



PALMDALE MARCH 2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Anger Management and Parenting Program are Court Approved Classes</p> <p>Childcare is free on site for 4+ and toilet trained</p> <p>New L.A. Care Members Come and Get a \$10 Gift Card</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>Zumba Toning 9 - 10 a.m. 1</p> <p>Parenting Program 10:15 - 11:15 a.m. Spa.</p> <p>Parenting Program 11:30 a.m. - 12:30 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Read With Me (Free Books for Kids, Open to all) 2 - 5 p.m. 2</p>	<p>CPR/First Aid (Ages 14+) Register at freecprla.com 3</p> <p>Walk-ins Welcome 9 a.m. - 12 p.m. Eng.</p> <p>Center Closed 1 - 5 p.m.</p>	
<p>Zumba 9 - 10 a.m. 6</p> <p>Parent Café - Relationships 10:15 - 11:45 a.m. Spa.</p> <p>Prevent Diabetes - How to Prevent Diabetes 12:05 - 1:20 p.m. Eng.</p> <p>Cardio 4 - 4:45 p.m.</p> <p>Zumba Drum Sticks 5 - 5:45 p.m.</p>	<p>Zumba 9 - 10 a.m. 7</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa.</p> <p>Prevent Diabetes - Take a Fitness Break 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 4 - 4:45 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 8</p> <p>Parenting Program 10:15 - 11:15 a.m. Spa.</p> <p>Money Smart for Adults - Protection of Identity and Other Assets Free Breakfast) 10:30 - 11:30 a.m. Spa</p> <p>Parenting Program 11:30 a.m. - 12:30 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 9 - 10 a.m. 9</p> <p>CalFresh Enrollments 9 a.m. - 2 p.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Toning 11 a.m. - 12 p.m.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Zumba 4 - 4:45 p.m.</p>	<p>CPR/First Aid (Ages 14+) Register at freecprla.com 10</p> <p>Walk-ins Welcome 9 a.m. - 12 p.m. Spa.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Zumba Step 4 - 4:45 p.m.</p>	
<p>Zumba 9 - 10 a.m. 13</p> <p>Parent Café - Knowledge 10:15 - 11:45 a.m. Spa.</p> <p>Prevent Diabetes - Keep Your Heart Healthy 12:05 - 1:20 p.m. Eng.</p> <p>Cardio 4 - 4:45 p.m.</p> <p>Zumba Drum Sticks 5 - 5:45 p.m.</p>	<p>Zumba 9 - 10 a.m. 14</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa.</p> <p>Prevent Diabetes - Stay Active 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 4 - 4:45 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 15</p> <p>Parenting Program 10:15 - 11:15 a.m. Spa.</p> <p>Parenting Program 11:30 a.m. - 12:30 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 9 - 10 a.m. 16</p> <p>Cardio 10 - 11 a.m.</p> <p>Toning 11 a.m. - 12 p.m.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Zumba 4 - 4:45 p.m.</p>	<p>CalFresh Enrollments 9 a.m. - 2 p.m. 17</p> <p>Zumba Step 9 - 10 a.m.</p> <p>Zumba for Beginners 10 - 11 a.m.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Zumba Step 4 - 4:45 p.m.</p> <p>St. Patrick's Day Craft (Open to All) 4 - 5 p.m.</p>	
<p>Zumba 9 - 10 a.m. 20</p> <p>Parent Café - How to Find Support 10:15 - 11:45 a.m. Spa.</p> <p>Prevent Diabetes - Shop and Cook 12:05 - 1:20 p.m. Eng.</p> <p>Cardio 4 - 4:45 p.m.</p>	<p>Zumba 9 - 10 a.m. 21</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa.</p> <p>Prevent Diabetes - Get Back on Track 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 4 - 4:45 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 22</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 9 - 10 a.m. 23</p> <p>Cardio 10 - 11 a.m.</p> <p>Toning 11 a.m. - 12 p.m.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Zumba 4 - 4:45 p.m.</p>	<p>Zumba Step 9 - 10 a.m. 24</p> <p>Zumba for Beginners 10 - 11 a.m.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Zumba Step 4 - 4:45 p.m.</p>	
<p>Zumba 9 - 10 a.m. 27</p> <p>Parent Café - Communication 10:15 - 11:45 a.m. Spa.</p> <p>Oral Health Tips for Children (Free Dental Kits) 12 - 1 p.m. Eng. & Spa.</p> <p>Prevent Diabetes - Take a Fitness Break 12:05 - 1:20 p.m. Eng.</p> <p>Cardio 4 - 4:45 p.m.</p>	<p>Zumba 9 - 10 a.m. 28</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa.</p> <p>Prevent Diabetes - How to Prevent Diabetes 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 4 - 4:45 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 29</p> <p>Parenting Program 10:15 - 11:15 a.m. Spa.</p> <p>Parenting Program 11:30 a.m. - 12:30 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 4:45 p.m.</p>	<p>Zumba Drum Sticks 9 - 10 a.m. 30</p> <p>Cardio 10 - 11 a.m.</p> <p>Toning 11 a.m. - 12 p.m.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Zumba 4 - 4:45 p.m.</p>	<p>Zumba Step 9 - 10 a.m. 31</p> <p>Zumba for Beginners 10 - 11 a.m.</p> <p>Monthly Food Pantry (Open to All) 1 - 3:30 p.m.</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: 9am - 5pm
Saturday: Closed



213.438.5580
activehealthyinformed.org



Community Resource Center

Calendar grid with columns for LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains activity details such as Zumba, Parent Café, and Boot Camp, along with dates and times. Includes a 'CENTRO CERRADO' (Center Closed) indicator for Saturdays and a QR code for CRC YouTube.

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: 9am - 5pm
Sábado: Cerrado



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