



Wilmington
MARCH
2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Member Orientations Available and get a \$10 gift card!	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	Tone Fitness Class1 9:00-10:00a.m. Google Professional 9:30-11:30a.m. CPR & First Aid 2:00-5:00p.m. (Eng.) Kids and Clay 3:00-4:00p.m. Google Technology Class 3:00-5:00p.m. Teen Dating Violence Class 3:30-4:30p.m.	Cardio Mix2 9:00-10:00a.m. Court Appointed Domestic Violence Class 12:00-2:00p.m. Build with Rex 3:30-4:30p.m. Yoga 3:30-4:30p.m. Medi-Cal, MediCare 64+ Enrollment 9:00a.m.- 4:30p.m.	Cardio Dance Class3 9:00-10:00a.m. Google for Academic Success and Beyond 9:30-11:30a.m. Stretch Class 10:00-11:00a.m. Yoga 11:30a.m.-12:30p.m. Medi-Cal, MediCare 64+ Enrollment 9:00a.m.- 4:30p.m.	CENTER CLOSED
Kickboxing6 9:00-10:00a.m. Mommy and Me 10:00-11:00a.m. Healthy Cooking 2:00-3:15p.m. Kids Healthy Cooking 3:30-4:45p.m. Medi-Cal and CalFresh Enrollment 9:00a.m.-4:00p.m.	Mental Health Class7 9:00- 10:30a.m. Step Exercise 9:00-10:00a.m. Chair Yoga 11:30a.m.-12:30p.m. Makers Class for Kids 3:00-4:00p.m ESL Class 3:00-5:00p.m. Medi-Cal and CalFresh Enrollment 9:00a.m.-4:00p.m.	Tone Fitness Class8 9:00-10:00a.m. Google Professional 9:30-11:30a.m. Community Leader Group 9:30-10:30a.m. Freestyle Paint for Kids 3:00-4:00p.m. Google Technology Class 3:00-5:00p.m.	Cardio Mix9 9:00-10:00a.m. Court Appointed Domestic Violence Class 12:00-2:00p.m. Craft with Rex 3:30-4:30p.m. Yoga 3:30-4:30p.m. Medi-Cal, MediCare 64+ Enrollment 9:00a.m.- 4:30p.m.	Cardio Dance Class10 9:00-10:00a.m. Google for Academic Success and Beyond 9:30-11:30a.m. Stretch Class 10:00-11:00a.m. Office of Assemblyman Mike Gipson 11:00a.m.-1:00p.m. Yoga 11:30a.m.-12:30p.m.	For the Love of Books11 10:00a.m.-1:00p.m. By Invitation Only! CENTER CLOSED
Kickboxing13 9:00-10:00a.m. Health Advocates SSI/SSDI Assistance 10:00a.m.-12:00p.m. Mommy and Me 10:00-11:00a.m. Healthy Cooking 2:00-3:15p.m. Kids Healthy Cooking 3:30-4:45p.m. Medi-Cal and CalFresh Enrollment 9:00a.m.-4:00p.m.	Mental Health Class14 9:00- 10:30a.m. Step Exercise 9:00-10:00a.m. Chair Yoga 11:30a.m.-12:30p.m. Makers Class for Kids 3:00-4:00p.m. ESL Class 3:00-5:00p.m. Medi-Cal and CalFresh Enrollment 9:00a.m.-4:00p.m.	Tone Fitness Class15 9:00-10:00a.m. CPR & First Aid 2:00-5:00p.m. (Span.) Google Professional 9:30-11:30a.m. Kids and Clay 3:00-4:00p.m. Google Technology Class 3:00-5:00p.m. Domestic Violence 101 3:30-4:30p.m.	Cardio Mix16 9:00-10:00a.m. Court Appointed Domestic Violence Class 12:00-2:00p.m. Read with Rex 3:30-4:30p.m. Yoga 3:30-4:30p.m. LAPD Community Meeting 6:00-8:00p.m. Medi-Cal, Medi Care 64+ Enrollment 9:00a.m.- 4:30p.m.	Cardio Dance Class17 9:00-10:00a.m. Regional Community Advisory Committee Meeting 10:30a.m.-1:00p.m. Google for Academic Success and Beyond 9:30-11:30a.m. Stretch Class 10:00-11:00a.m. Yoga 11:30a.m.-12:30p.m.	CENTER CLOSED
Kickboxing20 9:00-10:00a.m. Mommy and Me 10:00-11:00a.m. Senior Hour 1 0:00a.m.-12:00p.m. Healthy Cooking 2:00-3:15p.m. Kids Healthy Cooking 3:30-4:45p.m. Medi-Cal and CalFresh Enrollment 9:00a.m.-4:00p.m.	Mental Health Class21 9:00- 10:30a.m. Step Exercise 9:00-10:00a.m. Chair Yoga 11:30a.m.-12:30p.m. Makers Class for Kids 3:00-4:00p.m. ESL Class 3:00-5:00p.m. Medi-Cal and CalFresh Enrollment 9:00a.m.-4:00p.m.	Tone Fitness Class22 9:00-10:00a.m. Google Professional 9:30-11:30a.m. Community Leader Group 9:30-10:30a.m. Free Style Paint for Kids 3:00-4:00p.m. Google Technology Class 3:00-5:00p.m.	Cardio Mix23 9:00-10:00a.m. Court Appointed Domestic Violence Class 12:00-2:00p.m. Games with Rex 3:30-4:30p.m. Yoga 3:30-4:30 p.m. Families helping Families 4:00-5:00p.m.	Cardio Dance Class24 9:00-10:00a.m. Google for Academic Success and Beyond 9:30-11:30a.m. Stretch Class 10:00-11:00a.m. Yoga 11:30a.m.-12:30p.m. Medi-Cal, MediCare 64+ Enrollment 9:00a.m.- 4:30p.m.	CENTER CLOSED
Kickboxing27 9:00-10:00a.m. Health Advocates SSI/SSDI Assistance 10:00a.m.-12:00p.m. Mommy and Me 10:00-11:00a.m. Screenings 10:00a.m.-12:00p.m. Healthy Cooking 2:00-3:15p.m. Kids Healthy Cooking 3:30-4:45p.m.	Mental Health Class28 9:00- 10:30a.m. Step Exercise 9:00-10:00a.m. Chair Yoga 11:30a.m.-12:30p.m. Makers Class for Kids 3:00-4:00p.m. ESL Class 3:00-5:00p.m. Medi-Cal and CalFresh Enrollment 9:00a.m.-4:00p.m.	Tone Fitness Class29 9:00-10:00a.m. Google Professional 9:30-11:30a.m. Kids and Clay 3:00-4:00p.m. Google Technology Class 3:00-5:00p.m. Medi-Cal and CalFresh Enrollment 9:00a.m.-4:00p.m.	Cardio Mix30 9:00-10:00a.m. Court Appointed Domestic Violence Class 12:00-2:00p.m. Craft with Rex 3:30-4:30p.m. Yoga 3:30-4:30p.m. Medi-Cal, MediCare 64+ Enrollment 9:00a.m.- 4:30p.m.	Cardio Dance Class31 9:00-10:00a.m. Google for Academic Success and Beyond 9:30-11:30a.m. Stretch Class 10:00-11:00a.m. Yoga 11:30a.m.-12:30p.m. Medi-Cal, MediCare 64+ Enrollment 9:00a.m.- 4:30p.m.	CRC YouTube

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



911 North Avalon Blvd
Wilmington, CA 90744



CENTER HOURS:
Monday-Friday: 9am - 5pm
Saturday: Closed



213.428.1490
activehealthyinformed.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Orentacion para Miembros Disponible y Obtega una tarjeta de regalo de \$10 dolares !	La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.	Clase de Tonificacion1 9:00-10:00a.m. Tecnologia Profesional 9:30-11:30a.m. RCP/Primeros Auxilios 2:00-5:00p.m. (Eng.) Arcilla para niño's 3:00-4:00p.m. Tecnologia Google 3:00-5:00p.m. Violencia en el Noviazgo de Adolescentes	Cardio Mix2 9:00-10:00a.m. Violencia Domestica Designado por la Corte 12:00-2:00p.m. Construlle con Rex 3:30-4:30p.m. Yoga 3:30-4:30p.m. Inscripción a Medi-Cal, MediCare para personas 65+ 9:00a.m.– 4:30p.m.	Cardio Baile3 9:00-10:00a.m. Google para el éxito Académico y más allá 9:30-11:30a.m. Clase de Estiramiento 10:00-11:00a.m. Yoga 11:30a.m.-12:30p.m. Inscripción a Medi-Cal, MediCare para personas 65+ 9:00a.m.– 4:30p.m.	CENTRO CERRADO
Kickboxing6 9:00-10:00a.m. Mami y Yo 10:00-11:00a.m. Cocinando Saludable 2:00-3:15p.m. Niño's CocinanSaludable 3:30-4:45p.m. Inscripcion para Medi-Cal y CalFresh 9:00a.m.-4:00 p.m.	Clase de Salud Mental7 9:00-10:30a.m. Ejercicio Step 9:00-10:00a.m. Yoga en Silla 11:30a.m.-12:30p.m. 3:00-5:00p.m. Manualidades para Niño's 3:00-5:00p.m. Clase de Ingles 3:00-5:00p.m. Inscripcion para Medi-Cal y CalFresh 9:00a.m.-4:00 p.m.	Clase de Tonificacion8 9:00-10:00a.m. Tecnologia Profesional 9:30-11:30a.m. Grupo de Lideres Comunitarios 9:30-10:30a.m. Pinta libre clase para niño's 3:00-4:00p.m. Tecnologia Google 3:00-5:00p.m.	Cardio Mix9 9:00-10:00a.m. Violencia Domestica Designado por la Corte 12:00-2:00p.m. Artesanía con Rex 3:30-4:30p.m. Yoga 3:30-4:30p.m. Inscripción a Medi-Cal, MediCare para personas 65+ 9:00a.m.– 4:30p.m.	Cardio Baile10 9:00-10:00a.m. Google para el éxito Académico y más allá 9:30-11:30a.m. Clase de Estiramiento 10:00-11:00a.m. Officina de Assemblyman Mike Gipson 11:00a.m.-1:00p.m. Yoga 11:30a.m.-12:30p.m.	Por el Amor a los Libros11 10:00a.m.-1:00p.m. Por invitación solamente! CENTRO CERRADO
Kickboxing13 9:00-10:00a.m. Asistencia con SSI/SSDI 10:00a.m.-12:00p.m. Mami y Yo 10:00-11:00a.m. Cocinando Saludable 2:00-3:15p.m. Niño's CocinanSaludable 3:30-4:45p.m. Inscripcion para Medi-Cal y CalFresh 9:00a.m.-4:00 p.m.	Clase de Salud Mental14 9:00-10:30a.m. Ejercicio Step 9:00-10:00a.m. Yoga en Silla 11:30a.m.-12:30p.m. 3:00-4:00p.m. Manualidades para Niño's 3:00-4:00p.m. Clase de Ingles 3:00-5:00p.m. Inscripcion para Medi-Cal y CalFresh 9:00a.m.-4:00 p.m.	Clase de Tonificacion15 9:00-10:00a.m. RCP/Primeros Auxilios 2:00-5:00p.m. (Span.) Tecnologia Profesional 9:30-11:30a.m. Arcilla para niño's 3:00-4:00p.m. Tecnologia Google 3:00-5:00p.m. Violencia Domestica 101 3:30-4:30p.m.	Cardio Mix16 9:00-10:00a.m. Violencia Domestica Designado por la Corte 12:00-2:00p.m. Leer con Rex 3:30-4:30p.m. Yoga 3:30-4:30p.m. LAPD Community Meeting 6:00-8:00p.m. MediCare Inscripción para personas 65+ 9:00a.m.– 4:30p.m.	Cardio Baile17 9:00-10:00a.m. Reunión del Comité Asesor Comunitario Regional 10:30a.m.-1:00p.m. Google para el éxito Académico y más allá 9:30-11:30a.m. Clase de Estiramiento 10:00-11:00a.m. Yoga 11:30a.m.-12:30p.m.	CENTRO CERRADO
Kickboxing20 9:00-10:00a.m. Mami y Yo 10:00-11:00a.m. Hora Social de la 3er eda 10:00a.m.-12:00p.m. Cocinando Saludable 2:00-3:15p.m. Niño's CocinanSaludable 3:30-4:45p.m. Inscripcion para Medi-Cal y CalFresh 9:00a.m.-4:00 p.m.	Clase de Salud Mental21 9:00-10:30a.m. Ejercicio Step 9:00-10:00a.m. Yoga en Silla 11:30a.m.-12:30p.m. 3:00-4:00p.m. Manualidades para Niño's 3:00-4:00p.m. Clase de Ingles 3:00-5:00p.m. Inscripcion para Medi-Cal y CalFresh 9:00a.m.-4:00 p.m.	Clase de Tonificacion22 9:00-10:00a.m. Tecnologia Profesional 9:30-11:30a.m. Grupo de Lideres Comunitarios 9:30-10:30a.m. Pinta libre clase para niño's 3:00-4:00p.m. Tecnologia Google 3:00-5:00p.m.	Cardio Mix23 9:00-10:00a.m. Violencia Domestica Designado por la Corte 12:00-2:00p.m. Juegos con Rex 3:30-4:30p.m. Yoga 3:30-4:30p.m. Familias ayudando a Familias 4:00-5:00p.m. MediCare Inscripción para personas 65+ 9:00a.m.– 4:30p.m.	Cardio Baile24 9:00-10:00a.m. Google para el éxito Académico y más allá 9:30-11:30a.m. Clase de Estiramiento 10:00-11:00a.m. Yoga 11:30a.m.-12:30p.m. Inscripción a Medi-Cal, MediCare para personas 65+ 9:00a.m.– 4:30p.m.	CENTRO CERRADO
Kickboxing27 9:00-10:00a.m. Asistencia con SSI/SSDI 10:00a.m.-12:00p.m. Mami y Yo 10:00-11:00a.m. Exámenes 10:00a.m.-12:00p.m. Cocinando Saludable 2:00-3:15p.m. Niño's Cocinan Saludable 3:30-4:45p.m. Inscripcion para Medi-Cal y CalFresh 9:00a.m.-4:00 p.m.	Clase de Salud Mental28 9:00-10:30a.m. Ejercicio Step 9:00-10:00a.m. Yoga en Silla 11:30a.m.-12:30p.m. 3:00-4:00p.m. Manualidades para Niño's 3:00-4:00p.m. Clase de Ingles 3:00-5:00p.m. Inscripcion para Medi-Cal y CalFresh 9:00a.m.-4:00 p.m.	Clase de Tonificacion29 9:00-10:00a.m. Tecnologia Profesional 9:30-11:30a.m. Arcilla para niño's 3:00-4:00p.m. Tecnologia Google 3:00-5:00p.m. Inscripcion para Medi-Cal y CalFresh 9:00a.m.-4:00 p.m.	Cardio Mix30 9:00-10:00a.m. Violencia Domestica Designado por la Corte 12:00-2:00p.m. Artesanía con Rex 3:30-4:30p.m. Yoga 3:30-4:30p.m. MediCare Inscripción para personas 65+ 9:00a.m.– 4:30p.m.	Cardio Baile31 9:00-10:00a.m. Google para el éxito Académico y más allá 9:30-11:30a.m. Clase de Estiramiento 10:00-11:00a.m. Yoga 11:30a.m.-12:30p.m. Inscripción a Medi-Cal, MediCare para personas 65+ 9:00a.m.– 4:30p.m.	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