








# Community Resource Center



# WILMINGTON MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b> <b>Kickboxing</b> 9 - 10 a.m. <b>Baby and Me</b> 10:30 - 11:30 a.m. <b>Circuit Training</b> 2 - 3 p.m. <b>Healthy Cooking</b> 3:15 - 4:30 p.m. <b>Paint! Sip! Snack!</b> (ages 4-18) 3:30 - 4:30 p.m.  <i>Read Across America Spirit Week Favorite Sports Shirt Day</i>	<b>4</b> <b>Member Tuesday's</b> 9 a.m. - 4 p.m. <b>Step Exercise</b> 9 - 10 a.m. <b>Nutrition &amp; Fitness Coaching</b> (Spa.) 10 - 11 a.m. <b>Mind Matters</b> 11 a.m. - 1 pm <b>Chair Yoga</b> 11:30 a.m. - 12:30 p.m. <b>Breast Cancer Workshop</b> (Prevention & Lifestyle Choices) 12:30 - 1:30 p.m. <b>Kids Healthy Cooking</b> 3:45 - 5 p.m. <i>Read Across America Spirit Week Favorite Hat Day</i>	<b>5</b> <b>Tone Fitness Class</b> 9 - 10 a.m. <b>Google Tech</b> 10:30 a.m. - 12:30 p.m. <b>Child Birthing Class</b> 11 a.m. - 12 p.m. <b>Lunch &amp; Learn to Budget</b> 12:30 - 1:30 p.m. <b>CPR &amp; First Aid</b> <b>freecprla.com</b> (Virtual in Eng.) (Spa. in person) 2 - 5 p.m.  <i>Read Across America Spirit Week Exercise Gear Day</i>	<b>6</b> <b>Cardio Mix</b> 9 - 10 a.m. <b>ESL</b> 10 a.m.- 12 p.m. <b>Mommy Circle</b> 10:30 - 11:30 a.m. <b>Story Time</b> 11:30 a.m. - 12:15 p.m. <b>Sound Bath</b> 1:15 - 2 p.m. <b>Yoga</b> 2 - 3 p.m. <b>Book Festival</b> 3:30 - 5 p.m. <b>Life Skills</b> 4 - 5 p.m. <b>Legu Builders</b> (ages 5+) 4 - 5 p.m. <i>Read Across America Spirit Week Hawaiian Day</i>	<b>7</b> <b>Cardio Dance Class</b> 9 - 10 a.m. <b>Stretch Class</b> 10 - 11 a.m. <b>Yoga</b> 11:15 a.m. - 12:15 p.m.  <i>Read Across America Spirit Week CRC Colors Day</i>  <b>Center closes at 1 p.m. for Staff Enrichment Day</b>	<b>8</b> 
<b>10</b> <b>Kickboxing</b> 9 - 10 a.m. <b>Health Advocates/ Social Security Assistance</b> 10 a.m. - 12 p.m. <b>Baby and Me</b> 10:30 - 11:30 a.m. <b>Metro TAP Enrollment</b> 1 - 2 p.m. <b>Circuit Training</b> 2 - 3 p.m. <b>Healthy Cooking</b> 3:15 - 4:30 p.m. <b>Paint! Sip! Snack!</b> (ages 4-18) 4 - 5 p.m.	<b>11</b> <b>Member Tuesday's</b> 9 a.m. - 4 p.m. <b>Step Exercise</b> 9 - 10 a.m. <b>Nutrition &amp; Fitness Coaching</b> (Spa.) 10 - 11 a.m. <b>Chair Yoga</b> 11:30 a.m. - 12:30 p.m. <b>Kids Healthy Cooking</b> 3:45 - 5 p.m.	<b>12</b> <b>Addiction Support Group</b> 8:30 - 9:30 a.m. <b>Tone Fitness Class</b> 9 - 10 a.m. <b>Google Tech</b> 10:30 a.m. - 12:30 p.m. <b>Lactation Class</b> 11 a.m. - 12 p.m.  <b>Center closed</b> 1-3 p.m.	<b>13</b> <b>Cardio Mix</b> 9 - 10 a.m. <b>ESL</b> 10 a.m.- 12 p.m. <b>Family Sing</b> 11:30 a.m. - 12:15 p.m. <b>Sound Bath</b> 1:15 - 2 p.m. <b>Yoga</b> 2 - 3 p.m. <b>Life Skills</b> 4 - 5 p.m. <b>Legu Builders</b> (ages 5+) 4 - 5 p.m.	<b>14</b> <b>Cardio Dance Class</b> 9 - 10 a.m. <b>Stretch Class</b> 10 - 11 a.m. <b>New Member Orientation</b> 10:30 - 11 a.m. <b>Yoga</b> 11:15 a.m. - 12:15 p.m. <b>Salads &amp; Juicing 101</b> 1 - 2 p.m. <b>Social Hour</b> 2 - 3 p.m.	<b>15</b> 
<b>17</b> <b>Kickboxing</b> 9 - 10 a.m. <b>Baby and Me</b> 10:30 - 11:30 a.m. <b>Circuit Training</b> 2 - 3 p.m. <b>Healthy Cooking</b> 3:15 - 4:30 p.m. <b>Paint! Sip! Snack!</b> (ages 4-18) 4 - 5 p.m.	<b>18</b> <b>Member Tuesday's</b> 9 a.m. - 4 p.m. <b>Step Exercise</b> 9 - 10 a.m. <b>Nutrition &amp; Fitness Coaching</b> (Spa.) 10 - 11 a.m. <b>Chair Yoga</b> 11:30 a.m. - 12:30 p.m. <b>Breast Cancer Workshop</b> (Aid & Treatment) 12:30 - 1:30 p.m. <b>Kids Healthy Cooking</b> 3:45 - 5 p.m.	<b>19</b> <b>Tone Fitness Class</b> 9 - 10 a.m. <b>Google Tech</b> 10:30 a.m. - 12:30 p.m. <b>Child Birthing Class</b> 11 a.m. - 12 p.m. <b>Overdose Prevention Workshop</b> 1:30- 3 p.m.	<b>20</b> <b>Cardio Mix</b> 9 - 10 a.m. <b>ESL</b> 10 a.m.- 12 p.m. <b>Family Sing</b> 11:30 a.m. - 12:15 p.m. <b>Sound Bath</b> 1:15 - 2 p.m. <b>Yoga</b> 2 - 3 p.m. <b>Life Skills</b> 4 - 5 p.m. <b>Legu Builders</b> (ages 5+) 4 - 5 p.m.	<b>21</b> <b>Cardio Dance Class</b> 9 - 10 a.m. <b>Stretch Class</b> 10 - 11 a.m. <b>Yoga</b> 11:15 a.m. - 12:15 p.m. <b>Salads &amp; Juicing 101</b> 1 - 2 p.m.	<b>22</b> <b>Tax Preparation</b> (Pre-registration Needed) 9 a.m. - 2 p.m.
<b>24</b> <b>Kickboxing</b> 9 - 10 a.m. <b>Health Advocates / Social Security Assistance</b> 10 a.m. - 12 p.m. <b>Baby and Me</b> 10:30 - 11:30 a.m. <b>Child Support Workshop</b> 11:30 a.m.- 1 p.m. <b>Circuit Training</b> 2 - 3 p.m. <b>Healthy Cooking</b> 3:15 - 4:30 p.m. <b>Paint! Sip! Snack!</b> (ages 4-18) 4 - 5 p.m.	<b>25</b> <b>Member Tuesday's</b> 9 a.m. - 4 p.m. <b>Step Exercise</b> 9 - 10 a.m. <b>Nutrition &amp; Fitness Coaching</b> (Spa.) 10 - 11 a.m. <b>Chair Yoga</b> 11:30 a.m. - 12:30 p.m. <b>Breast Cancer Workshop</b> (Survivorship) 12:30 - 1:30 p.m. <b>Kids Healthy Cooking</b> 3:45 - 5 p.m.	<b>26</b> <b>Addiction Support Group</b> 8:30 - 9:30 a.m. <b>Tone Fitness Class</b> 9 - 10 a.m. <b>Google Tech</b> 10:30 a.m. - 12:30 p.m. <b>Lactation Class</b> 11 a.m. - 12 p.m. <b>Workshop for Older Adults</b> 1- 3:30 p.m.	<b>27</b> <b>Cardio Mix</b> 9 - 10 a.m. <b>ESL</b> 10 a.m.- 12 p.m. <b>Family Sing</b> 11:30 a.m. - 12:15 p.m. <b>Sound Bath</b> 1:15 - 2 p.m. <b>Yoga</b> 2 - 3 p.m. <b>CalFresh Orientations</b> 2 - 3 p.m. <b>Life Skills</b> 4 - 5 p.m. <b>Legu Builders</b> (ages 5+) 4 - 5 p.m.	<b>28</b> <b>Cardio Dance Class</b> 9 - 10 a.m. <b>Stretch Class</b> 10 - 11 a.m. <b>Yoga</b> 11:15 a.m. - 12:15 p.m. <b>Salads &amp; Juicing 101</b> 1 - 2 p.m.	<b>29</b> 
<b>31</b> 			<b>Medi-Cal Enrollments</b> (Mon - Fri) 8:30 a.m. - 3:30 p.m. <b>CalFresh Enrollments</b> (Mon - Fri) 8:30 a.m. - 3:30 p.m. <b>L.A. Care Member Services</b> (Mon- Fri) 9 a.m. - 4 p.m. <b>Housing, DPSS, &amp; Utility Support</b> (Mon.-Wed.) 9 a.m. - 4 p.m. <b>L.A. Care New Member Orientations Walk Ins</b> (Mondays) 1 - 3 p.m.	<b>BLUE</b> Qualify for the My Rewards for a Healthy Life Program.  <b>GREEN</b> Appointment & Registration required.	

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.**  
Saturday: **CLOSED**



213.428.1490

CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<b>Kickboxing</b> 9 - 10 a.m. <b>Bebe y Yo</b> 10:30 - 11:30 a.m. <b>Entrenamiento de circuito</b> 2 - 3 p.m. <b>Cocina Saludable</b> 3:15 - 4:30 p.m. <b>¡Pintar! ¡Sorbo! ¡Bocadillo!</b> (edades 4-18) 3:30 - 4:30 p.m.  Semana del Espiritu de Leer en toda America Dia de playera deportiva favorita	<b>Martes de Miembros</b> 9 a.m. - 4 p.m. <b>Ejercicio Step</b> 9 - 10 a.m. <b>Consejos de nutricion y fitness</b> (Spa.) 10 - 11 a.m. <b>La Mente Importa</b> 11a.m. - 1 p.m. <b>Yoga en Silla</b> 11:30 a.m. - 12:30 p.m. <b>Taller de cancer de Mama</b> (Prevención y opciones de estilo de vida) 12:30 - 1:30 p.m. <b>Niños Cocina Saludable</b> 3:45 - 5 p.m. Semana del Espiritu de Leer en toda America Dia de gorra favorita	<b>Clase de Tonificacion</b> 9 - 10 a.m. <b>Tecnologia Google</b> 10:30 a.m. - 12:30 p.m. <b>Clase de Parto</b> 11 a.m. - 12 p.m. <b>Almuerzo y Aprende hacer un Presupuesto</b> 12:30 - 1:30 p.m. <b>RCP/Primeros Auxilios freecprla.com</b> (Virtual en Eng.) (Spa. en persona) 2 - 5 p.m. Semana del Espiritu de Leer en toda America Dia de ropa de ejercicio	<b>Cardio Mix</b> 9 - 10 a.m. <b>ESL</b> 10 a.m.- 12 p.m. <b>Circulo de Mami</b> 10:30 - 11:30 a.m. <b>Hora del Cuento</b> 11:30 a.m. - 12:15 p.m. <b>Baño de Sonido</b> 1:15 - 2 p.m. <b>Yoga</b> 2 - 3 p.m. <b>Festival del libro</b> 3:30 - 5 p.m. <b>Habilidades para la Vida</b> 4 - 5 p.m. <b>Constructores de legos</b> (edad 5+) 4 - 5 p.m. Semana del Espiritu de Leer en toda America Dia hawaiano	<b>Baile de Cardio</b> 9 - 10 a.m. <b>Clase de Estiramiento</b> 10 - 11 a.m. <b>Yoga</b> 11:15 a.m. - 12:15 p.m.  Semana del Espiritu de Leer en toda America Dia de los colores del CRC  Centro se cierra a la 1 p.m. por día del Enriquecimiento del Personal	
<b>Kickboxing</b> 9 - 10 a.m. <b>Asistencia con Seguro Social</b> 10 a.m. - 12 p.m. <b>Bebe y yo</b> 10:30 - 11:30 a.m. <b>Presentacion de Metro TAP</b> 2 - 3 p.m. <b>Entrenamiento de circuito</b> 2 - 3 p.m. <b>Cocina Saludable</b> 3:15 - 4:30 p.m. <b>¡Pintar! ¡Sorbo! ¡Bocadillo!</b> (edades 4-18) 4 - 5 p.m.	<b>Martes de Miembros</b> 9 a.m. - 4 p.m. <b>Ejercicio Step</b> 9 - 10 a.m. <b>Consejos de nutricion y fitness</b> (Spa.) 10 - 11 a.m. <b>Yoga en Silla</b> 11:30 a.m. - 12:30 p.m. <b>Niños Cocina Saludable</b> 3:45 - 5 p.m.	<b>Grupo de Apoyo para Adicciones</b> 8:30 - 9:30 a.m. <b>Clase de Tonificacion</b> 9 - 10 a.m. <b>Tecnologia Google</b> 10:30 a.m. - 12:30 p.m. <b>Clase de Lactancia</b> 11 a.m. - 12 p.m.  <b>Centro Cerrado</b> 1-3 p.m.	<b>Cardio Mix</b> 9 - 10 a.m. <b>ESL</b> 10 a.m.- 12 p.m. <b>Cantar en Familia</b> 11:30 a.m. - 12:15 p.m. <b>Baño de Sonido</b> 1:15 - 2 p.m. <b>Yoga</b> 2 - 3 p.m. <b>Habilidades para la Vida</b> 4 - 5 p.m. <b>Constructores de legos</b> (edad 5+) 4 - 5 p.m.	<b>Baile de Cardio</b> 9 - 10 a.m. <b>Clase de Estiramiento</b> 10 - 11 a.m. <b>Orientaciones para Nuevo Miembros</b> 10:30 - 11 a.m. <b>Yoga</b> 11:15 a.m. - 12:15 p.m. <b>Ensaladas y Jugos 101</b> 1 - 2 p.m. <b>Hora Social</b> 2 - 3 p.m.	
<b>Kickboxing</b> 9 - 10 a.m. <b>Bebe y Yo</b> 10:30 - 11:30 a.m. <b>Entrenamiento de circuito</b> 2 - 3 p.m. <b>Cocina Saludable</b> 3:15 - 4:30 p.m. <b>¡Pintar! ¡Sorbo! ¡Bocadillo!</b> (edades 4-18) 4 - 5 p.m.	<b>Martes de Miembros</b> 9 a.m. - 4 p.m. <b>Ejercicio Step</b> 9 - 10 a.m. <b>Consejos de nutricion y fitness</b> (Spa.) 10 - 11 a.m. <b>La Mente Importa</b> 11a.m. - 1 p.m. <b>Yoga en Silla</b> 11:30 a.m. - 12:30 p.m. <b>Taller de cancer de Mama</b> (Ayuda y Tratamiento) 12:30 - 1:30 p.m. <b>Niños Cocina Saludable</b> 3:45 - 5 p.m.	<b>Clase de Tonificacion</b> 9 - 10 a.m. <b>Tecnologia Google</b> 10:30 a.m. - 12:30 p.m. <b>Clase de Parto</b> 11 a.m. - 12 p.m. <b>Taller de Prevencion de Sobredosis</b> 1:30 - 3 p.m.	<b>Cardio Mix</b> 9 - 10 a.m. <b>ESL</b> 10 a.m.- 12 p.m. <b>Cantar en Familia</b> 11:30 a.m. - 12:15 p.m. <b>Baño de Sonido</b> 1:15 - 2 p.m. <b>Yoga</b> 2 - 3 p.m. <b>Habilidades para la Vida</b> 4 - 5 p.m. <b>Constructores de legos</b> (edad 5+) 4 - 5 p.m.	<b>Baile de Cardio</b> 9 - 10 a.m. <b>Clase de Estiramiento</b> 10 - 11 a.m. <b>Yoga</b> 11:15 a.m. - 12:15 p.m. <b>Ensaladas y Jugos 101</b> 1 - 2 p.m.	<b>Preparacion de Impuestos</b> (Se requiere registrar) 9 a.m. - 2 p.m.
<b>Kickboxing</b> 9 - 10 a.m. <b>Asistencia con Seguro Social</b> 10 a.m. - 12 p.m. <b>Bebe y yo</b> 10:30 - 11:30 a.m. <b>Taller de Manutencion Infantil</b> 11:30 - 1 p.m. <b>Entrenamiento de circuito</b> 2 - 3 p.m. <b>Cocina Saludable</b> 3:15 - 4:30 p.m. <b>¡Pintar! ¡Sorbo! ¡Bocadillo!</b> (edades 4-18) 4 - 5 p.m.	<b>Martes de Miembros</b> 9 a.m. - 4 p.m. <b>Ejercicio Step</b> 9 - 10 a.m. <b>Consejos de nutricion y fitness</b> (Spa.) 10 - 11 a.m. <b>Yoga en Silla</b> 11:30 a.m. - 12:30 p.m. <b>Taller de cancer de Mama</b> (Supervivencia) 12:30 - 1:30 p.m. <b>Niños Cocina Saludable</b> 3:45 - 5 p.m.	<b>Grupo de Apoyo para Adicciones</b> 8:30 - 9:30 a.m. <b>Clase de Tonificacion</b> 9 - 10 a.m. <b>Tecnologia Google</b> 10:30 a.m. - 12:30 p.m. <b>Clase de Lactancia</b> 11 a.m. - 12 p.m.. <b>Taller para Adultos Mayores</b> 1 - 3:30 p.m.	<b>Cardio Mix</b> 9 - 10 a.m. <b>ESL</b> 10 a.m.- 12 p.m. <b>Cantar en Familia</b> 11:30 a.m. - 12:15 p.m. <b>Baño de Sonido</b> 1:15 - 2 p.m. <b>Yoga</b> 2 - 3 p.m. <b>Orientaciones de CalFresh</b> 2 - 3 p.m. <b>Habilidades para la Vida</b> 4 - 5 p.m. <b>Constructores de legos</b> (edad 5+) 4 - 5 p.m.	<b>Baile de Cardio</b> 9 - 10 a.m. <b>Clase de Estiramiento</b> 10 - 11 a.m. <b>Yoga</b> 11:15 a.m. - 12:15 p.m. <b>Ensaladas y Jugos 101</b> 1 - 2 p.m.	
			<b>Inscripcion de Medical</b> (Lun - Vie) 8:30 a.m. - 3:30 p.m. <b>Inscripcion de Calfresh</b> (Lun - Vie) 8:30 a.m. - 3:30 p.m. <b>L.A. Care servicio al Miembro</b> (Lun- Vie) 9 a.m. - 4 p.m. <b>Apoyo de Desalojo, Vivienda, de Servicios Publicos, y DPSS</b> (Lun.-Vie.) 9 a.m. - 4 p.m. <b>L.A. Care Miembros Orientaciones</b> (lunes) 1 - 3 p.m.	<b>AZUL</b> Califican para el programa mis recompensas para una vida sana.  <b>VERDE</b> Por cita y registro solamanete.	

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

911 North Avalon Blvd  
Wilmington, CA 90744

**HORARIO DEL CENTRO:**  
Lunes a Viernes: 8:30 a.m. - 5 p.m.  
Sabado: CERRADO

213.428.1490  
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