments 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Workshop: Family Violence Awareness, Prevention and Resilience 10:15 - 11:45 a.m. Spa.</p> <p>Coffee and Coloring 10:30 - 11:30 a.m.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Cal Fresh Enrollments 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Folklorico Dance Class for Adults 11 a.m. - 12 p.m.</p> <p>Full Body Fitness with Eduardo 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Zumba 8 - 9 a.m.</p> <p>Body Flexibility 9 - 10 a.m.</p> <p>Money Smart for Adults: Understanding and Building Credit (Free Breakfast) 10:30 - 11:30 a.m. Spa.</p> <p>Money Smart for Adults: Understanding and Building Credit (Free Breakfast) 11:45 a.m. - 12:45 p.m. Eng.</p>	<p>No Child Supervision in February</p>

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Must wear appropriate shoes for fitness classes..

**BE ACTIVE,
HEALTHY & INFORMED**



2072 E. Palmdale Blvd
Palmdale, CA 93550



CENTER HOURS:

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




213.438.5580

CommunityResourceCenterLA.org



PALMDALE FEBRERO 2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</p>	<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* <ul style="list-style-type: none"> • Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <p>*Comuníquese con el Centro para disponibilidad de Servicios</p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	 <p>CRC Sitio de Web</p>			<p>CENTRO CERRADO</p>
<p>Zumba 9 - 10 a.m.</p> <p>Café y Colorante 10:15 - 11:15 a.m.</p> <p>Parent Cafe 10:15 - 11:45 a.m. Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Ing.</p> <p>Cardio 3 - 4 p.m.</p> <p>Toning 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 11 a.m.</p> <p>Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Esp.</p> <p>Pasos de Zumba 3 - 4 p.m.</p> <p>Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Talleres: Comprendiendo la Depresion y Desarrollando la Resiliencia 10:15 - 11:45 a.m. Esp.</p> <p>Café y Colorante 10:30 - 11:30 a.m.</p> <p>Crianza Efectiva (Abierto a Todos, Se Proporciona Certificado de la Corte, Si es Necesario) 12:30 - 2:30 p.m. Ing.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones de Cal-Fresh 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklorico para Adultos 11 a.m. - 12 p.m.</p> <p>Despensa Comunitaria (Consigue una bolsa de comida) 1:30 p.m.</p> <p>Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Zumba 8 - 9 a.m.</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m.</p> <p>RCP/Primeros Auxilios Registrarse en freecprla.com (edades 14+) 10:15 a.m. - 1:15 p.m. Ing.</p> <p>Decora tu joyero de San Valentín (Clase de arte familiar, limitada a las primeras 60 personas) 3 - 4:45 p.m.</p>	<p>CENTRO CERRADO</p>
<p>Zumba 9 - 10 a.m.</p> <p>Parent Cafe 10:15 - 11:45 a.m. Esp.</p> <p>Pinta tu propio Florero (Clase de arte para adultos, limitada a las primeras 30 personas) 10:30 a.m. - 12 p.m.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Ing.</p> <p>Cardio 3 - 4 p.m.</p> <p>Toning 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 11 a.m.</p> <p>Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Esp.</p> <p>Pasos de Zumba 3 - 4 p.m.</p> <p>Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Talleres: Duelo y Perdida 10:15 - 11:45 a.m. Esp.</p> <p>Café y Colorante 12 - 1 p.m.</p> <p>Crianza Efectiva (Abierto a Todos, Se Proporciona Certificado de la Corte, Si es Necesario) 12:30 - 2:30 p.m. Ing.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Cal-Fresh 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Danza Folklorico para Adultos 11 a.m. - 12 p.m.</p> <p>Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m.</p> <p>Bolsas de Regalos para el Día de San Valentín (Todas las Edades) 9 a.m. - 5 p.m.</p> <p>Zumba 8 - 9 a.m.</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m.</p> <p>RCP/Primeros Auxilios Registrarse en freecprla.com (edades 14+) 10:15 a.m. - 1:15 p.m. Esp.</p> <p>Café y Colorante 3 - 4 p.m.</p>	<p>CENTRO CERRADO</p>
<p>DÍA DE LOS PRESIDENTES</p> <p>CENTRO CERRADO</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 11 a.m.</p> <p>Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Esp.</p> <p>Pasos de Zumba 3 - 4 p.m.</p> <p>Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Talleres: Entendiendo el Impacto de la Adiccion en el Bienestar Mental 10:15 - 11:45 a.m. Esp.</p> <p>Crianza Efectiva (Abierto a Todos, Se Proporciona Certificado de la Corte, Si es Necesario) 12:30 - 2:30 p.m. Ing.</p> <p>Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones de Cal-Fresh 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklorico para Adultos 11 a.m. - 12 p.m.</p> <p>Despensa Comunitaria (Consigue una bolsa de comida) 1:30 p.m.</p> <p>Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m.</p> <p>Zumba 8 - 9 a.m.</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m.</p> <p>Junta de RCAC 1 11 a.m. - 1:30 p.m.</p> <p>Decora tu Propio Espejo (Clase de arte familiar, limitada a las primeras 60 personas) 3 - 4:45 p.m.</p>	<p>Baby Shower para Embarazadas y Nuevas Mamás (Bebés hasta 3 meses, se Requiere Registro) 10 a.m. - 12 p.m.</p> <p>Llama al Centro Para Registrarse</p>
<p>Zumba 9 - 10 a.m.</p> <p>Café y Colorante 10:15 - 11:15 a.m.</p> <p>Parent Cafe 10:15 - 11:45 a.m. Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Ing.</p> <p>Cardio 3 - 4 p.m.</p> <p>Toning 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 11 a.m.</p> <p>Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Esp.</p> <p>Pasos de Zumba 3 - 4 p.m.</p> <p>Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Talleres: La Violencia Familiar Concientizacion 10:15 - 11:45 a.m. Esp.</p> <p>Café y Colorante 10:30 - 11:30 a.m.</p> <p>Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Cal-Fresh 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Danza Folklorico para Adultos 11 a.m. - 12 p.m.</p> <p>Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Zumba 8 - 9 a.m.</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m.</p> <p>Dinero Inteligente para Adultos: Comprender y Construir el Credito (Desayuno Gratuito) 10:30 - 11:30 a.m. Esp.</p> <p>Dinero Inteligente para Adultos: Comprender y Construir el Credito (Desayuno Gratuito) 11:45 a.m. - 12:45 p.m. Ing.</p>	<p>No Hay Supervisión Infantil en Febrero</p>

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. Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO, SALUDABLE E INFORMADO



2072 E. Palmdale Blvd.
Palmdale, CA 93550



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



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