



PALMDALE
MAY
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p>	<p>Covered CA Enrollments 1 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:30 - 11:30 a.m. Spa. Parenting Program 11:30 a.m. - 12:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 2 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Zumba 4 - 5 p.m.</p>	<p>Medi-Cal Renewals 3 9 a.m. - 12:30 p.m. Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Eng. Center Closed for Staff Development 3 - 5 p.m.</p>	<p>CENTER CLOSED</p>
<p>Zumba 6 9 - 10 a.m. Workshop: Family Violence Awareness 10:15 - 11:45 a.m. Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.</p>	<p>Medi-Cal and CalFresh Enrollments 7 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>Covered CA Enrollments 8 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Money Smart for Adults: Financial Exploitation (Free Breakfast) 10:30 - 11:30 a.m. Spa. Money Smart for Adults: Managing Debt (Free Breakfast) 11:30 a.m. - 12:20 p.m. Eng. Mother's Day Crafts for Kids (All ages welcome) 2 p.m. - 3:30 p.m. Boot Camp 4 - 4:45 p.m.</p>	<p>Mother's Day Celebration Potluck for Adults 9 9 - 11:30 a.m. Community Pantry - Open to Everyone (Limited to the first 100 people) 1:30 p.m. Zumba 4 - 5 p.m.</p>	<p>Body Flexibility 10 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Spa. Mother's Day Goodie Bags - Open to Everyone 11 a.m. - 3 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.</p>	<p>CENTER CLOSED</p>
<p>Zumba 13 9 - 10 a.m. Workshop: Child Abuse Prevention 10:15 - 11:45 a.m. Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.</p>	<p>Medi-Cal and CalFresh Enrollments 14 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>Covered CA Enrollments 15 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Diaper Giveaway - Open to Everyone 10:30 a.m. - 2:30 p.m. Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 16 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Zumba 4 - 5 p.m.</p>	<p>Medi-Cal Renewals 17 9 a.m. - 12:30 p.m. Body Flexibility 9 - 10 a.m. Self-Care for Women's Health Month with Painting (For Adults) 10:30 a.m. - 12 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.</p>	<p>CENTER CLOSED</p>
<p>Zumba 20 9 - 10 a.m. Workshop: Suicide Awareness, Prevention and Resilience 10:15 - 11:45 a.m. Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.</p>	<p>Medi-Cal and CalFresh Enrollments 21 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>Covered CA Enrollments 22 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:30 - 11:30 a.m. Spa. Parenting Program 11:30 a.m. - 12:30 p.m. Eng. Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 23 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Community Pantry - Open to Everyone (Limited to the first 100 people) 1:30 p.m. Zumba 4 - 5 p.m.</p>	<p>Body Flexibility 24 9 - 10 a.m. Family Zumba (Ages 5+) 4 - 5 p.m.</p>	<p>CENTER CLOSED</p>
<p>MEMORIAL DAY</p> <p>CENTER CLOSED</p>	<p>Medi-Cal and CalFresh Enrollments 28 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>Covered CA Enrollments 29 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:30 - 11:30 a.m. Spa. Parenting Program 11:30 a.m. - 12:30 p.m. Eng. Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 30 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Zumba 4 - 5 p.m.</p>	<p>Medi-Cal Renewals 31 9 a.m. - 12:30 p.m. Body Flexibility 9 - 10 a.m. Family Zumba (Ages 5+) 4 - 5 p.m.</p>	<p></p> <p>CRC Website</p>

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

**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 MAYO 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<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><small>*Comuníquese con el Centro para disponibilidad de Servicios</small></p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamane.</p> <p>GRIS Virtual. Porfavor llame al centro para registrarse.</p>	<p>Inscripciones Covered CA 1 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Programa de Crianza 10:30 - 11:30 a.m. Esp.</p> <p>Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing.</p> <p>Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing.</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 2 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Renovaciones de Medi-Cal 3 9 a.m. - 12:30 p.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>Centro Cerrado Para el Desarrollo del Personal 3 - 5 p.m.</p>	<p>CENTRO CERRADO</p>
<p>Zumba 6 9 - 10 a.m.</p> <p>Talleres: La Violencia Familiar Concientización 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 CalFresh 7 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>Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 8 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Dinero Inteligente para Adultos: Explotación Financiera (Desayuno Gratis) 10:30 - 11:30 a.m. Esp.</p> <p>Dinero Inteligente para Adultos: Gestión de la Deuda (Desayuno Gratis) 11:30 a.m. - 12:20 p.m. Ing.</p> <p>Manualidades Para Niños Para el Día de la Madre (Abierto a todas las edades) 2 p.m. - 3:30 p.m.</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Celebración del Día de la Madre Comida Compartida para Adultos 9 9 - 11:30 a.m.</p> <p>Despensa Comunitaria - Abierto a Todos (Limitado para los primeros 100 personas) 1:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Flexibilidad del Cuerpo 10 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>Bolsas de Regalo Para el Día de la Madre - Abierto a todos 11 a.m. - 3 p.m.</p> <p>Zumba Familiar (Edades 5+) 4 - 5 p.m.</p>	<p>CENTRO CERRADO</p>
<p>Zumba 13 9 - 10 a.m.</p> <p>Talleres: Prevención del Abuso Infantil 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 CalFresh 14 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>Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 15 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Sorteos de Pañales - Abierto a Todos 10:30 a.m. - 2:30 p.m.</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 16 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Renovaciones de Medi-Cal 17 9 a.m. - 12:30 p.m.</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m.</p> <p>Cuidados Personales para el Mes de la Salud de la Mujer con Pintura (Para Adultos) 10:30 a.m. - 12 p.m.</p> <p>Zumba Familiar (Edades 5+) 4 - 5 p.m.</p>	<p>CENTRO CERRADO</p>
<p>Zumba 20 9 - 10 a.m.</p> <p>Talleres: Concientización, Prevención y Resiliencia del Suicidio 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 CalFresh 21 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>Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 22 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Programa de Crianza 10:30 - 11:30 a.m. Esp.</p> <p>Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing.</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 23 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m.</p> <p>Despensa Comunitaria - Abierto a Todos (Limitado para los primeros 100 personas) 1:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Flexibilidad del Cuerpo 24 9 - 10 a.m.</p> <p>Zumba Familiar (Edades 5+) 4 - 5 p.m.</p>	<p>CENTRO CERRADO</p>
<p>DÍA DE LOS CAÍDOS EN GUERRA</p> <p>CENTRO CERRADO</p>	<p>Inscripciones Medi-Cal y CalFresh 28 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>Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 29 10 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Programa de Crianza 10:30 - 11:30 a.m. Esp.</p> <p>Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing.</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 30 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Renovaciones de Medi-Cal 31 9 a.m. - 12:30 p.m.</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m.</p> <p>Zumba Familiar (Edades 5+) 4 - 5 p.m.</p>	<p></p> <p>CRC Sitio de Web</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. Cuidado de niños está disponible durante las clases. (Edades 4+)

**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
213.438.5580
CommunityResourceCenterLA.org