









Community Resource Center



WILMINGTON FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.					
Kickboxing 3 9 - 10 a.m. New Member Orientations 10 - 10:30 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! (ages 4-18) 4 - 5 p.m.	Member Tuesday's 4 9 a.m. - 4 p.m. Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Mind Matters 11 a.m - 1 pm Chair Yoga 11:30 a.m. - 12:30 p.m. Alzheimer's Workshop (The Caregiver Experience) 12:30 - 1:30 p.m. Kids Healthy Cooking 3:45 - 5 p.m.	Tone Fitness Class 5 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Lunch & Learn to Budget 12:30 - 1:30 p.m. CPR & First Aid freecprla.com (Virtual in Eng.) (Spa. in person) 2 - 5 p.m.	Cardio Mix 6 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Mommy Circle 10:30 - 11:30 a.m. Family Sing 11:30 a.m. - 12:15 p.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 7 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Court Approved Parenting Class 12:15- 1:45 p.m. Salads & Juicing 101 1 - 2 p.m. Adult Weight Management 2 - 3:30 p.m. Emergency Preparedness Workshop 3:30- 4:30 p.m.	Immigration Workshop 8 10 a.m.- 12 p.m. Valentine's Craft & Kindness Rocks 10 a.m.- 12 p.m.
Kickboxing 10 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! (ages 4-18) 4 - 5 p.m.	Member Tuesday's 11 9 a.m. - 4 p.m. Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Mind Matters 11 a.m - 1 pm Chair Yoga 11:30 a.m. - 12:30 p.m. Alzheimer's Workshop (Palliative Care vs Hospice Care) 12:30 - 1:30 p.m. Kids Healthy Cooking 3:45 - 5 p.m.	Tone Fitness Class 12 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Overdose Prevention Workshop 1 - 3 p.m.	Cardio Mix 13 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Mommy Circle 10:30 - 11:30 a.m. Family Sing 11:30 a.m. - 12:15 p.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 14 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Court Approved Parenting Class 12:15- 1:45 p.m. Salads & Juicing 101 1 - 2 p.m. Adult Weight Management 2 - 3:30 p.m.	
	Member Tuesday's 17 9 a.m. - 4 p.m. Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Mind Matters 11 a.m - 1 pm Chair Yoga 11:30 a.m. - 12:30 p.m. Healthcare Updates 12:30 - 1:30 p.m. Kids Healthy Cooking 3:45 - 5 p.m.	Tone Fitness Class 18 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Neighborhood Watch Meeting 6 - 7 p.m. Paint! Sip! Snack! (ages 4-18) 6 - 7 p.m.	Cardio Mix 19 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Mommy Circle 10:30 - 11:30 a.m. Family Sing 11:30 a.m. - 12:15 p.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 20 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Salads & Juicing 101 1 - 2 p.m. Social Hour (Mini Terracotta Pot Arrangement) 2 - 3 p.m.	
Kickboxing 24 9 - 10 a.m. Regional Community Advisory Committee Meeting 10 a.m. - 1 p.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! (ages 4-18) 4 - 5 p.m.	Member Tuesday's 25 9 a.m. - 4 p.m. Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Mind Matters 11 a.m - 1 pm Chair Yoga 11:30 a.m. - 12:30 p.m. Breast Cancer Awareness 12:30 - 1:30 p.m. Kids Healthy Cooking 3:45 - 5 p.m.	Tone Fitness Class 26 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Metro TAP Enrollment 1 - 2 p.m. Immigration Workshop 4- 6 p.m. Snow Globe Craft 4- 6 p.m.	Cardio Mix 27 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Mommy Circle 10:30 - 11:30 a.m. Family Sing 11:30 a.m. - 12:15 p.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 28 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Community Baby Shower 2 - 4 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.



213.428.1490
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Inscripcion de Medical (Lun - Vie) 8:30 a.m. - 3:30 p.m.</p> <p>Inscripcion de CalFresh (Lun - Vie) 8:30 a.m. - 3:30 p.m.</p> <p>L.A. Care servicio al Miembro (Lun- Vie) 9 a.m. - 4 p.m.</p> <p>Apoyo de Desalojo, Vivienda, de Servicios Publicos, y DPSS (Lun.-Vie.) 9 a.m. - 4 p.m.</p> <p>L.A. Care Miembros Orientaciones (miercoles) 1 - 3 p.m.</p>	 <p>CRC Sitio de Web</p>				 <p>CENTRO CERRADO</p>
<p>Kickboxing 9 - 10 a.m.</p> <p>Orientacion para nuevos miembros 10- 10:30 a.m</p> <p>Bebe y Yo 10:30 - 11:30 a.m.</p> <p>Entrenamiento de circuito 2 - 3 p.m.</p> <p>Cocina Saludable 3:15 - 4:30 p.m.</p> <p>¡Pintar! ¡Sorbo! ¡Bocadillo! 4 - 5 p.m.</p>	<p>Martes de Miembros 9 a.m. - 4 p.m.</p> <p>Ejercicio Step 9 - 10 a.m.</p> <p>Consejos de nutricion y fitness (Spa.) 10 - 11 a.m.</p> <p>La Mente Importa 11a.m. - 1 p.m</p> <p>Yoga en Silla 11:30 a.m. - 12:30 p.m.</p> <p>Taller de Alzheimer (La Experiencia del Cuidador) 12:30 - 1:30 p.m.</p> <p>Niños Cocina Saludable 3:45 - 5 p.m.</p>	<p>Clase de Tonificacion 9 - 10 a.m.</p> <p>Tecnologia Google 10:30 a.m. - 12:30 p.m.</p> <p>Almuerza y Aprende hacer un Presupuesto 12:30 - 1:30 p.m</p> <p>RCP/Primero Auxilios freecprla.com (Virtual en Eng.) (Spa. en persona) 2 - 5 p.m.</p>	<p>Cardio Mix 9 - 10 a.m.</p> <p>ESL 10 a.m.- 12 p.m.</p> <p>Circulo de Mami 10:30 - 11:30 a.m.</p> <p>Cantar en Familia 11:30 a.m. - 12:15 p.m.</p> <p>Paseo por Wilmington 1:15 - 2 p.m.</p> <p>Yoga 2 - 3 p.m.</p> <p>Habilidades para la Vida 4 - 5 p.m.</p> <p>Constructores de legos (edad 5+) 4 - 5 p.m.</p>	<p>Baile de Cardio 9 - 10 a.m.</p> <p>Clase de Estiramiento 10 - 11 a.m.</p> <p>Yoga 11:15 a.m. - 12:15 p.m.</p> <p>Clase para Padres aprobada por el Tribunal 12:15- 1:45 p.m.</p> <p>Ensaladas y Jugos 101 1 - 2 p.m.</p> <p>Control de Peso en Adultos 2 - 3:30 p.m.</p> <p>Taller de Preparacion para Emergencias 3:30 - 4:30 p.m.</p>	<p>Taller de Inmigracion 10 a.m. - 12 p.m.</p> <p>Artesanía de San Valentín y Rocas Bondadosas 10 a.m. - 12 p.m.</p>
<p>Kickboxing 9 - 10 a.m.</p> <p>Asistencia con SSI/SSDI 10 a.m. - 12 p.m.</p> <p>Bebe y yo 10:30 - 11:30 a.m.</p> <p>Entrenamiento de circuito 2 - 3 p.m.</p> <p>Cocina Saludable 3:15 - 4:30 p.m.</p> <p>¡Pintar! ¡Sorbo! ¡Bocadillo! (edades 4-18) 4 - 5 p.m.</p>	<p>Martes de Miembros 9 a.m. - 4 p.m.</p> <p>Ejercicio Step 9 - 10 a.m.</p> <p>Consejos de nutricion y fitness (Spa.) 10 - 11 a.m.</p> <p>La Mente Importa 11a.m. - 1 p.m</p> <p>Yoga en Silla 11:30 a.m. - 12:30 p.m.</p> <p>Taller de Alzheimer (Cuidados Paliativos) 12:30 - 1:30 p.m.</p> <p>Niños Cocina Saludable 3:45 - 5 p.m.</p>	<p>Clase de Tonificacion 9 - 10 a.m.</p> <p>Tecnologia Google 10:30 a.m. - 12:30 p.m.</p> <p>Taller de Prevencion de Sobredosis 1 - 3 p.m.</p>	<p>Cardio Mix 9 - 10 a.m.</p> <p>ESL 10 a.m.- 12 p.m.</p> <p>Circulo de Mami 10:30 - 11:30 a.m.</p> <p>Cantar en Familia 11:30 a.m. - 12:15 p.m.</p> <p>Paseo por Wilmington 1:15 - 2 p.m.</p> <p>Yoga 2 - 3 p.m.</p> <p>Habilidades para la Vida 4 - 5 p.m.</p> <p>Constructores de legos (edad 5+) 4 - 5 p.m.</p>	<p>Baile de Cardio 9 - 10 a.m.</p> <p>Clase de Estiramiento 10 - 11 a.m.</p> <p>Yoga 11:15 a.m. - 12:15 p.m.</p> <p>Clase para Padres aprobada por el Tribunal 12:15- 1:45 p.m.</p> <p>Ensaladas y Jugos 101 1 - 2 p.m.</p> <p>Control de Peso en Adultos 2 - 3:30 p.m</p>	 <p>CENTRO CERRADO</p>
 <p>DÍA DE LOS PRESIDENTES</p> <p>CENTRO CERRADO</p>	<p>Martes de Miembros 9 a.m. - 4 p.m.</p> <p>Ejercicio Step 9 - 10 a.m.</p> <p>Consejos de nutricion y fitness (Spa.) 10 - 11 a.m.</p> <p>La Mente Importa 11a.m. - 1 p.m</p> <p>Yoga en Silla 11:30 a.m. - 12:30 p.m.</p> <p>Actualizaciones de Atencion Medicas 12:30 - 1:30 p.m.</p> <p>Niños Cocina Saludable 3:45 - 5 p.m.</p>	<p>Clase de Tonificacion 9 - 10 a.m.</p> <p>Tecnologia Google 10:30 a.m. - 12:30 p.m.</p> <p>Reunion de Vigilancia Vecinal 6 - 7 p.m.</p> <p>¡Pintar! ¡Sorbo! ¡Bocadillo! (edades 4-18) 6 - 7 p.m.</p>	<p>Cardio Mix 9 - 10 a.m.</p> <p>ESL 10 a.m.- 12 p.m.</p> <p>Circulo de Mami 10:30 - 11:30 a.m.</p> <p>Cantar en Familia 11:30 a.m. - 12:15 p.m</p> <p>Paseo por Wilmington 1:15 - 2 p.m.</p> <p>Yoga 2 - 3 p.m.</p> <p>Habilidades para la Vida 4 - 5 p.m.</p> <p>Constructores de legos (edad 5+) 4 - 5 p.m.</p>	<p>Baile de Cardio 9 - 10 a.m.</p> <p>Clase de Estiramiento 10 - 11 a.m.</p> <p>Yoga 11:15 a.m. - 12:15 p.m.</p> <p>Ensaladas y Jugos 101 1 - 2 p.m.</p> <p>Hora Social (Arreglo de maceta de terracota) 2 - 3 p.m.</p>	 <p>CENTRO CERRADO</p>
<p>Kickboxing 9 - 10 a.m.</p> <p>Reunion del Comite Asesor Comunitario Regional 10 a.m. - 1 p.m.</p> <p>Asistencia con SSI/SSDI 10 a.m. - 12 p.m.</p> <p>Bebe y yo 10:30 - 11:30 a.m.</p> <p>Entrenamiento de circuito 2 - 3 p.m.</p> <p>Cocina Saludable 3:15 - 4:30 p.m.</p> <p>¡Pintar! ¡Sorbo! ¡Bocadillo! (edades 4-18) 4 - 5 p.m.</p>	<p>Martes de Miembros 9 a.m. - 4 p.m.</p> <p>Ejercicio Step 9 - 10 a.m.</p> <p>Consejos de nutricion y fitness (Spa.) 10 - 11 a.m.</p> <p>La Mente Importa 11a.m. - 1 p.m</p> <p>Yoga en Silla 11:30 a.m. - 12:30 p.m.</p> <p>Concientizacion sobre el Cancer de Mama 12:30 - 1:30 p.m.</p> <p>Niños Cocina Saludable 3:45 - 5 p.m.</p>	<p>Clase de Tonificacion 9 - 10 a.m.</p> <p>Tecnologia Google 10:30 a.m. - 12:30 p.m.</p> <p>Presentacion de Metro TAP 1 - 2 p.m.</p> <p>Taller de Inmigracion 4 - 6 p.m.</p> <p>Artesanía de Globo de Nieve 4 - 6 p.m.</p>	<p>Cardio Mix 9 - 10 a.m.</p> <p>ESL 10 a.m.- 12 p.m.</p> <p>Circulo de Mami 10:30 - 11:30 a.m.</p> <p>Cantar en Familia 11:30 a.m. - 12:15 p.m</p> <p>Paseo por Wilmington 1:15 - 2 p.m.</p> <p>Yoga 2 - 3 p.m.</p> <p>Orientaciones de CalFresh 2 - 3 p.m.</p> <p>Habilidades para la Vida 4 - 5 p.m.</p> <p>Constructores de legos (edad 5+) 4 - 5 p.m.</p>	<p>Baile de Cardio 9 - 10 a.m.</p> <p>Clase de Estiramiento 10 - 11 a.m.</p> <p>Yoga 11:15 a.m. - 12:15 p.m.</p> <p>Baby Shower Comunitario 2 - 4 p.m.</p>	 <p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

**SEA ACTIVO,
SALUDABLE E INFORMADO**