









PALMDALE MARCH 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Free Tax Prep Services 3 10 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 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 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 4 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>Wellness for Older Adults 12:10 - 1:30 p.m. Eng.</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 5 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Read With Me (Free Books for kids Ages 0-17, open to the Community- Kids Must Be Present) 2:30 - 5 p.m.</p>	<p>Cal Fresh Enrollments 6 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 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Zumba 7 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>10:15 a.m. - 1 p.m. Eng.</p> <p>Center Closure for Staff Enrichment-Co-Sponsored by LAC and BSP 1 p.m. - 5 p.m.</p>	
<p>Free Tax Prep Services 10 10 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Parent Cafe 10:15 - 11:45 a.m. Spa.</p> <p>Cardio 3 - 4 p.m.</p> <p>Toning 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 11 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>Wellness for Older Adults 12:10 - 1:30 p.m. Eng.</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 12 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Workshop: Child Abuse Prevention 10:15 - 11:45 a.m. Spa.</p> <p>Coffee and Coloring 10:15 - 11:15 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 13 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 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 14 9 a.m. - 3 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>10:15 a.m. - 1:15 p.m. Spa.</p>	
<p>Free Tax Prep Services 17 10 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa.</p> <p>Healthy Smoothies 12 - 12:45 p.m. Eng. & Spa.</p> <p>Cardio 3 - 4 p.m.</p> <p>Toning 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 18 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>Wellness for Older Adults 12:10 - 1:30 p.m. Eng.</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 19 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Workshop: Suicide Awareness, Prevention and Resilience 10:15 - 11:45 a.m. Spa.</p> <p>Coffee and Coloring 10:15 - 11:15 a.m.</p> <p>Coffee with the Sheriff 12 - 1 p.m. Eng.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Cal Fresh Enrollments 20 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 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 21 9 a.m. - 3 p.m.</p> <p>Zumba 8 - 9 a.m.</p> <p>Body Flexibility 9 - 10 a.m.</p> <p>Coffee with the Sheriff 10:15 - 11:15 a.m. Spa</p> <p>Fit for Families 2:30 p.m. - 4:30 p.m. Spa.</p>	
<p>Free Tax Prep Services 24 10 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa.</p> <p>Healthy Smoothies 12 - 12:45 p.m. Eng. & Spa.</p> <p>Cardio 3 - 4 p.m.</p> <p>Toning 4 - 5 p.m.</p>	<p>Medi-Cal and Cal Fresh Enrollments 25 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>Wellness for Older Adults 12:10 - 1:30 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 26 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Workshop: Understanding Neurodevelopmental Disorders and Caregiver Function 10:15 - 11:45 a.m. Spa.</p> <p>Family Board Games 10:15 - 11:45 a.m.</p> <p>Anger Management Essential 12:30 - 1:30 p.m. Eng.</p> <p>Coffee and Coloring 12:30 - 1:30 a.m.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Cal Fresh Enrollments 27 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 3 - 4 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Zumba 28 8 - 9 a.m.</p> <p>Body Flexibility 9 - 10 a.m.</p> <p>Kids Art Class (Ages 4-17) 10:30 - 11:30 a.m.</p> <p>Money Smart for Adults 10:30 - 11:30 a.m. Spa.</p> <p>Money Smart for Adults 11:45 a.m. - 12:45 p.m. Eng.</p> <p>Fit for Families 2:30 p.m. - 4:30 p.m. Spa.</p>	
<p>31</p>  <p>CENTER CLOSED</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>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	 <p>CRC Website</p>	<p>No Child Supervision in March</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




Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Servicios Gratuitos de Preparación de Impuestos 10 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Parent Café 10:15 - 11:45 a.m. Spa.</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>Bienestar para Adultos Mayores 12:10 - 1:30 p.m. Ing.</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>Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing.</p> <p>Evento Lee Conmigo (Libros Gratuitos Para Niños Edades 0-17, Abierto a la Comunidad, Los Niños Deben Estar Presentes) 2:30 - 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 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 p.m. Ing.</p> <p>Centro Cerrado Para el Enriquecimiento del Personal - Copatrocinado por LAC y BSP 1 p.m. - 5 p.m.</p>	
<p>Servicios Gratuitos de Preparación de Impuestos 10 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Parent Café 10:15 - 11:45 a.m. Spa</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>Bienestar para Adultos Mayores 12:10 - 1:30 p.m. Ing.</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: Prevención del Abuso Infantil 10:15 - 11:45 a.m. Esp.</p> <p>Café y Colorear 10:15 - 11:15 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>Despensa Comunitaria (Consigue una bolsa de comida) 1:30 p.m.</p> <p>Condicion Fisica del Cuerpo 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>RCP/Primeros Auxilios Registrarse en freecprla.com (edades 14+) 10:15 a.m. - 1:15 p.m. Esp.</p>	
<p>Servicios Gratuitos de Preparación de Impuestos 10 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp.</p> <p>Jugos Saludables 12 - 12:45 p.m. Ing. & Spa</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>Bienestar para Adultos Mayores 12:10 - 1:30 p.m. Ing.</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: Concienciacion, Prevención y Resiliencia del Suicidio 10:15 - 11:45 a.m. Esp.</p> <p>Café y Colorear 10:15 - 11:15 a.m.</p> <p>Coffee with the Sheriff 12 - 1 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 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>Cafecito con el Sheriff 10:15 - 11:15 a.m. Spa</p> <p>Familias en Forma 2:30 p.m. - 4:30 p.m. Esp.</p>	
<p>Servicios Gratuitos de Preparación de Impuestos 10 a.m. - 3 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp.</p> <p>Jugos Saludables 12 - 12:45 p.m. Ing. & Spa</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>Bienestar para Adultos Mayores 12:10 - 1:30 p.m. Ing.</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: Comprender los Trastornos del Neurodesarrollo y Función De Los Cuidadores 10:15 - 11:45 a.m. Esp.</p> <p>Family Board Games 10:15 - 11:15 a.m.</p> <p>Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing.</p> <p>Coffee and Coloring 12:30 - 1:30 a.m.</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>Despensa Comunitaria (Consigue una bolsa de comida) 1:30 p.m.</p> <p>Condicion Fisica del Cuerpo 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>Clase de Arte para Niños (Edades 4-17) 10:30 - 11:30 a.m.</p> <p>Dinero Inteligente para Adultos 10:30 - 11:30 a.m. Esp.</p> <p>Dinero Inteligente para Adultos 11:45 a.m. - 12:45p.m. Ing.</p> <p>Familias en Forma 2:30 p.m. - 4:30 p.m. Esp.</p>	
					<p>No Hay Supervisión Infantil en Marzo</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**

 **213.438.5580**
CommunityResourceCenterLA.org